



JULY 2026

HAPPY INDEPENDENCE DAY! THURSDAY, JULY 2ND

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 2nd** for
A special movie & popcorn:
Independence Day (pg-13), 1:30pm

**We are CLOSED JULY 3rd in
Observance of Independence Day**

Important Notice

Monday, August 3rd through Friday August 7th the following centers will be closed for staff training week.

**Barelas Senior Center
Bear Canyon Senior Center
Highland Senior Center
North Valley Senior Center**



**Dept. of Senior Affairs
Palo Duro Senior
Center
5221 Palo Duro Ave NE
505-888-8102
Center Hours:
Mon - Fri: 8 am - 5 pm
Saturday & Sunday Closed**

What did one American flag say
to the other flag?

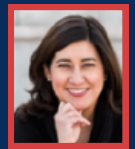
Nothing. It just waved.



Important Dates

July 1st - Trip Sign Ups 9am
July 2nd - Popcorn & Movie
July 3rd - CLOSED Independence Day
July 8th - Flea Market & Lottery
July 16th - Jemez Hot Springs
July 23rd - Bistro Buddies Monroes
July 28th - Santa Fe Farmers Market

Department of Senior Affairs



Anna Sanchez
Director

Kent Vigil
Division Manager

David Goode
Center Manager

Vacant
Program
Coordinator

Crissy Haynes
Office Assistant

Michelle Manfredi
Program Assistant
II

Monica Rosales
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.

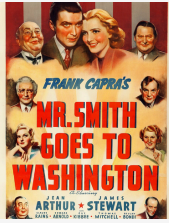


Palo Duro Happenings



Movies

Mr. Smith goes to Washington
Thursday, July 9th
1:30-4:00
NR - G



Victory
Thursday, July 23rd
1:30-4:00
PG



Birthday

Celebration



Monday, July 6th
1:15 pm



Sponsor:

Palo Duro Philatelic Society

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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



- July 1 - Karen Cooper Agency
- July 8- TBD
- July 15- TBD
- July 22- TBD
- July 29- All About Medicare/Deb Bisnett



GEHM Clinic

Geriatric Education & Health Maintenance

Tuesday, July 7th
8:30 am - 12:00 pm



Flea Market

July 8th

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 8th, at 10:30am, tables are just \$2
please bring your membership cards.

AARP Smart Driver



Friday, August 7th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on August 7th

General Legal Clinic

Wednesday, July 8th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call for an appointment:

505-888-8102



Square Dancing



Wednesdays, 2:00pm - 4:30pm

Looking for NEW DANCERS to join and team up with the group. Meet friends, fun and exercise Learn with music & square dance calls with instructor

Tim Kreitinger

Beginner Class Starts July 8th

2:00 - 3:00pm

Mainstream

3:00 - 4:30pm



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)



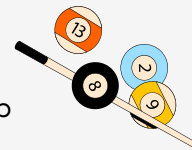
WEDNESDAY

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
2:00–4:30 Square Dancing



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 (2nd & 4th 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 (1st & 3rd 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)
12:15–3:30 Pottery Open Studio
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.

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

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	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	 30	Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	 1	BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	 2	Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	CLOSED 3  4TH OF JULY WEEKEND	
 6	Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	 7	Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	 8	Breaded Pollock 4oz Tarter Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	 9	Pasta Primavera w/ 5 Way Veggies 2oz Alfredo Sauce 1oz Spinach/Mushrooms 4oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	 10	Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
 13	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	 14	Teriyaki Chicken w/ Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 15	Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	 16	Cheese Omelet w/ Peppers & Red Chile 2oz Stewed Tomatoes 4oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	 17	Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
 20	Beef w/ Peppers & Onions 2oz Normandy Blend 4oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	 21	Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	 22	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	 23	Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	 24	Baked Chicken Thigh Roasted Carrots 3oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
 27	Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	 28	Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	 29	Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	 30	 Anti-Inflammatory Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Coen Tortillas 2ea Strawberries 4oz 1% Milk 8oz	 31	Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 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.



Palo Duro Trips

Trip times & dates are subject to change

JULY TRIPS

Jemez Hot Springs &
Lunch @ Tio's
Kitchen & Patio
Thursday, July 16th



Check In: 9:15am
Depart: 9:30am
Return: 3:00pm
\$25 for Hot Springs
Lunch at own expense



Sign ups July 1st in
lobby @ 9am

Bistro Buddies:
Monroes Restaurant
Thursday, July 23rd

Check In: 11:15am
Depart: 11:30am
Return: 1:30pm

Please bring updated
membership card &
emergency contact
info

Santa Fe Railyard
Farmers Market &
Lunch @ Tomasita's
Tuesday, July 28th

Check In: 8:15am
Depart: 8:30am
Return: 3:00pm



UPCOMING AUGUST TRIPS

Sign up August 3rd in lobby
@ 9am

Bistro Buddies:
Frank's Famous
Chicken & Waffles



Thur. August, 20th
Check In: 11:15am
Depart: 11:30am
Return: 1:30pm

The Gutierrez-Hubbel
House & Lunch @
Abuelita's

Thur, August, 27th
Check In: 9:30am
Depart: 9:45am
Return: 2:00pm

Hikes of the Month

Bird House Ridge Loop
Wednesday, July 8th
Level C- Challenging

Check In: 8:30
Return: 3:00pm

Sign Ups Thursday
June 25th

San Antonio Canyon Trail
Wednesday, July 22nd
Level B- Moderate

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

Sign Ups Thursday
July 9th

Important News

Breakfast Monday - Friday 8-9am

Weekly Breakfast

New Breakfast Menu Effective July 6th

Full: 2 Eggs, toast or tortilla, potatoes, & choice of bacon or sausage

\$4.00



Mini: 1 Egg, toast or tortilla, potatoes, & choice of bacon or sausage

\$3.00

Burrito: Egg, potato, cheese, choice of bacon or sausage & red or green chile

\$4.00



English Muffin Sandwich: 1 Egg, 1 bacon or sausage, cheese, muffin

\$3.00



Breakfast Special

Huevos Rancheros: 2 Eggs, Beans, Corn Tortilla, Cheese, Choice of Red or Green Chile

(Tuesdays & Fridays only)

\$5.00



Beverages

Orange Juice, Milk, Hot Tea \$.50
Coffee (complimentary)

Free/Donation based lunch remains available for:

Adults 60 years and older

Eligible participants

Adults 50-59 years old will now pay a \$5.00 set price (previously \$3.25)

Navigating Changes with My Senior Insurance

Come here your options for changes in Senior Insurance

Thursday, July 30th

9:30am - 10:30am

Presented by the Karen Cooper Agency

Department of Senior Affairs Advisory Council Meeting

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- July 20, 2026: Highland Senior Center
- August: No Advisory council

Coffee with Constituents

Thursday, July 23rd

Santa Barbara Multigenerational Center

8:30am - 9:30am

Join director Sanchez for a cup of coffee!

Class Update **ROCKHOUNDS:**

Starting in August the Rockhounds Meetings will be on the 2nd & 4th Thursdays of the Month Meetings will start on Thur. August 13th

The Trips for Rockhounds will now be on the 1st & 3rd Thursdays of the month Trips will start on Thursday, August 6th