



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

HAPPY NEW YEAR!

Happy New Year Palo Duro!

🎆 Hello **2026** 🎆

As the year comes to a close, it's time to reflect on the past and look forward to the future!

New year, same great community!

Thank you for being apart of our senior center family!



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

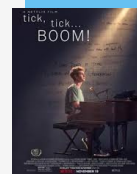
Happy Birthday to our January
members!

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

**ONE
ALBUQUE
ROQUE**

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
 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
 5 Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 6 Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 7 Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 8 Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 9 Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 12 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 13 Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 14 Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ Red Peppers 4oz Jell-O 4oz 1% Milk 8oz 	 15 Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 16 Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
CLOSED 19 	 20 Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz 	 21 Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 22 Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 23 BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 26 Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 27 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 28 Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 29 Green Chile Mac & Cheese w/ Broccoli 5oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz 	 30 Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 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 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



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

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

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



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



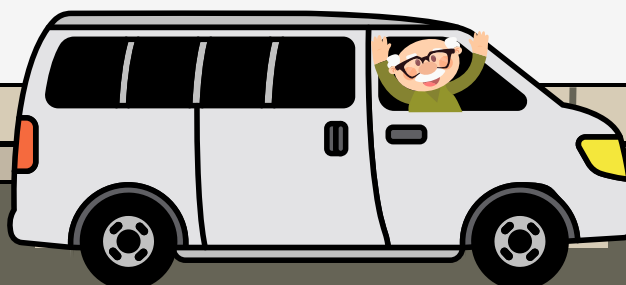
Fiery Foods & BBQ Show
Saturday, February 28th

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
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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

Wednesday,
February 11th
4:00-
7:00pm

Featuring
Paul Pino &
The Tone
Daddies

Tickets go on
sale January
14th at 9:00am