

Department of Senior Affairs

Palo Duro Senior Center Newsletter

5221 Palo Duro, NE

505.888.8102

Center Hours

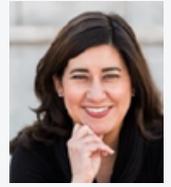
Mon, Tue, Thur, Fri: 8 am - 5 pm

Wed: 8 am - 7 pm

Sat: 9 am - 1 pm

Sunday Closed

Department of Senior Affairs



Anna Sanchez
Director

Angel Montoya
Division Manager

David Goode
Center Manager

Theresa Smith
Program
Coordinator

Juan Carlos Campa-Arias
Office Assistant

Jaedyn Reed & Tayler Stanley
Program Assistant II

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

Dominique Rivera
Kitchen Aid

APRIL 2024

EARTH DAY



**Celebrate with us, and
walk around the park
and enjoy nature!**

9:30-10:00

Plant giveaway at 10:30!

**Don't forget to wear
your favorite hat!**

IMPORTANT DATES

- 4/1 April Fool's Day
- 4/6 Trip: SW Chocolate & Coffee Fest
- 4/9 Trip: DaVinci Machines Exhibition
- 4/10 Flea Market
- 4/10 Trip: Santa Fe National Cemetery
- 4/13 Trip: Casa San Ysidro Museum & Presentation
- 4/15 Tax Day
- 4/19 Trip: Tech Fair
- 4/22 Earth Day



Palo Duro Features

MOVIES AT PALO DURO



Join us at 1:30 pm for these movies! Popcorn will be provided. *Movie Titles are Subject to Change

April 11
Infinite
(PG-13)



April 25
Oppenheimer
(R)

FLEA MARKET

April 10th

8:30 am - 12:30 pm

Come have fun at our flea market on the 2nd Wednesday of the month. Tables are just \$2. Sign up starts on Wednesday the week before the market. Get ready to discover cool stuff and have a great time with us!

Sign-ups begin on **Wednesday, April 3rd.**

Sign-up to reserve a Table for \$2



Game Time!

Meets **Wednesday 12:00 - 3:00 pm**

Come play a new game or an old favorite such as Mexican Train, Uno, Rummy-O, Parcheesi, Backgammon or bring one of your own!



BIRTHDAY CELEBRATION

1st Monday of the Month, April 1st
10:30 am — 11:30 am



Sponsors: Philatelic Society & Oak Street Health

ICE CREAM SOCIAL

3rd Tuesday, April 16th



Friendship Coffee

Wednesday 9:15 - 10:15 am

Cottonwood Room



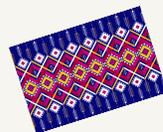
Stay and enjoy fellowship, treats and meet the week's sponsor.

April 3: Trujillo Family Funeral/ Clarity Consulting

April 10: Trujillo Funeral Home

April 17: Presbyterian

April 24: Q Hospice



Swedish Weaving

Meets **Friday 1:30 - 4:30 pm**

Swedish Weaving is the art of weaving yarns through a counted cloth called Monk's Cloth. Beginners and advanced weavers are welcome.

\$10 materials fee.



April Trips

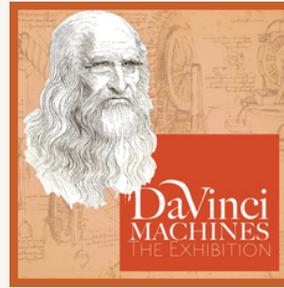
(All trip expenses are on your own)

SW Chocolate & Coffee Fest



Saturday, April 6
Check-in: 9:15 am
Depart: 9:30
Return: 3:00 pm
Entry Fee \$20

DaVinci Machines



Lunch at
Vick's Vittles

Tuesday, April 9
National Museum of
Nuclear Science &
History
Check-in: 9:00 am
Depart: 9:15
Return: 3:00 pm
Entry Fee 60+ \$13
Veterans \$11
50-59 \$15

Santa Fe National Cemetary

Ride the Rail Runner!

Visit Your Loved One on one
of the following dates:

Wednesday, April 10th
Wednesday, May 15th
Wednesday, June 12th



Check-in: 8:10 am
Depart: 8:25 am
Return: 4:30 pm
Free Box Lunch

Casa San Ysidro with Presentation:

**"Tales of Witchcraft & the
Supernatural in New Mexico**

Saturday, April 13

**Following with a stop at
El Pinto Restaurant**

Check-in: 11:15 am
Depart: 11:30 am
Return: 5:00 pm



Upcoming Trips for May

Sign-Up starts May 1st



Tarde de Oro

Thursday, May 9

**Afterwards, a stop at
I Scream Ice Cream Shop**

You will experience New Mexico's
versatile and colorful history through pictures,
music, dance, song and script.

Check-in: 12:00 pm
Depart: 12:15 pm
Return: 4:30 pm



Belen Harvey House Museum and

Lunch at Bennies

Wednesday, May 22

Step into history with the iconic Harvey Girls
who defined hospitality in the
wild west of the 1880s.

Check-in: 10:30 am
Depart: 10:45 am
Return: 4:00 pm



Palo Duro Events & Happenings

ADAPTED AQUATICS

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength.

*You may pick up and complete a lotto form to register from any senior center!

Members will be contacted by the end of the month. If you were selected to attend class in the following. month

Session 1 - Monday, Wednesday, Friday 9-10 am

Session 2 - Monday, Friday 1:15 -2:15 pm

Session 3 - Tuesday, Thursday 9-10 am

Palo Duro Sports & Fitness

880-2800

Los Volcanes Sports & Fitness

767-5990

HIKES OF THE MONTH

Sign Up at the front desk for all trips and hikes. All hike sign-ups are available 13 days in advance.

4/03/2024 Old Cuba Road, Overlook Loop

4/17/2024 Dale Ball Trails, Sierra del Norte West

GEHM CLINIC

Tuesday, April 2nd and
Wednesday, April 3rd
8:30 am - 12:00 pm



Come get your blood pressure, blood sugar, and weight checked with our certified nurses from UNM.



Free Tech Classes for Seniors!

Wednesday, April 10

3:00 - 5:00 p.m.

Upcoming:

Wednesday, May 1, 3 - 5 pm

Tuesday, June 4, 3 - 4:50 pm

One-on-One coaching designed for beginners. Call or stop by the front desk to reserve your spot or call Teeniors at (505) 600-1297

New Member Orientation



Thursday, April 18

1:00 - 2:00 pm

Join us while we welcome new members and discusses the new programs and services that Palo Duro has to offer! We will give a tour, supply you with additional services and answer any questions or concerns you may have. Not a member yet? That's ok! This orientation is to help you feel confident about becoming a member of the Department of Senior Affairs.



Check out our new
Community Bulletin Board!

Located in the hallway -
across from the Billiards Room

daily schedule

MONDAY

8:00-9:00 Breakfast
 8:00-4:30 Billiards
 8:00-4:30 Open Computer Lab
 8:00-4:30 Puzzles
 8:30-11:30 Lapidary I, Beginning
 9:00-11:00 Palo Duro Singers
 9:30-10:30 Strengthening Class
 9:30-12:30 Ceramics
 10:00-11:00 New Member Orientation (4th Mon.)
 11:30-1:00 Lunch
 11:45-1:00 T.O.P.S.
 12:00-2:00 Philatelic Society (Stamp Club)
 12:30-4:30 Duplicate Bridge
 1:00-2:00 Ladies' Bible Study
 1:00-3:00 French
 1:30-3:00 Line Dancing, Intermediate
 2:45-4:30 Retired Doctors Group
 3:15-4:30 Line Dancing, Beginning



TUESDAY

8:00-9:00 Breakfast
 8:00-4:30 Billiards
 8:00-4:30 Open Computer Lab (closed 3rd Tue. 9:30-12:30)
 8:00-4:30 Puzzles
 8:30-11:30 Lapidary II
 8:30 - 12:00pm GEHM (1st Tuesday)
 9:00-11:00 Quilting
 9:00-11:00 Tuesday's Angels
 10:00-12:00 Investment Club (3rd Tuesday)
 10:00 -12:00 Sewing & Alterations
 11:30-1:00 Lunch
 12:00-2:00 Leather
 12:00-4:45 Scrabble
 1:00-3:00 Creative arts group (Visiting Artists)
 1:30-2:30 Mystery Book Club (2nd Tuesday)
 2:00-4:00 B.I.N.G.O.(\$3 Minimum to play)



WEDNESDAY

8:00-9:00 Breakfast
 8:00-4:30 Billiards
 8:00-4:30 Open Computer Lab
 8:00-4:30 Puzzles
 8:30 - 12:00 Flea Market (2nd Wednesday)
 9:00-12:00 Pottery Open Studio
 9:00-12:00 Power of Attorney or General Law (2nd Wed.)
 9:15-10:15 Friendship Coffee
 9:00-12:00 Golden Eagles (4th Wednesday)
 11:30-1:00 Lunch
 12:00-3:00 Busy Bees-Crochet and knitting
 12:00-4:45 Metal/Silver Smithing
 12:00-3:00 Mexican Train Dominos
 1:30-4:00 MyCD Workshop, Diabetes Self Mgt.



THURSDAY

8:00-9:00 Breakfast
 8:00-4:30 Billiards
 8:00-4:30 Open Computer Lab
 8:00-4:30 Puzzles
 8:30-11:30 Deaf Seniors Group
 8:30-11:30 Lapidary Studio
 9:00-11:30 Intermediate/Advanced German
 9:00-12:30 Puzzles
 9:30-12:30 Ceramics
 10:00-11:00 Beyond Wall Computer Training (4th Thur)
 11:30-1:00 Lunch
 12:00-1:30 Rock Hounds Meeting (1st & 3rd Thu)
 1:00-2:00 New Member Orientation (2nd Thu)
 TBD Rock Hounds Trip (2nd and 4th Thursday)



FRIDAY

8:00-9:00 Breakfast
 8:00-4:30 Billiards
 8:00-4:30 Open Computer Lab
 8:00-4:30 Puzzles
 8:30 - 12:00 AARP Defensive Driving (1st Friday)
 9:00-12:00 Lapidary III
 9:00-12:00 Pottery Open Studio
 9:30-10:30 Energy Yoga
 9:30-10:30 Strengthening Core
 10:30-12:00 Hightoners
 11:30-1:00 Lunch
 1:00-3:00 Cribbage
 1:30-4:30 Swedish Weaving-\$10 Material Fee



SATURDAY

9:15-11:15 Quilting
 9:00-12:30 Billiards
 9:00-12:30 Open Computer Lab
 9:00-12:30 Puzzles
 9:00-10:15 Line Dancing, Advanced Beginner
 10:30-12:00 Line Dancing, Improver/Intermediate



Note: Days and Times are subject to change.

April 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk | 2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll ♦ Banana ♦ 1% milk | 3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk | 4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple ♦ 1% milk | 5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk |
| 8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk | 9 ♦ Chicken tender w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches ♦ 1% milk | 10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Tapioca pudding ♦ 1% milk | 11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew ♦ 1% milk | 12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/ black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk |
| 15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Sugar cookie ♦ 1% milk | 16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana ♦ 1% milk | 17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Rosemary potatoes ♦ Orange ♦ 1% milk | 18 ♦ Denver omelet ♦ Stewed tomato ♦ Hash brown ♦ Pear ♦ 1% milk | 19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple ♦ 1% milk |
| 22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk | 23 ♦ Bratwurst with onion and peppers ♦ Baked beans ♦ Fries w/ketchup ♦ Yellow cake ♦ 1% milk | 24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk | 25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk | 26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine ♦ 1% milk |
| 27 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk | 28 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk | 29 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk | 30 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk | 1 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk |

**Menu items subject to change.
Please arrive before 12:30 p.m.**

***Reservations Required**

**Lunch is served from 11:30am to 1:00pm
Reservations for daily specials must be made
by 1 p.m. the previous day - Call (505) 888-8102**

PALO DURO APRIL NEW CLASSES & PRESENTATIONS

Holocaust Museum

Presentation here at PDSC!

Thursday, April 18
9:30 am - 11:30 am

Watch a Video Presentation and view actual artifacts. The mission of the NM Holocaust & Intolerance Museum is to use the lessons and personal stories of the Holocaust and other genocides to educate and inspire communities of upstanders. The museum strives to teach those we serve how to confront hate and bigotry so they can make a difference.

Power of Attorney Clinic

Wednesday, April 10

9:00 - 11:00 am.

Senior Citizen's Law Office
2nd Wednesday of the month

Call SCLO to sign-up. Space is limited.
Phone: (505) 265-2300



Introductory

Qigong Class

Zhiheng Qigong for Health

Sign-up at Front Desk

First 2 Classes Free! \$10 thereafter.

Begins April 4, 2:00 - 4:00 pm

Considered the most effective form of Qigong for improving health. A Simple, low-impact and safe practice for all fitness levels and ages. Improves health and wellbeing.



Televeta Beyond Walls

Computer & Tech Training

Last Thursday of every Month

April 25

10:00 - 11:00 am



A different topic every Month!



How did the Real Estate Market do in '23?

Wednesday, April 17, 9 - 10 am

Homeowners and Investors, would you like to know the market value of your home? Local trends in real estate? When's a good time to buy or sell? Let's take a look.

by Angelica Plass

TINWORK CLASS

NEW

An open tin workshop!

Join Jason Younis y Delgado, 5th generation tinsmith for a four week workshop.
All experience levels welcome.

Class fee: \$55, includes sheet of tin and all required tools.

Limited to 12 members.

Starts Friday, April 5th

9:00 - 11:00 a.m.

Call or stop by front desk to reserve your spot.

AARP Defensive Driving

The AARP SmartDriver classroom course could save on your car insurance! Would you like to join?

1st Friday of the month

April 5

8:30 am - 12:30 pm

Sign up for the May 3 course opens on April 1st.

Register at the front Desk.



50+ Senior *TECH CONNECT*



APRIL 19, 2024

Hosted by

Manzano Mesa Multigenerational Center

Check-in: 8:45 am

Depart: 9:00 am

Return: 1:00 pm



**PRIZES & FUN
REFRESHMENTS
DEMONSTRATIONS
HANDS-ON LEARNING**

Transportation will be provided.
Please sign up at the front desk



A free six-week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

This course is for family caregivers like you!

Registration is required.

Call the Family Caregiver Center of NM at 505-785-5533

Palo Duro Senior Center

Thursdays, 3:00 - 4:30 pm

May 2, May 9, May 16, May 23, May 30, June 6

Visit: www.familycaregivernm.org



Future Events at Palo Duro Senior Center!

May 15 - National Older Americans Month Celebration

August 10 - Palo Duro's 50th Anniversary Celebration