



PALO DURO SENIOR CENTER

JANUARY 2026

5221 Palo Duro Ave NE

505-888-8102

Hours of Operation:

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

Wed 8am - 7pm

Sat 9am - 1pm

Department of Senior Affairs



Anna Sanchez

Director

Kent Vigil

Division Manager

David Goode

Center Manager

Vacant

Program Coordinator

Juan Carlos Campa-Arias

Office Assistant

Taylor Stanley

&

Ericka Aguilar

Program Assistant II

Vacant

General Services

Elvira De La Rosa

Cook

Gladys Hernandez

Kitchen Aid

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

Why was the telephone late for work on Jan 1st?

It was busy ringing in the new year!

CLOSURES

Jan 1st - New Years Day

Jan 19th - MLK Jr Day



PALO DURO HAPPENINGS

TEENIORS



Call 505-888-8102

Wednesday, January 7th
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

GENERAL LEGAL CLINIC

Wednesday, January 14th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Please sign up at the front desk.

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, January 14th

8:30am - 12:30pm

New year, more shopping! We invite you to our fabulous flea market. From jewelry to beautiful homemade art! Interested in hosting a table? February lottery begins January 14th, at 10:30am. Please bring your membership card.

BIRTHDAY CELEBRATION



Monday, January 5th

1:30pm

Happy Birthday to our January members!

Sponsor: Palo Duro Philatelic Society

MOVIES

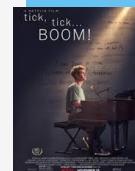


Our Little Secret

Thursday, January 8th

1:30-4:00

PG-13



Tick, Tick... Boom

Thursday, January 22nd

1:30-4:00

PG-13

FRIENDSHIP COFFEE



Wednesdays

9:15am - 10:15am

Jan 7 - Karen Cooper Agency

Jan 14 - TBA

Jan 21 - Pres. Andrea Marie Biggs

Jan 28 - InfiniteCare

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
 10:00-11:30 Learned Happiness (Starts Feb. 4th)
 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
 3:00-5:00 Square Dance: Intermediate
 (4th Wed. of Month Starting Feb. 25th)



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.



JANUARY 2026

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.

ONE
ALBUQUE
RQUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Beef Enchilada Red Chile Pinto Beans Succotash Diced Pears 1% Milk 	30 Asian Diced Pork Peppers Rice Pilaf Oriental Veggie Blend Fortune Cookie 1% Milk 	31 Chicken Fajitas Fajita Veggie Blend Spinach w/ Mushrooms Ranch Beans Tortilla Pudding 1% Milk 	CLOSED 1 	2 Beef Tips Over Pasta Gravy Peas & Carrots Diced Beets Brownies 1% Milk
5 Baked BBQ Chicken Sweet Potato Mash Brussel Sprouts Dinner Roll Margarine Applesauce 1% Milk 	6 Meatloaf Tomato Sauce Pinto Beans Normandy Blend Yogurt 1% Milk 	7 Turkey Pot Pie Steamed Broccoli Breadstick Baked Pears 1% Milk 	8 Cheese Omelet Peppers & Red Chile Diced Potatoes Ranch Beans Peach 1% Milk 	9 Pork Chop Gravy Brown Rice Buttery Peas Mandarin Oranges 1% Milk
12 Salisbury Steak Mushrooms & Gravy Mashed Potatoes Green Beans with Diced Tomatoes Cupped Pears 1% Milk 	13 Chicken Alfredo Peas Steamed Carrots Steamed Broccoli Yogurt 1% Milk 	14 Green Chile Cheeseburger Normandy Blend Cauliflower w/ Red Peppers Jell-O 1% Milk 	15 Posole Diced Potatoes Calabacitas Pudding 1% Milk 	16 Sweet & Sour Pork Chop Brown Rice Stir Fry Peaches 1% Milk
CLOSED 19 	20 Sloppy Joe Brussel Sprouts Diced Potatoes Applesauce 1% Milk 	21 Green Chile Chicken Posole Carrots Broccoli/Cauliflower Vanilla Pudding 1% Milk 	22 Baked Ziti Green Beans with Diced Tomatoes Breadstick Cupped Pineapple 1% Milk 	23 BBQ Pulled Pork with Baked Beans Broccoli Cornbread Mixed Fruit 1% Milk
26 Rotisserie Chicken Mashed Potatoes Stewed Tomatoes Brownie 1% Milk 	27 Carne Adovada Red Chile Pinto Beans Spanish Rice Flour Tortilla Applesauce 1% Milk 	28 Lemon Baked Cod Tarter Sauce Normandy Blend Brown Rice Dinner Roll Margarine Mandarin Oranges 1% Milk 	29 Green Chile Mac & Cheese w/ Broccoli Sweet Potatoes Diced Beets Banana 1% Milk 	30 Chicken Parmesan Brown Rice Steamed Carrots Jell-O 1% Milk

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 your lunch by 12:30pm.

A la Carte menu items subject to change.

PALO DURO TRIPS

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.

JANUARY TRIPS

Sign ups are held Friday, Jan 2nd in lobby @ 9am

please bring updated membership card & emergency contact info

Santa Fe Military Museum & lunch @ Posas

Friday, January 9th



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

World's Largest Matanza
Hispano Chamber of Valencia County
Saturday, January 24th

Bistro Buddies: County Line Barbeque

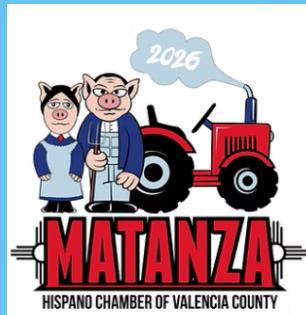
Friday, January 16th

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



Senior Day at the State Capitol
Friday, January 23rd

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



please bring updated membership card & emergency contact info

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

FEBRUARY TRIPS

Bistro Buddies:
Cracker Barrel
Friday February 13th



Check In: am
Depart: am
Return: pm



Abq Fire Rescue Station Tour & lunch at Firehouse Subs



TBD
Check In: am
Depart: am
Return: pm



Fiery Foods & BBQ Show
Saturday, February 28th

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



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

Note: Days and times are subject to change.



UPCOMING EVENTS

PRE SUPER BOWL PARTY WINGS & NACHOS



Friday, February 6th
10:30am-11:30am



AARP TAX

Tax season is coming! AARP will be providing tax assistance every Thursday at PDSC from February 5th to April 9th. Make an appointment by calling 311.



BE MY Valentine DINNER DANCE

Menu

Chicken Cordon Bleu
Mashed Potatoes
Green Beans
Dinner Salad
Tiramisu

Desserts sponsored
by Enchanted Sky
Hospice

