

Palo Duro Senior Center

August 2026

A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

5221 Palo Duro Ave NE

505-888-8102

Hours of Operation:

Mon, Tue, Wed, Thur, Fri

8am - 5pm

Department of Senior Affairs



Anna Sanchez

Director

Kent Vigil

Division Manager

David Goode

Center Manager

Vacant

Program Coordinator

Crissy Haynes

Office Assistant

Michelle Manfredi

Program Assistant II

Monica Rosales

General Services

Elvira De La Rosa

Cook

Gladys Hernandez

Kitchen Aid

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

Important Dates

August 3: Trip Sign Ups i

August 13: Navigating Senior Insurance Presentation

Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

Palo Duro Happenings



Flea market

Wednesday, August 12th

8:30am - 12:30pm

We invite you to our fabulous flea market. From fashionable clothes, to jewelry and beautiful homemade art! Interested in hosting a table? Reserve a table for \$2 on August 12th for our September Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.



Movies

Victory
Thursday, August 13th
1:30-4:00
Pg



Splendor in The Grass
Thursday, August 27th
1:30-4:00
NR

GEHM Clinic

Geriatric Education & Health
Maintenance

Tuesday, August 4th
8:30 am - 12:00 pm



AARP Smart Driver
Defensive Course
August 7th

8:30am - 12:30pm

Call PDSC to sign up!
Next month on Oct. 2nd



Senior law office
General Law Clinic

Wednesday, August 12th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Make appointment at front desk
or call 505-888-8102



Learned Happiness

Every Wednesday!

10:00am - 11:30am



Apply the Science of Happiness.

Weekly topic / recent happiness research / education
/ events followed by group discussion on personal
application. Relaxation exercise to end each class.

By licensed PhD Psychologist

Gayle Zieman

RETIRED PROFESSIONALS DISCUSSION GROUP



Every Monday

2:45 - 4:30 pm

Random subjects of personal interest that we have
chosen. We rotate speakers for a
brief tenure in a lively and friendly fashion.

Political and religious
subjects excluded.



Square Dancing

Wednesdays

2:00pm - 4:30pm

Looking for NEW DANCERS to join and team up with
the group. Meet friends, fun and exercise
Learn with music & square dance calls with instructor

Tim Kreitingner

Beginner Class Starts July 8th

2:00 - 3:00pm

Mainstream
3:00 - 4:30pm





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	 5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	 6 Green Chile Veggie Cheesburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	 7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
 10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	 12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	 13 Cheese Omelet w/ Red Chile 1oz Stewed Tomato 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	 14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
 17 Teriyaki Beef w/ Brown Rice 4oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	 18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	 19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	 20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	 21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
 24 Sliced Ham w/ Pineapple Sauce 1oz Ranch Beans 4oz Spinach 4oz Cornbread 1ea Peach 4oz 1% Milk 8oz	 25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	 26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	 27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	 28 Green Chile Cheesburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz

Lunch:

Monday-Friday, 11:30am - 1:00pm

Reservations required the previous day before 1:00pm.

You may call in your reservation or reserve in person.

Please arrive for your lunch by 12:30pm.

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
8:30–12:00 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
10:00–11:30 Learned Happiness
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
12:15–3:30 Pottery Open Studio
2:00–4:30 Intermediate Square Dancing

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 The Sharing Circle
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
9:30–10:30 Energy Yoga
10:30–12:00 The Hightoners (Choir)
11:30–1:00 Lunch
12:15–3:30 Pottery Open Studio
1:00–3:00 Cribbage
1:30–4:30 Swedish Weaving-\$10 Material Fee

Note: Days and times are
subject to change.

For all our holiday and seasonal events, please visit
www.cabq.gov/seniors and click on the 'Senior
Affairs Events' tab on the left side of the page.

Palo Duro Trips

Trip times & dates
are subject to
change

August trips

Sign ups August 3rd
in lobby @ 9am

Please bring updated
membership card &
emergency contact
info

Senior Movie Trip
The Odyssey
Icon Cinema

Thur. August, 18th

Check In: TBD
Depart: TBD
Return: TBD

Bistro Buddies:
Frank's Famous
Chicken & Waffles

Thur. August, 20th

Check In: 11:15am
Depart: 11:30am
Return: 1:30pm



The Gutierrez-Hubbel
House & Lunch @
Abuelita's

Thur, August, 27th

Check In: 9:30am
Depart: 9:45am
Return: 2:00pm

Lunch & movies at own expense
Trips are subject to change

upcoming September trips

Sign up September 1st in lobby
@ 9am

Los Golondrinas & Lunch
@ Los 6 Hermanos

Thursday, _
September 25th

Check In: 8:00am
Depart: 8:15am
Return: 2:30pm

Bistro Buddies:
Church Street Cafe

Tuesday, _
September 15th

Check In: 11:15am
Depart: 11:30am
Return: 1:30pm



Upcoming Hikes



Fenton Lake Walkabout

Level B-Moderate

Wednesday, August 5th

Check In: 8:30am
Depart: 8:45am
Return: 3:30pm

Sign up July 23rd

Otero Canyon East

Level B- Moderate

Wednesday, August 19th

Check In: 8:30am
Depart: 8:45am
Return: 2:30pm

Sign up August 6th

Upcoming Events

Calling All Artisans & Crafters *5th Annual Ageless Artisan Craft* *Fair*

Saturday, November 14, 2026

9:00am - 2:00pm

Manzano Mesa Multigenerational Center

Applications Open:

August 3, 2026, 8:00am

Applications close:

August 28, 2026, 5:00pm



Vendor applications will be available beginning August 3 on the Senior Affairs Events webpage and at any Senior or Multigenerational Center

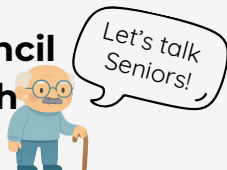
Questions? Call 505-275-8731

Department of Senior Affairs Advisory Council Meeting

Come help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **August: No Advisory council**
- **September 21, 2026: North Domingo Baca Multigenerational Center**



Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

<https://www.cabq.gov/seniors/documents/2026-schedule-of-meetings.pdf>

Please check out presentation

Navigating Changes with My Senior Insurance

Come hear your options for changes in Senior Insurance
Thursday, August 13th
9:30am - 10:30am



Presented by the Karen Cooper Agency

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

The following centers will be closed

August 3, 2026 - August 7, 2026

Barelas Senior Center

North Valley Senior Center

Highland Senior Center

Bear Canyon Senior Center

Normal business hours will resume on

August 8, 2026 for Bear Canyon

August 9, 2026 for North Valley

August 10, 2026 for Barelas & Highland

The following centers will be open

August 3rd - August 7th

Manzano Mesa Multigenerational Center

North Domingo Baca Multigenerational Center

Santa Barbara Multigenerational center

Los Volcanes Senior Center

Palo Duro Senior Center

We thank you for all your cooperation and support!