

Department of Senior Affairs

Palo Duro Senior Center Newsletter

5221 Palo Duro, NE

505.888.8102

Center Hours

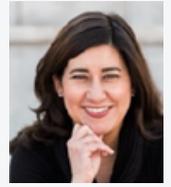
Mon, Tue, Thur, Fri: 8 am – 5 pm

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

IMPORTANT DATES!

- 2/1: AARP Tax Prep Starts
- 2/9: Pre-Superbowl Party
- 2/12: TRIP: Meow Wolf
- 2/13: Fat Tuesday
- 2/14: Valentines Day
- 2/19: **CLOSED: Presidents Day**
- 2/21: TRIP: Museum of International Folk Art

**ONE
ALBUQUE
ROQUE**



FEBRUARY 2024



Valentines Day!

WEDNESDAY, FEBRUARY 14



JOIN IN ON THE FUN!
**DURING LUNCH
TIME**



Door Prizes!

**SING YOUR
FAVORITE HITS**



Coming soon! The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!



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



February 8
Marry Me
(PG-13)

February 22
The Lost City
(PG-13)



FLEA MARKET

February 14th

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 will begin the Wednesday before the flea market date.

Sign up to reserve a Table - \$2

AARP Defensive Driving

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

1st Friday of the month - February 2nd from 8:30-12:00 pm

Sign up for the **March 1st** course opens February 2nd. Register at the front Desk.



BIRTHDAY CELEBRATION

1st Monday of the Month, February 5th
10:30 am — 11:30 am



ICE CREAM SOCIAL

3rd Tuesday, February 20th



Friendship Coffee

NEW DAY & TIME



Wednesday 9:15 - 10:15 am
Cottonwood Room

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

February 7th: Alex Chapman, Nuclear Care Partners

February 14th: Karla Barela, French Funerals

February 21st: Risa Vallano Mayberry Senior Services

February 28th: Janet Candelaria, Clarity Consulting

Law Clinics

POWER OF ATTORNEY

Senior Citizen Law Office
2nd Wednesday of the month
Call SCLO to sign up -Limited Spots Available
(505.265.2300)



**February 14th - Senior Citizen's Law Office-
Presentation 9:00am-11:00am**



The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29 <ul style="list-style-type: none"> ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 <ul style="list-style-type: none"> ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 <ul style="list-style-type: none"> ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 <ul style="list-style-type: none"> ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 <ul style="list-style-type: none"> ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 
5 <ul style="list-style-type: none"> ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Sliced apples ♦ 1% milk 	6 <ul style="list-style-type: none"> ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	7 <ul style="list-style-type: none"> ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	8 <ul style="list-style-type: none"> ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/margarine ♦ 1% milk 	9 <ul style="list-style-type: none"> ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
12 <ul style="list-style-type: none"> ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	13 <ul style="list-style-type: none"> ♦ Turkey w/gravy ♦ Mashed potatoes w/gravy ♦ Steamed broccoli ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	14 <ul style="list-style-type: none"> ♦ Ham and potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	15 <ul style="list-style-type: none"> ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	16 <ul style="list-style-type: none"> ♦ Baked cod w/tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 
19 	20 <ul style="list-style-type: none"> ♦ Baked ham w/pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	21 <ul style="list-style-type: none"> ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	22 <ul style="list-style-type: none"> ♦ Baked ziti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	23 <ul style="list-style-type: none"> ♦ Steak fingers w/white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 
26 <ul style="list-style-type: none"> ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 <ul style="list-style-type: none"> ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 <ul style="list-style-type: none"> ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 <ul style="list-style-type: none"> ♦ Swedish meatballs w/gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 <ul style="list-style-type: none"> ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 

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

Lunch is served from 11:30am to 1:00pm

***Reservations Required**

Reservations for daily specials must be made by 1 p.m. the previous day - Call 888-8102

daily schedule

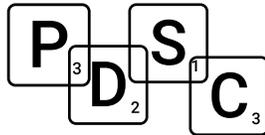
MONDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Puzzles
8:00–4:30 Open Computer Lab
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
1:00–2:00 X-Factor
1:00–3:00 French
1:30–3:00 Line Dancing, Improver
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 Puzzles
8:00–4:30 Open Computer Lab (closed 3rd Tue. 9:30–12:30)
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
12:30–2:30 Open Computer Lab
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 Puzzles
8:00–4:30 Open Computer Lab
8:30 - 12:00 Flea Market (2nd Wednesday)
9:00–12:00 Pottery Open Studio
9:00–12:00 Power of Attorney (2nd Wednesday)
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



THURSDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Puzzles
8:00–4:30 Open Computer Lab
8:30–11:30 Deaf Seniors Group
8:30–11:30 Lapidary Studio
9:00–11:30 German
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 Rock Hounds Meeting (1st & 3rd Thu)
TBD Rock Hounds Trip (2nd and 4th Thursday)



FRIDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Puzzles
8:00–4:30 Open Computer Lab
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
9:30–11:30 Open Computer Lab
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
9:00–10:15 Line Dancing, beginning
9:00–12:30 Puzzles
10:30–12:00 Line Dancing, Intermediate



Note: Days and Times are subject to change.

Trips

**Meow Wolf &
Lunch in Santa Fe**
February 12th
9:15 a.m. to 4 p.m.
\$25 with a NM I.D.



**Sign-up begins February 1
at the Front Desk**

Entry fee & Lunch at your own expense

Museum of International Folk Art & Lunch in Santa Fe



The museum's holdings represent diverse cultures and constitute the largest collection of international folk art in the world. From 34 countries at its founding, collections have grown to over 130,000 objects from more than 100 countries!

February 21st

Sign-in: 8:45 a.m.
Depart: 9:00 a.m.
Return: 3:30 p.m.

With NM ID: 60+ yrs Free, 50-59 yrs \$7
Sign-up at Front Desk beginning Feb. 1st

All at your own expense

Upcoming Trips

Sign up Starts March 1st.

**Treasures of the Earth
Gem, Mineral &
Jewelry Expo.**
\$2 admission



March 15th
Check-in: 9:30am
Return: 3:00pm

 **Enjoy lunch at
Christy Mae's**
Lunch @ own expense

SANTUARIO DE CHIMAYO

Wednesday March, 20th



Check-in: 8:45 am
Depart: 9:00 am
Return: 4:00 pm



**Sign-in at the Front Desk
beginning
March 1st**

**Lunch at the Pantry
Restaurant
in Santa Fe**

All expenses on your own



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

Michael Emery to Elena Gallegos Loop
February 7, 2024

Check-in 8:30 am

Depart 8:45 am

Return 2:30 pm



Otero Canyon West Loop
February 21, 2024

Check-in 8:30 am

Depart 8:45 am

Return 2:30 pm



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

GEHM CLINIC

8:30 am - 12:00 pm

Tuesday, February 6th

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



Palo Duro Events & Happenings

Pre-Super Bowl Party



Nachos & Wings
Friday, February 9th
10:15am - 11:30am

Wear your team's Jersey

AARP Tax-Aide

Tax Season is here! AARP will be providing tax assistance to seniors every Thursday from **February 1, 2024 to April 11, 2024**

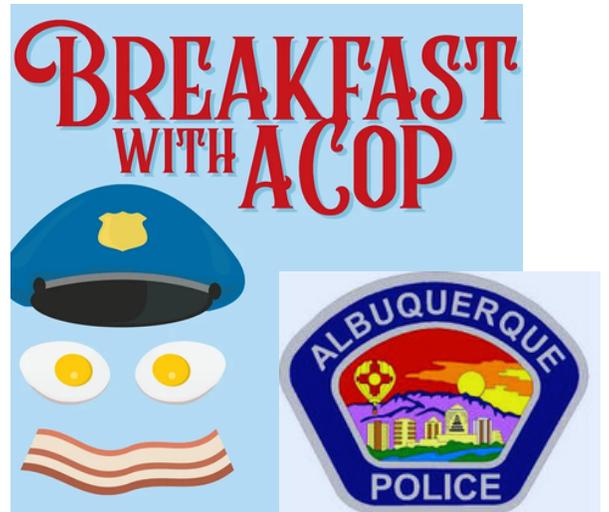


Appointments are required. Call 311

Palo Duro Singers

Monday's at 9:00 am to 11 am.

Whether you're an experienced musician or just starting, all are welcome to share their love for music in our inclusive community. Bring your own instrument, and let's make beautiful melodies together.



Breakfast with a Cop

March 12th

8:00 - 9:00 am

Eat & talk with local law enforcement

Diabetes
SELF-MANAGEMENT

Returning to Palo Duro Senior Center!

Diabetes Self-Management Program

6 Weeks: March 13 to April 17

1:30 - 4:00 pm

sign up at the front desk