

Dept. of Senior Affairs

Palo Duro Senior Center  
5221 Palo Duro Ave 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



**Anna Sanchez**  
Director

**Angel Montoya**  
Division Manager

**David Goode**  
Center Manager

**Theresa Smith**  
Program  
Coordinator

**Juan Carlos**  
Campa-Arias  
Office Assistant

**Tayler Stanley**  
Program Assistant  
II

**Ericka Aguilar**  
Program Assistant  
II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

**Gladys Hernandez**  
Kitchen Aid

# Palo Duro Senior Center April 2025



## Earth Day April 22, 2025

Presentation by Master Gardener:

Bring Back the Pollinators: Stewardship of the Desert  
Ecosystem in Central New Mexico... and BEYOND"

Plant give-a-way, 10:30 am while they last.

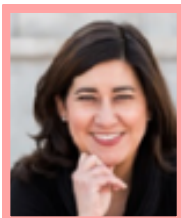
How many Easter  
Eggs can you find?

# Palo Duro Happenings

## Coffee with Constituents



Join Director,  
Anna Sanchez, on  
**Thursday, April 10th**  
9:30 am - 10:30 am  
in the Social Hall.



## AARP Smart

### Driver



**Friday, April 4th**  
8:30 am - 12:30 pm  
Call PDSC to sign up!  
Next month on May 2nd

## Power of Attorney



**Wednesday, April 9th**  
9:00 am - 11:00 am



**Presented By:**

**Senior Citizens Law Office**

**Call SCLO for an appointment:**  
**505-265-2300**

## GHEM Clinic

**Geriatric Education & Health  
Maintenance**



**Tuesday, April 1st and  
Wednesday, April 2nd**  
8:30 am - 12:00 pm



## New Member Orientation

Welcome to Palo Duro!  
Please join us for a tour around the  
center and see what we're all about!

**Thursday, April 17th**  
1:00 pm - 2:00 pm

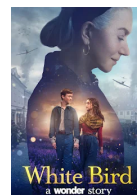
hello



## Movies



The Watchers  
Thursday, April 10  
1:30pm-4:00pm  
PG-13



White Bird  
Thursday, April 24  
1:30pm-4:00pm  
PG-13

## Birthday Celebration



**Monday, April 7th**  
10:30-11:30



Sponsor: Oak St. Health &  
Palo Duro Philatelic Society

## Friendship Coffee

**Wednesdays, 9:15 am - 10:15 am**



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

Apr. 2- Caring Transitions  
Apr. 9- Presbyterian  
Apr. 16- Good Samaritan Hospice  
Apr. 23- Your Medicare Grandson  
Apr. 30- Presbyterian



## Flea Market

**April 9th**

**8:30 am - 12:30 pm**

Come have fun at our flea market on the  
2nd Wednesday of each month.

Tables are just \$2.

Get ready to discover cool stuff and  
have a great time with us!

**Sign-up for April flea market is**  
**April 2nd, 9:00 am.**

**Notice: New Sign-up day starts on**  
**Wednesday, April 9th at 10:30am**  
**for the month of May.**

- bring your membership card.





# 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  
 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  
 1:00–3:00 French  
 2:45–4:30 Retired Professionals' Group  
 2:30–4:00 Line Dancing, Beginner

## 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 Tue. & some 1st Wed.)  
 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 Works  
 12:00–4:45 Scrabble  
 1:00–3:00 Creative Arts Group  
 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  
 8:30–3:30 Metal/Silver Smithing  
 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  
 10:00–12:00 Golden Eagles (4th Wednesday)  
 11:30–1:00 Lunch  
 12:00–3:00 Busy Bees-Crochet and Knitting  
 12:00–3:00 Game Time: Mexican Train and other games  
 1:30–4:00 My Chronic Disease Workshop, 6 wks, see newsletter for updates

## 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 German, Intermediate/Advanced  
 9:00–12:30 Puzzles  
 9:30–12:30 Ceramics  
 11:30–1:00 Lunch  
 12:00–1:30 Rockhounds Meeting (1st & 3rd Thu)  
 12:30–1:30 Open Bible Discussion  
 1:00–2:00 New Member Orientation (3rd Thur)  
 1:30–2:30 Guitar, Beginning  
 TBD Rockhounds Trip (2nd and 4th Thursday)

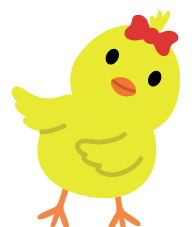
## FRIDAY

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  
 9:00–11:00 Interactive Bible Study (not 1st Fri)  
 9:30–10:30 Energy Yoga  
 9:30–10:30 Strengthening Core  
 10:30–12:00 The Hightoners (choir)  
 11:30–1:00 Lunch  
 1:00–3:00 Cribbage  
 1:30–4:30 Swedish Weaving-\$10 Material Fee

## SATURDAY

9:00–10:15 Line Dancing, Advanced Beginner  
 9:15–11:15 Quilting  
 9:00–12:30 Billiards  
 9:00–12:30 Open Computer Lab  
 9:00–12:30 Puzzles  
 10:00–12:00 Qigong for Health  
 10:30–12:00 Line Dancing  
 Improver/Intermediate  
 10:00–12:00 Corvairs of New Mexico (1st Saturday)

Note: Days and Times are subject  
 to change.



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
31	1	2	3	4
<ul style="list-style-type: none"> <li>♦ Chicken Tamales 2ea</li> <li>Red Chile 1oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Pork Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Veggie Green Chile Cheeseburger 1ea</li> <li>♦ Diced Potatoes 4oz</li> <li>♦ Succotash 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Garlic Butter Tilapia 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Grapes 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
7	8	9	10	11
<ul style="list-style-type: none"> <li>♦ Rotisserie Chicken 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Salisbury Steak 4oz</li> <li>Green Chile Gravy 2oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Asian Diced Pork 3oz</li> <li>♦ Peppers 2oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Roasted Vegetables 4oz</li> <li>♦ Fortune Cookie 2ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Macaroni &amp; Broccoli 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Breaded Cod 4oz</li> <li>Tarter Sauce 1ea</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
14	15	16	17	18
<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>Red Chile 2oz</li> <li>♦ Spinach 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Pudding 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Fajita 4oz</li> <li>♦ Tortilla 2ea</li> <li>♦ Brown Rice 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Bowtie Pasta 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Yogurt 6oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Spaghetti 4oz</li> <li>♦ Mushrooms 2oz</li> <li>♦ Roasted Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Lemon Pepper Salmon 1ea</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Apple 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 
21	22	23	24	25
<ul style="list-style-type: none"> <li>♦ Turkey Tetrazzini 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Beef Tips w/Gravy 3oz</li> <li>♦ Penne Pasta 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Berry Compote 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Pork Tamales 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Calabacitas 4oz</li> <li>♦ Pudding 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Omelet 3oz</li> <li>♦ Peppers &amp; Onions 2oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Apple Slices 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Baked Chicken 3oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 
28	29	30	1	2
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 3oz</li> <li>Gravy 1oz</li> <li>♦ Rosemary Potatoes 4oz</li> <li>♦ Malibu Blend 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Pears 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Garlic Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Cheese Lasagna 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul> 	<ul style="list-style-type: none"> <li>♦ Diced Pork 3oz</li> <li>Gravy 2oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul> 

## Lunch:

Monday-Friday, 11:30-1:00

**Reservations required the previous day prior to 1:00 pm.**

You may call in your reservation or reserve in person.

**Please arrive for you lunch by 12:30 pm.**

Menu items subject to change.



# Palo Duro Trips

## April Trips

All trip expenses are your own responsibility.

**Sign-Up Begins April 1st**

### Santuario de Chimayo

**Tuesday, April 8th**



**Lunch in Pojoaque**

**Check In: 8:45 am**

**Depart: 9:00 am**

**Return: 4:00 pm.**



### Bistro Buddies:

#### High Noon Restaurant

**Wednesday, April 23rd**

**Check-in: 11:15 am**

**Depart: 11:30 am**

**Return: 3:00 pm**



### History of the Secret City

#### Walking Tour, Los Alamos

**Tuesday, April 29th**



**Fee: \$25**

**+ Lunch**

**Check-in: 8:15 am**

**Depart: 8:30 am**

**Return: 5:00 pm**

Visit an Ancestral Pueblo site, step inside the homestead-era Romero Cabin, and hear about the Los Alamos Ranch School.

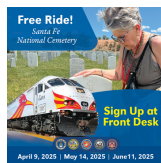
### 50+ Senior Tech Connect

**Friday, April 11th**

**Sign-up anytime at the front desk.**



## May Trips



**Sign-Up Begins May 1st**

### Ride the Rail Runner to the Santa Fe National Cemetery to visit loved ones.

**Sign-up Anytime!**

**Trips available Wednesdays:**

**April 9th, Deadline to sign-up is March 31st.**

**May 14th, Deadline May 5th.**

**June 11th, Deadline June 2nd.**

Participation is limited to the first 6 who sign-up. All transportation is provided. Box lunch included.

Must have current membership.

Info needed: Name on Grave site:

must be full name, include middle name or initial and year of passing.

### Tarde de Oro

**(variety show)**

**Thursday, May 8th**



### Bistro Buddies - Benny's, Los Lunas

**Thursday, May 15th**

### Kirtland Air Fiesta 2025!

**(air show on the base)**

**Saturday, May 31st**



## Hikes of the Month



### Embudo Foothills Loop

**Wednesday, April 2nd**

**Sign-up starts March 20th**

**Check-in 8:30 am**

### Ponderosa Trail at Juan Tomas

**Wednesday, April 16th**

**Sign-up starts April 3rd**

**Check-in 8:30 am**

### Otero Canyon East Loop

**Wednesday, April 30th**

**Sign-up starts April 17th**

**Check-in 8:30 am**



# Palo Duro Events



April 16th

3:00-4:00 or 4:00-5:00

Please sign up at front desk to  
make a one-on-one appointment!



## Calling Musicians & Singers!

Join the Mighty Palo Duro Singers.

We are an imperfect, senior,  
performing, sing-a-long group. If  
you play an instrument and/or love  
to sing, join us on Mondays,  
9:00 am - 11:00 am in  
the Cottonwood room.



**BINGO  
CANCELLED**

**April 1st**

This is NOT an  
April Fool's Joke.

**New Workshop: Self-Healing &  
Being Your Own Doctor**  
Monday, May 19th, 26th, June 2nd  
2:00 pm - 3:00 pm  
Sign-up at front desk.

*Mother's  
Day*

**Celebrate Mother's Day  
on Friday,  
May 9th, with musical  
entertainment!  
12 - 1:30 pm.**



50+

SENIOR  
TECH  
CONNECT

SAVE THE DATE!  
APRIL 11, 2025

NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER

ONE ALBUQUE RQUE senior affairs

diverseIT.



Ride with us to the  
**50+ Senior Tech Connect**

Check-In: 8:30 am

Depart: 8:45 am

Return: 12:30 pm

Sign-up anytime.



## May is Older Americans Month

Join us on May 14th for an  
Outdoor Flea Market and  
Car Show!

9:00 am - 12:00 noon.

Lottery for table is on  
Wednesday, April 9th at 10:30 am.