

February 2026

5221 Palo Duro Ave NE

505-888-8102

Hours of Operation:

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

Wed 8am - 7pm

Sat 9am - 1pm

Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at **Department of Senior Affairs** our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

We’re pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



Anna Sanchez
Director

Kent Vigil
Division Manager

David Goode
Center Manager

Vacant
Program Coordinator

Juan Carlos Campa-Arias
Office Assistant

Taylor Stanley
&

Vacant
Program Assistant II

Vacant
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

Feb 2 - Trip Sign Ups

Feb 11 - Dinner Dance

Feb 11 - Flea Market

Feb 16 - Presidents Day

Center Closed

ONE
ALBUQUE
RQUE senior affairs



PALO DURO HAPPENINGS

TEENIORS



Call 505-888-8102

Wednesday, February 11th

3:00pm - 5:00pm

Limited spots available

AARP SMART DRIVER

Friday, February 6th

8:30am - 12:30pm

Call PDSC to sign up!

Next class on Mar 6th



POWER OF ATTORNEY

Wednesday, February 11th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Contact SCLO for app.

505-265-2300

NEW: LEARNED HAPPINESS



Starting Wednesday,

February 4th

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 Wednesday,

February 25th

3:00pm - 5:00pm

Sign up at front desk



FLEA MARKET

Wednesday, February 11th

8:30am - 12:30pm

New year, more shopping! 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 February 11th for March Flea Market, first come, first serve. Please bring your membership card.

BIRTHDAY CELEBRATION



Monday, February 2nd

1:30pm

Happy Birthday to our February members!

Sponsor: Palo Duro Philatelic Society

MOVIES



Casablanca

Thursday, February 12th

1:30-4:00

PG



50 First Dates

Thursday, February

26th

1:30-4:00



FRIENDSHIP COFFEE



Wednesdays

9:15am - 10:15am

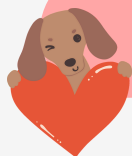
Feb 4 - All About Medicare

Feb 11 - Karen Cooper Agency

Feb 18 - Presbyterian

Feb 25 - Infinite Care





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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
				
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz
				
CLOSED 16	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz
				
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 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.

A la Carte menu items subject to change.



PALO DURO TRIPS

FEBRUARY TRIPS

Sign ups are held Monday,
Feb 2nd in lobby @ 9am

Please bring updated
membership card &
emergency contact
info

Senior Day at the
State Capitol

Friday, February 13th

Check In: 8:00am

Depart: 8:15am

Return: 2:00pm



Limited Spots Available

Bistro Buddies:
Cracker Barrel

Friday, February 20th

Check In: 9:00am

Depart: 9:15am

Return: 11:00am



Fiery Foods &
BBQ Show

Saturday, February 28th

Check In: 9:15am

Depart: 9:30am

Return: 12:45pm



Tickets: \$15 when purchased
in advance online
\$20 on day of show

Please bring updated
membership card &
emergency contact info

Sign ups are held March
2nd in lobby at 9am

MARCH TRIPS

Rio Grande Arts &
Crafts Spring Fest

Friday, March 13th

Check In: 9:15am

Depart: 9:30am

Return: 1:30pm



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.

Treasure of Earth Gem,
Mineral & Jewelry Expo

Friday, March 20th

Check In: 9:00am

Depart: 9:15am

Return: 1:30pm



\$2 CASH ONLY admission

Santuario de Chimayo
Tuesday, March 24th

Bistro Buddies:
Rex's Hamburgers

Monday, March 23rd

Check In: 11:00am

Depart: 11:15am

Return: 1:30pm



Check In: 9:00am
Depart: 9:15am
Return: 1:30pm



UPCOMING EVENTS

OUR DEPARTMENT OF SENIOR AFFAIRS SEEKS YOUR

Love Story



Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of 250 words detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

Alongside your written story, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email)

Anonymous submissions will be accepted; however,
there is no guarantee they will be featured.

Drop entries off at any Senior or Multigenerational Center. Stories will be collected until February 14, 2026

MARDI GRAS

Tuesday, February 17th

Join us in the Lobby to
enjoy some King Cake!

