



Director
Anna M. Sanchez

Barelas Senior Center



714 Seventh St. SW
Albuquerque, N.M 87102
505-764-6436
www.cabq.gov/seniors

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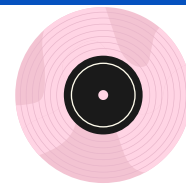
CLOSED

Just a reminder Barelas Senior Center will be **CLOSED**
August 5th - August 9th
along with Palo Duro, Highland, & Bear Canyon
Please visit Los Volcanes and North Valley while we are closed.
Thank you!



Senior Sock Hop & Open House

Cruise on in, come check out our center,
& come dance with us!
We're celebrating
National Senior Citizens Day with a cool
Sock Hop.



Come dance to all the greatest hits!

Music by DJ Gabe

Refreshments provided.

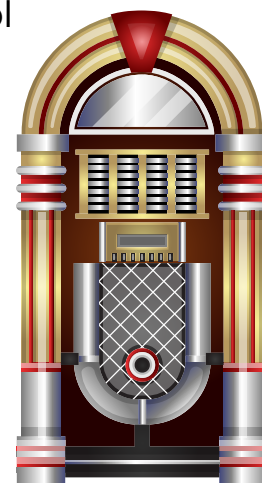
Wednesday, August 21st

1:30 - pm - 3:30 pm

FREE ADMISSION

Sponsored by

PRIME TIME
PUBLISHING



Come check out our new front desk entry!

You will be able to enter from the front door entry starting
Monday, August 12th. When you come in you'll be able to
see the newly remodeled front desk area.
Please note you will no longer be able to
enter or exit from the side entrance.



Activities

Arts and Crafts

Ceramics - Mondays & Wednesday 9:00 am - Noon

Retablos- Tuesday 9:00 am - 11:30 am

Tin - Tuesday 1:00 pm - 4:00 pm

Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm

Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm

Crotchet - Tuesday 10:00 am - 11:00 am

Crochet with Rafaelita- Thursday 10:30 am - 1:00 pm

Art Meditation - Monday 10:30 am - 11:30 am



Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am

Line Dance - Improver- Wednesday 10:15 am - 11:15 am



Garden

Visiting Hours:

Monday through Friday 10:00 am - 12:00 pm

Greenhouse Garden Gathering Monthly Meeting

Wednesday, August 21st 11:00 am - 12:00 pm

Learning

History of the Bible- Wednesday 10:00 am

Exercise

Pilates- Monday 9:30 am - 10:30 am

Pickleball - Monday 1:30 pm - 3:30 pm

Senior Cardio & Curls - Tuesday 9:30 am - 10:30 am

Yoga - Thursday 9:00 am - 10:00 am



Language

Italian - Thursday 1:30 pm - 2:20 pm

Spanish: Beginner - Tuesday 1:00 pm - 2:00pm

Spanish: Beginner II - Wednesday 2:15 pm - 3:15 pm

Spanish: Intermediate - Wednesday 1:00 pm - 2:00 pm

Music

Spanish Acoustic Jam Session - Friday 10:30 am - 12:00 pm



Dance to Live Music

\$3/person

Fridays

1:30 pm - 4:00 pm

August 2nd

August 16th

August 23rd

August 30th

Desert Springs

Paul Pino & The Tone Daddies

Rock N Ramon

La Raza



Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

Origami in the Garden in Santa Fe

Wednesday, August 14th

Check in: 8:20 am Return 4:00 pm

\$5 suggested donation

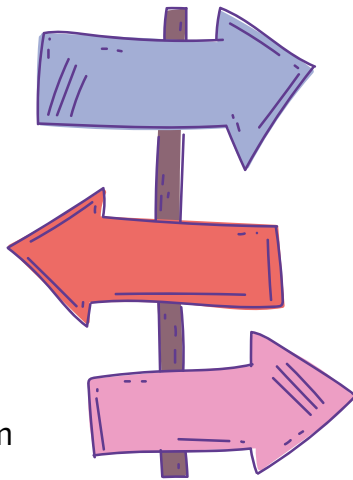
Lunch at your own expense

Lunch out on the town: Olive Garden

Thursday, August 22nd

Check In: 10:45 am Return 1:00 pm

Lunch at your own expense



Palo Duro Golden Jubilee Open House

Thursday, August 15th

Check In: 8:30 am Return 12:30 pm

Lunch Reservations

Tinker Town

Friday, August 23rd

Check In: 9:10 am Return 2:30 pm

\$6 admission fee

Lunch at your own expense

Fall Prevention

Come join us to learn about simple steps you can take to prevent falls.

Light snacks and refreshments

Friday, August 16th

10:00 am 



AARP Smart Driver

This four-hour class provides techniques for coping with change in vision, hearing, & reaction time, along with the rules of the road. Anyone

50+ may take this class & may receive a discount on insurance premiums Cost: \$20 for AARP Members \$25 for non-AARP Members



(Checks or Money Orders ONLY Accepted. NO CASH)

Sign up at the front desk or call 505-764-6436

Scheduled the third Wednesday of every month, 12:30 pm- 4:30 pm

Come laugh with us!

We're celebrating National Joke Day!

Come tell a joke and you will get a sweet treat!

If you don't have a joke, we will have some to share.

Thursday, August 15th

10:30 am



Have you ever forgotten to take your medicine or taken too much and didn't know what to do?

Learn about a free and confidential drug information line and medication safety tips

Friday, August 16th

12:30 pm - 2:00 pm



Get a fresh haircut!

Aveda Institute students are offering fresh haircuts for only \$5.

Sign up at the front desk.

Barelas

Wednesday, August 14th

9:15 am

***Tips appreciated** 



Medicaid for Long-Term Care

Reduce or eliminate your healthcare costs with Long-Term Care Medicaid. Learn how you can qualify for Institutional Care or the Medicaid Waiver to pay for your care at a nursing home, assisted living facility, or at your own home

Thursday, August 29th

10:00 am

Sign up at the front desk or call

505-764-6436

Voter Registration

Do you need to register to vote or update any of your voter information?

Get it done here!

Tuesday, August 13th

9:00 am - 12:00 pm



Come join us for breakfast!

Breakfast Menu

8:00am – 9:00am / Monday – Friday

Full Breakfast \$1.50
2 eggs, 2 bacon or sausage, potatoes, toast/tortilla

Mini Breakfast \$0.75
1 egg, bacon or sausage, potatoes, toast/tortilla

Breakfast Burrito \$ 1.50
2 eggs, bacon or sausage, potatoes
(Chile optional) Red or Green

A-la-Carte

Egg (over medium, over hard, scrambled, egg whites)	.25
2 pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Potatoes	.30
Hot Cereal w/milk	.70
Side of Chile (Red) or (Green)	.25
Egg Muffin Sandwich (bacon or sausage)	1.00
Huevos Rancheros (Tuesday)	1.50
Waffle with everything or Plain \$1.00 (Wednesday)	1.50
Biscuits & Gravy (Friday)	1.00

Drinks

Orange Juice or Milk	.25
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Barelas accepts cash, checks, and major credit cards except American Express.
We are limited on the amount of change we can give and may not be able to accept bills larger than \$20.00

8:00 am - 9:00 am

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC, DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER 2024 | **9 am - 3 pm**

714 Seventh St SW 87102

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Healthcare

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PRIME TIME
PUBLISHING

Tech Thursday

Learn how to use your phone to take great photos & videos. Bring your tech questions and get them answered live!

Thursday, August 29th

10:00 am - 11:00 am

Call 505-764-6436 to register.



August Birthday Celebration

Come enjoy a piece of cake and celebrate our August birthdays!

Tuesday, August 20th

1:00 pm



Oak St.
Health

The Fablemans

Wednesday, August 14th

1:15 pm

Rated PG-13

Drama



Movies Days



Wonder

Wednesday, August 28th

1:15 pm

Rated PG

Family/Drama



GEHM Clinic

Wednesday, August 21st

8:30 AM - 12:00 PM

Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

Advisory Council Meeting

No meeting this month.

Next meeting in September

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
<ul style="list-style-type: none"> ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Meatloaf w/ tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/ red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
Barelas Closed				
<ul style="list-style-type: none"> ♦ Sweet & Sour pork w/ stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken salad w/ bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese omelet w/ red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/ margarine ♦ Mandarin oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/ margarine ♦ Pears ♦ 1% milk 
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	<ul style="list-style-type: none"> ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Whole grain dinner roll w/ margarine ♦ Canned apricots ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Shredded seasoned chicken w/ brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked garlic tilapia w/ ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26	27	28	29	30
<ul style="list-style-type: none"> ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken & veggie stir fry w/ soy sauce ♦ Buttered linguini noodles ♦ Green beans w/ mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/ margarine ♦ Warm sliced apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Eggplant parmesan w/ ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile cheese burger ♦ Tater tots w/ ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 