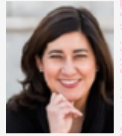


AUGUST 2025

Department of Senior Affairs



Anna Sanchez
Director

Angel Montoya
Division Manager

David Goode
Center Manager

Vacant
**Program
Coordinator**

Juan Carlos
Campa-Arias
Office Assistant

Taylor Stanley
&
Ericka Aguilar
**Program Assistant
II**

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

Gladys Hernandez
Kitchen Aid

The Department of Senior Affairs is a committed to providing resources with care and compassion that help our community thrive while embracing aging.



SUMMER SOIREE *Dinner Dance*



August 20th 4:00-7:00

\$5 tickets
must be a
current member



Come join us for an evening of dinner,
friends and fun! Bring your dancing shoes for
live music by La Raza!

Notice!

the following centers will be closed August 4-8
for staff training

Barelas Senior Center

Highland Senior Center

Palo Duro Senior Center & Sport and Fitness

Bear Canyon Senior Center

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

Why do bananas use
sunscreen in August?

Because they peel!



Important Dates

August 1 - Aug Trip Sign Ups

August 4-8 - Closed

August 5 - GHEM Clinic

August 11 - Birthday Celeb

August 13 - Flea Market

August 13 - Sept Market Lotto

Palo Duro Happenings



Movies

Outlaw King
Thursday, August 14th
1:30-4:00
R



We Live in Time
Thursday, August 28th
1:30-4:00
R



Flea Market

Wednesday, August 13th

8:30 am - 12:30 pm

We invite you to explore our flea market!
Where great finds and good times await!

[September lottery begins](#)

[August 13th, at 10:30am,](#)

[tables are just \\$2 please bring your valid membership cards.](#)



Birthday

Celebration



Monday, August 11th
10:30 am - 11:30 am



Sponsor: Oak St. Health &
Palo Duro Philatelic Society

AARP Smart Driver



Friday, August 1st

8:30 am - 12:30 pm

Call PDSC to sign up!

Next class on Sep 1st!



Senior Law Office

Wednesday, August 13th

9:00 am - 11:30 am

Power of Attorney Clinic

Call for an appointment:

505-888-8102



Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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



August 13- All About Medicare
August 20- Bear Canyon Rehab
Center
August 27- All About Medicare

GEHM Clinic

Geriatric Education & Health
Maintenance

***No GEHM Clinic this month**

GEHM Clinic Returns

Tuesday, September 2nd

8:30am - 12:30pm



Want to look younger?



You can! With a little
tweak in your style, and a
dab of makeup!

Join us in August for
sessions of fun and new
ideas on looking good!



Wednesdays
11:00-12:00

Asia Negrón-Esposito -
Ms Gerontology

Daily Schedule

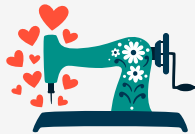
MONDAY

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
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
8:00–6:30 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
9:30–10:30 Strengthening Core
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
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**

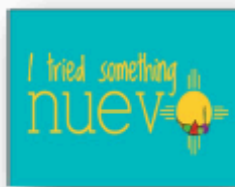


SATURDAY

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
10:30–12:00 Line Dancing Improver/Intermediate
10:00–12:00 Corvairs of New Mexico (**1st Saturday**)




























**Note: Days and Times are
 subject to change.**



AUGUST 2025

**ONE
ALBUQUE
RQUE**

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
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	29 Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	30 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4 Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	5 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	6 Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	7 Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	8 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	12 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	13 Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	14 Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	15 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	19 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	20 Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	21 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	22 Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25 Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	26 Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	27 Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	28 Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	29 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 

Lunch:

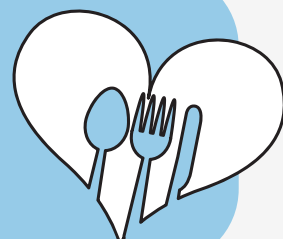
Monday-Friday, 11:30-1:00

Reservations required the previous day before 1:00 pm.

You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

A la Carte menu items subject to change.



Membership cards
must be up to date!
all costs on your own

Palo Duro Trips

August Trips

Sign-Up Begins August 1st @8am

Origami in the Garden &
Lunch at The Mine Shaft
Tavern & Cantina

Friday, August 15th

Check In: 8:15

Depart: 8:30

Return: 2:00



Bistro Buddies Frontier
Monday, August 18th

Check In: 11:15

Depart: 11:30

Return: 2:00



Sasebo Japanese Garden &
Lunch at Los Compadres

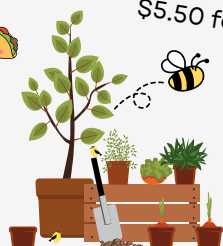
Friday, August 29th



Check In: 9:00

Depart: 9:15

Return: 3:00



tickets are
\$5.50 for 65+

September Trips

Sign-Up Begins September 2nd @8am

Barelas Fiestas!

Friday, Sept 5th

Check In: 9:15

Depart: 9:30

Return: 3:30



NM State Fair
Monday, Sept 8th

Check In: 9:00

Depart: 9:15

Return: 3:30



Bistro Buddies
Vinaigrette

Wednesday, Sept 24th

Check In: 11:00

Depart: 11:15

Return: 3:30

Hikes of the Month

Ellis - 10K Survey Loop
Wednesday, August 6th
Level B- Moderate

Check In: 8:30

Return: 4:30pm

Sign Ups Thursday

July 24th



Winsor Trail to Bob Meadow
Wednesday, August 20th
Level C- Challenging

Check In: 8:30

Return: 5:00pm

Sign Ups Thursday

July 31st



Important News

Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.



In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

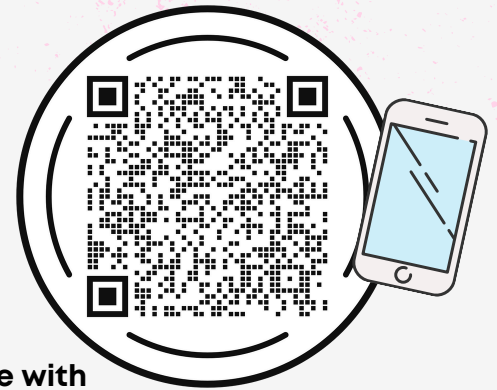
WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

 **505-768-3630**

 **cabq.gov/seniors/events**



**Scan this code with
your phone to register!**



**City of
Albuquerque
Department of
Senior Affairs
Advisory Council**

Barelas Senior Center



Get ready for a jam-packed party with live music, delicious grub, and all-around good times!

**714 Seventh St
SW 87102**

August 2025

No Meeting

September 15, 2025
501 Elizabeth SE, 87123

Manzano Mesa Multigen-

October 20, 2025
131 Monroe NE, 87108

Highland Senior Center-

November 17, 2025
714 7th St SW, 87102

Barelas Senior Center-

December 2025

No Meeting

**5 September
2025** | **9am
3pm**