

Palo Duro Senior Center

5221 Palo Duro Ave NE

505-888-8102

December 2025

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelvas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

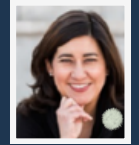
Center Hours:

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

Wed 8am - 7pm

Sat 9am - 1pm

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 Ibadou
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

Dec 1- Trip Sign Ups

Dec 2- Tree/Center Decorating

Dec 3, 10, 17- Holiday Market

Dec 25 - CLOSED Christmas

Dec 31- Cheers to New Years Celebration



What do you give your
parents for Christmas?
A list of what you want.



PALO DURO HAPPENINGS

HOLIDAY MARKET

Wednesday, December 3rd, 10th & 17th

8:30am - 12:30pm



Looking for a unique gift for that special someone? Come join us at Palo Duro Senior Center for our holiday market full of fun exciting gifts for just for the coming holiday!

BIRTHDAY CELEBRATION

Monday, December 1st

1:30pm

Sponsor:

Palo Duro Philatelic Society



MOVIES



Spirited
Thursday, December 4th
1:30-4:00
PG 13



Home Alone
Thursday, December 11th
1:30-4:00
PG

It's A Wonderful Life
Thursday, December 18th
1:30-4:00
PG



TREE DECORATING

Tuesday, December 2nd

9:00am - 11:00am

Santa calls, so lets deck the halls! Come enjoy cookies and hot coco while we decorate the center for the holidays!



TEENIORS TECH HELP



Call 505-888-8102

Wednesday, December 3rd

3:00pm - 5:00pm

Limited spots available

AARP SMART DRIVER

Friday, December 5th

8:30am - 12:30pm

Call PDSC to sign up!

Next class on Feb 6th



POWER OF ATTORNEY

Wednesday, December 10th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Contact SCLO for appointment

505-265-2300



NEW:

LEARNED HAPPINESS

Starting Wednesday,

February 11th

9:00am - 11:00am



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

NEW: SQUARE DANCING

Starting February

3:00pm - 5:00pm

Sign up at front desk



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
8:00–6:30 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
12:15–3:30 Pottery Open Studio

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**

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.**



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 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 2 Chicken Tetraxini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	 3 Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	 4 Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	 5 Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 8 Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	 9 Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	 10 Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	 11 Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz 	 12 BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
 15 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz	 16 Beef & Diced Potatoes 4oz Bell Peppers/Onions/ 3oz Celery 4oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	 17 Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	 18 Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	 19 Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz
 22 Green Chile Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	 23 Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	 24 Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz	CLOSED 25 	 26 Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz

Lunch:

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

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 12:30pm.

A la Carte menu items subject to change.



PALO DURO TRIPS

DECEMBER TRIPS

Sign-Up Begins Monday
December, 1st @ 9am



Old Town
Holiday Stroll



Friday, December 5th

Check In: 4:00
Depart: 4:20
Return: 8:00

Icon Cinema:
Wicked for Good

Tuesday, December 9th



Check In: TBD
Depart: TBD
Return: TBD



Bistro Buddies
Waffle Topia



Thursday, December 18th

Check In: 9:15
Depart: 9:30
Return: 12:30

Sign-Up Begins Friday
January 2nd @ 9am

JANUARY TRIPS

Santa Fe Military
Museum & lunch @
Posas

Wednesday, January 14th

Check In: 9:15am
Depart: 9:30am
Return: 3:00pm



Bistro Buddies: County
Line Barbeque

Friday, January 23rd

Check In: 11:15am
Depart: 11:30am
Return: 2:00pm



World's Largest Matanza
Hispano Chamber of
Valencia County

Saturday January 31st

Check In: 7:30am
Depart: 7:45am
Return: 3:00pm



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.



Be on the lookout for the Elf!
Hiding somewhere in
Palo Duro Senior Center





UPCOMING EVENTS

CHEERS TO THE NEW YEAR!



2026

Come bring in the new year with us! Enjoy delicious cider and refreshments in the lobby at 11:00am December 31st!

WEDNESDAY,
FEBRUARY 11TH
MORE INFO TO
COME

BE MY

Valentine

DINNER DANCE

FEATURING
PAUL PINO & THE
TONE DADDIES



AARP TAX AID

Tax season is coming! AARP will be providing tax assistance every Thursday from February 5th to April 9th. More information to come.

