



JULY 2025

HAPPY INDEPENDENCE DAY! THURSDAY, JULY 3RD

Get ready to celebrate! The Fourth of July is just around the corner, a time to gather with loved ones, enjoy fireworks, and reflect on the spirit of independence that unites us all. Wishing you a safe and joyful holiday!

Join us **Thursday, July 3rd** for
Cherry Pie, 10:30am
A special movie & popcorn:
Independence Day (pg-13), 1:30pm

Notice!

the following centers will be closed August 4-8 for staff training

Barelas Senior Center

Highland Senior Center

Palo Duro Senior Center & Sport and Fitness

Bear Canyon Senior Center

We are **CLOSED JULY 4TH** for
Independence Day



Department of Senior Affairs



Anna Sanchez
Director

Angel Montoya
Division Manager

David Goode
Center Manager

Vacant
Program Coordinator

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Office Assistant

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Program Assistant II

Manuel Ibuado
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.



Dept. of Senior Affairs
Palo Duro Senior Center
5221 Palo Duro Ave 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

What kind of tea were the American colonists craving?

Liber-tea



Important Dates

- July 1st - Trip Sign Ups 8am
- July 3rd - 4th of July Pie & Movie
- July 4th - CLOSED Independence Day
- July 8th - Breakfast w/ a cop
- July 9th - Flea Market & Lottery

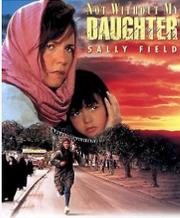


Palo Duro Happenings



Movies

The Woman in the Window
Thursday, July 10th
1:30-4:00
R



Not Without My Daughter
Thursday, July 24th
1:30-4:00
PG-13



Birthday

Celebration



Monday, July 7th
10:30 am - 11:30 am



Sponsor: Oak St. Health &
Palo Duro Philatelic Society

Breakfast w/ a Cop



Tuesday, July 8th
8:00 am – 9:00 am



Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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



- July 2- All About Medicare
- July 9- Presbyterian
- July 16- Natural Burial New Mexico
- July 23- Stephanie Thompson
- July 30- Bear Canyon Rehab Center

GHEM Clinic

Geriatric Education & Health
Maintenance

Tuesday, July 1st & 29th
8:30 am 12:00 am



Flea Market

July 9th

8:30 am - 12:30 pm

We invite you to explore our flea market!
Where great finds and good times await!
August lottery begins July 9th, at 9:00am,
tables are just \$2 please bring your
membership cards.

AARP Smart Driver



Friday, July 11th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on August 1st

General Legal Clinic

Wednesday, July 9th
9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call for an appointment:
505-888-8102



Harmony in Health

Empowering seniors with simple,
practical knowledge to prevent falls,
improve nutrition and manage
medication



Creating harmony in health and
independence in daily living

Presented by Bear Canyon
Rehab Center



July 2, 2025
9:00-11:00am

@Palo Duro Senior Center

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
8:30–12:00pm 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)



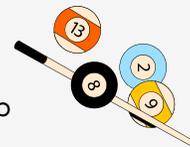
WEDNESDAY

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
1:30–4:00 My Chronic Disease Workshop, 6 wks, see newsletter for updates



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 Open Bible Discussion
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 (not 1st Fri)
9:30–10:30 Energy Yoga
10:30–12:00 The Hightoners (choir)
11:30–1:00 Lunch
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.

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
30 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	1 Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion 4oz Salad 4oz Orange 1ea 1% Milk 8oz 	2 Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	3 Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	4 CLOSED
7 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	8 Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	9 Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	10 Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	11 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz
14 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	15 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	16 Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	17 Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	18 Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
21 Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	22 Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	23 Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	24 Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	25 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	29 Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	30 Meatloaf 4oz Roasted Potatoes 4oz Sucootash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz

Lunch:

Monday-Friday, 11:30-1:00

Reservations required the previous day before 1:00 pm.

You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

A la Carte menu items subject to change.



Palo Duro Trips

July Trips

Sign-Up Begins July 2nd



Santa Fe Farmers Market & Lunch at Cowgirl BBQ Smokehouse

Tuesday, July 8th

Check In: 8:15
Depart: 8:30
Return: 3:00-3:30



Bistro Buddies- 66 Diner



Friday, July 18th

Check In: 11:00
Depart: 11:15
Return: 2:00



Traditional Spanish Market in Santa Fe Plaza & Lunch at The Shed



Saturday July 26th

Check In: 8:15
Depart: 8:30
Return: 1:30



August Trips

Sign-Up Begins August 1st

\$5.00 ticket for 60+



Icon Cinema Showing: Eddington
Monday, August 11th

Check In:TBD
Depart:TBD
Return:TBD

Origami in the Garden & Lunch at The Mine Shaft Tavern & Cantina
Friday, August 15th

Check In: 8:15
Depart: 8:30
Return: 2:00



Bistro Buddies 505 Southwestern
Monday, August 18th

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



Hikes of the Month

San Gregorio Reservoir Short
Wednesday, July 9th
Level B- Moderate

Check In: 8:30
Return: 5:00pm

Sign Ups Thursday
June 26th

Sandia Crest Trail North
Wednesday, July 23rd
Level C- Challenging

Check In: 8:30
Return: 4:30pm

Sign Ups Thursday
July 10th

Important News

The following centers will remain open:

August 4th - August 8th

[Los Volcanes Senior Center](#)

[North Valley Senior Center](#)

[Santa Barbara Martinez Multigen](#)

[Manzano Mesa Multigen](#)

[North Domingo Baca Multigen](#)

**City of Albuquerque
Department of Senior Affairs
Advisory Council**

July 21, 2025	North Valley Senior Center - 3825 4 th St NW, 87107
August 2025	No Meeting
September 15, 2025	Manzano Mesa Multigen - 501 Elizabeth SE, 87123
October 20, 2025	Highland Senior Center - 131 Monroe NE, 87108
November 17, 2025	Barelas Senior Center - 714 7 th St SW, 87102
December 2025	No Meeting

Back To School Supply Drive ONE ALBUQUERQUE senior affairs

Help students succeed this fall by donating school supplies today!

Here are some items we are collecting to help teachers and students in the classroom. Your generous donations are essential for academic success.

- spiral notebooks
- wide lined paper
- washable markers
- table caddies
- 4 drawer medium towers
- 10 drawer organizer carts
- colored pencils



- facial tissues
- ##2 pencils
- crayons
- lysol wipes
- dry erase markers
- flair pens



Bring your donations to your local Senior or Multigen center before July 31, 2025

SUMMER POOL PARTY

WEDNESDAY,
JULY 30TH

COME JOIN US

POOL PARTY,

HOT DOGS, ICE CREAM AND SWIMMING

*HOT DOGS & ICE CREAM (UNTIL ITEMS ARE GONE)

1:30PM - 5:00PM



Summer Soiree Dinner Dance

Enjoy a Summer night of dancing
food & friends.

Tickets are \$5 and go on sale July 16th

Enjoy live music by La Raza

Wednesday,
August 20th
4:00 - 7:00pm

