

# June 2025

Message from Dir. Sanchez:

Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

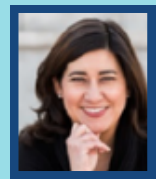
Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!

Sincerely,

Anna M. Sanchez, Director

## Department of Senior Affairs



**Anna Sanchez**  
Director

**Angel Montoya**  
Division Manager

David Goode  
Center Manager

Vacant  
Program  
Coordinator

Juan Carlos  
Campa-Arias  
Office Assistant

Tayler Stanley  
&  
Ericka Aguilar  
Program Assistant  
II

Manuel Ibuado  
General Services

Elvira De La Rosa  
Cook

Vacant  
Gladys Hernandez  
Kitchen Aids



## Important Dates

June 11- Flea Market

June 12- Fathers Day Live Music

June 13- Floats for Fathers

June 19- CLOSED for Juneteenth

### Center Hours:

Mon, Tue, Thur, Fri: 8 am – 5 pm Wed:

8 am – 7 pm, Sat: 9 am – 1 pm

Sunday Closed

Dept. of Senior Affairs

Palo Duro Senior Center

5221 Palo Duro Ave NE

505-888-8102

# Palo Duro Happenings

## Flea Market



June 11th

8:30 am - 12:30 pm

Come have fun at our flea market on the 2nd Wednesday of each month. Tables are just \$2. **Sign up starts on Wednesday, June 11th starting at 10:30am for July flea market - bring membership card.**

Get ready to discover cool stuff and have a great time with us!



## AARP Smart Driver



Friday, June 6th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on **July 11th**

## Power of Attorney



Wednesday, June 11th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

**Call SCLO for an appointment:**

**505-265-2300**

## GHEM Clinic

Geriatric Education & Health  
Maintenance

**Tuesday, June 3rd**

8:30 am 12:00 pm



## Movies

Instant Family  
Thursday, June 12  
1:30-4:00  
PG-13



Where the Crawdads Sing  
Thursday, June 26  
1:30-4:00  
PG-13



## Birthday Celebration



Monday, June 2nd

10:30-11:30 am

Sponsor: Oak St. Health &  
Palo Duro Philatelic Society

## Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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



June 4- All About Medicare

June 11- Presbyterian

June 18- Jacinta Gomez

June 25- Jacinta Gomez

## Teeniors

Wednesday, June 18th

Spend one on one time with a  
teenior for device help!

**session 1: 10:00-11:00**

**session 2 11:00-12:00**



# 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  
11:45–1:00 T.O.P.S.  
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  
9:30–12:30 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  
9:30–10:30 Strengthening Core  
10:30–12:00 The Hightoners (choir)  
11:30–1:00 Lunch  
12:00–2:00 Baseball Discussion Group (3rd Fri)  
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  
10:00–12:00 Qigong for Health  
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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 
9	10	11	12	13
Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 
16	17	18	<b>CLOSED</b> 19	20
Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 		Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 
23	24	25	26	27
Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Salad 4oz <i>*May Contain Nuts</i> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 

## Lunch:

Monday-Friday, 11:30-1:00

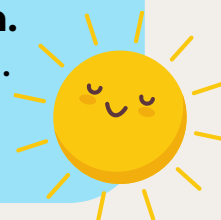
**Reservations required the previous day prior to 1:00 pm.**

**You may call in your reservation or reserve in person.**

**Please arrive for you lunch by 12:30 pm.**

**Menu items subject to change.**

To reserve lunch after a holiday, please call the day before the holiday before 1:00 pm





# Palo Duro Trips

## June Trips

Sign-Up [Begins June 2nd](#)

**Aquarium/Zoo & Lunch at  
Cottonwood Cafe**

tickets are  
\$5.50 for 65+

**Friday, June 13th**

Check In: 9:00 am

Depart: 9:15 am

Return: 1:30 pm



**Bistro Buddies - Sawmill in Old Town  
Wednesday June 18th**



Check In: 11:00 am

Depart: 11:15 am

Return: 2:00 pm



**Walatowa History Museum, Jemez &  
Lunch at Los Ojos Restaurant  
Tuesday June 24**



Check In: 9:00 am

Depart: 9:15 am

Return: 4:00 pm

## Upcoming July Trips

Sign-Up [Begins July 2nd](#)

**Santa Fe Farmers Market &  
Lunch at Cowgirl BBQ  
Smokehouse**

**Thursday, July 12th**

Check In: 8:15 am

Depart: 8:30 am

Return: 3:00-3:30 pm



**Bistro Buddies- 66 Diner**

**Friday, July 18th**

Check In: 11:00 am

Depart: 11:15 am

Return: 2:00 pm



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

**Saturday July 26th**

Check In: 8:15 am

Depart: 8:30 am

Return: 1:30 pm



## Hike of the Month

**San Antonio Canyon Trail**

**Wednesday, June 25th**

**Level B-Moderate**

Check In: 8:45 am

Return: 4:30 pm

**Sign Ups Thursday**

**June 12th**

# FATHERS DAY



LIVE Music

Thursday June 12

12:00-1:00

Floats for Fathers

Friday June 13

10:30-11:15



## BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

[CABQ.GOV/BOARDS](http://CABQ.GOV/BOARDS)

APPLY TODAY

**ONE**  
**ALBUQUE**  
**RQUE** city clerk



## RETIRED PROFESSIONALS DISCUSSION GROUP

RANDOM SUBJECTS OF PERSONAL INTEREST THAT WE HAVE CHOSEN. WE ROTATE SPEAKERS FOR A BRIEF TENURE IN A LIVELY AND FRIENDLY FASHION. POLITICAL AND RELIGIOUS SUBJECTS EXCLUDED.

**MONDAYS**

**2:45 - 4:30 PM**



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

**ONE**  
**ALBUQUE**  
**RQUE** senior affairs