

## 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!**

**1/1/24: CLOSED NEW YEARS DAY**

**1/3/24: TRIP – APD MUSEUM &  
MONROES RESTUARANT**

**1/13/24: FLEA MARKET**

**1/15/24: CLOSED MLK DAY**



**A heartfelt shout-out to the Busy Bees at the Palo Duro Senior Center for their incredible donation of 1924 meticulously crafted crochet items, a true testament to their artistry and generosity. Equally deserving of praise are the Tuesday's Angels, whose creative contributions have added to the tapestry of kindness this year. We extend our deepest appreciation to both groups for weaving threads of warmth, comfort, and joy into the fabric of our community. Your selfless efforts have made a lasting impact, and we are truly grateful for all that you do.**

**In January, we're making some positive changes to our food socials, which will now commence an hour earlier. Additionally, we're thrilled to announce that Friendship Coffees will have a new cozy setting in the lobby area, creating a warm and inviting atmosphere for all. Come together with friends old and new to share stories and laughter.**

**As we bid farewell to Matthew Montoya, we extend our heartfelt gratitude for his contributions to the Palo Duro Senior Center community. Join us in welcoming Theresa Smith as the new Program Coordinator—her enthusiasm and dedication will undoubtedly enhance our center's vibrant spirit.**

**Palo Duro Senior Center invites you to embrace the joy, camaraderie, and connection that January has to offer. We look forward to seeing you at the center and making lasting memories together!**



# Palo Duro Features



Join us for these exciting events that will be taking place this month...

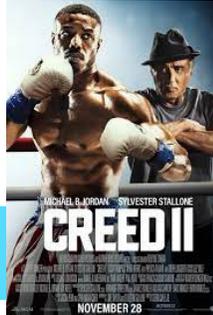
## Movies at Palo Duro

Join us at 1:30 pm for these movies! Popcorn will be provided.

\*Movie Titles are  
Subject to Change



January 11th  
CREED



January 25th  
CREED II

## Flea Market

January 10th

8:30 am - 12:30 pm

Come have fun at our flea market on January 10th and every 2nd Wednesday after that! You can get a table for just \$2. Sign up starts the week before on the Wednesday 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**

**Sign up for a Table - \$2 to reserve your table**

## AARP Defensive Driving

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

**1st Friday of the month - January 5th from 8:30-12:00 pm**

Sign up for the **February 2nd** course opens January 5th, 2023



## Breakfast with an Officer



January 2nd

(1st Tuesday every other month)

8am-9am

Come join us for a special breakfast with the officer on January 2nd, from 8 am to 9 am! It's a great opportunity to have a good time, connect with the community, and enjoy a delicious meal together.

## Birthday Celebration

1st Monday of the

Month, January 8th

10:30 am — 11:30 pm



## Pie Social



2nd Tuesday, January 9th

10:30 am — 11:30 pm

## Ice Cream Social



3rd Tuesday, January 16th

10:30 am — 11:30 pm

## Friendship Coffee

Every Thursday

10:30 am — 11:30 pm

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.



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 ♦ Beef tip w/bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk 	4 ♦ Omelet w/cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 	5 ♦ Pork chop w/gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk 
8 ♦ Hot dog w/bun ♦ Steak fries w/ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk 	9 ♦ Chicken alfredo w/green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk 	10 ♦ Baked cod w/tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk 	11 ♦ Meatloaf w/tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk 	12 ♦ Pork chop over brown rice w/sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk 
15 	16 ♦ Sloppy joe w/hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk 	17 ♦ Green chile chicken posole w/flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk 	18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/tomatoes ♦ Pineapple ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk 
22 ♦ Ground beef w/onions and mushrooms ♦ Mashed potatoes ♦ Black-eyed peas ♦ Chocolate chip cookie ♦ 1% milk 	23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk 	24 ♦ Baked cod over brown rice w/tarter sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	25 ♦ Ham mac & cheese w/broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk 	26 ♦ Chicken parmesan w/marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk 
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 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

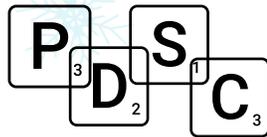
## MONDAY

8:00–9:00 Breakfast  
8:30–11:30 Lapidary I, Beginning  
9:00–4:30 Billards  
9:00–11:00 Palo Duro Singers  
9:30–10:30 Strengthening Class  
9:30–11:30 Open Computer Lab  
9:30–12:30 Ceramics  
11:30–1:00 Lunch  
11:45–1:00 T.O.P.S.  
12:00–2:00 Philatelic 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  
8:30–11:30 Lapidary II  
8:30 - 12:00pm GEHM (1st Tuesday)  
9:00–4:30 Billards  
9:00–11:00 Quilting  
9:00–11:00 Tuesday's Angels  
10:00–12:00 Investment Club (3rd Tuesday)  
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  
8:30 - 12:00 Flea Market (2nd Wednesday)  
9:00–12:00 Pottery  
9:00–12:00 Power of Attorney (2nd Wednesday)  
9:00–6:30 Billards  
9:30–11:30 Open Computer Lab  
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  
8:30–11:30 Deaf Seniors  
9:00–4:30 Billards  
8:30–11:30 Lapidary Studio  
9:00–11:30 German  
10:30–11:30 Friendship Coffee  
9:30–10:30 Strengthening Core  
9:30–12:30 Ceramics  
11:30–1:00 Lunch  
12:30–2:30 Open Computer Lab  
12:00–1:00 Rock Hounds Meeting (1st & 3rd Thu)  
TBD Rock Hounds Trip (2nd and 4th Thursday)



## FRIDAY

8:00–9:00 Breakfast  
8:30 - 12:00 AARP Defensive Driving (1st Friday)  
9:00–12:00 Lapidary III  
9:00–4:30 Billards  
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 Billards  
9:00–10:15 Line Dancing, beginning  
10:30–12:00 Line Dancing, Intermediate



## Trips

# APD MUSEUM AND MONROES

Wednesday, January 3rd

CHECK IN: 9:30

DEPART: 9:45

EAT AT MONROES 11:30

RETURN: 1:30PM

MONROE'S



## Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series 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



## Law Clinics

# POWER OF ATTORNEY

January 10th - Senior Citizen's Law Office-

Power of Attorney.



2nd Wednesday of the month  
Call PDSC to sign up -Limited Spots Available  
(505.888.8102)

# GENERAL LAW OFFICE

February 14th - Senior Citizen's Law Office-

Presentation 9:00am-11:00am



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

# GEHM CLINIC

8:30 am - 12:00 pm

Tuesday, January 2nd

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



## Hikes of the Month

Tingley Beach South to Bridge

January 10,2023

Check-in 8:30 am

Depart 8:45 am

Return 2:30 pm



Lower La Luz to Saddle

January 24,2023

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

**Sign Up for these events at the front desk!**

# Palo Duro Announcements

Calling all instrument players! Join us for a Musical Mondays with the Palo Duro Singers every Monday 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.



Welcome to the High Toners club at Palo Duro Senior Center! We're a group of music lovers who play the piano and sing awesome songs. You can find us here every Friday from 10:30 AM to 12:00 PM. If you're into music and want to have a great time with us, we'd love for you to join.



## SCRABBLE FUN AT PALO DURO SENIOR CENTER!

EVERY TUESDAY 12:00 PM TO 4:45 PM , OUR FRIENDLY GROUP GATHERS FOR A GAME-FILLED AFTERNOON OF WORDSMITHING DELIGHT. WHETHER YOU'RE A SEASONED PRO OR A NEWCOMER EAGER TO LEARN, ALL ARE INVITED TO JOIN. SECURE YOUR SPOT BY STOPPING AT THE FRONT DESK - IT'S THAT SIMPLE! COME BE A PART OF THE WORDPLAY EXCITEMENT AT PALO DURO SENIOR CENTER'S SCRABBLE TUESDAY.



## ***Retired Physicians group wants you!***

***Retired physicians, physicists, and pharmacists are invited to join our weekly group on Mondays from 2:45 PM to 4:30 PM. Engage in stimulating conversations, share career experiences, and enjoy the camaraderie of like-minded individuals. Whether you're keen on discussing the latest advancements or simply connecting with fellow retirees, our gatherings offer a welcoming space.***



## ***Dot Rock Mandala class***

***Dive into a world of creativity every Monday from 12pm to 1pm with our Dot Rock Mandala Classes! No experience needed – just join us for an hour of artistic fun and create mesmerizing mandala art on rocks. Unleash your imagination, meet new friends, and make Mondays your favorite day of the week.***

***NEW!***

