

June 2025

Department of Senior Affairs



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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

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

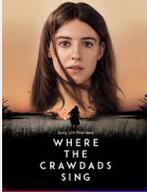
Come have fun at our flea market on the 2nd Wednesday of each month. Tables are just \$2. **Sign up starts on Wednesday, June 11th starting at 10:30am for July flea market - bring membership card.**

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



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



AARP Smart

Driver



Friday, June 6th

8:30 am - 12:30 pm

Call PDSC to sign up!
Next month on July 11th



Birthday Celebration



Monday, June 2nd

10:30-11:30 am

Sponsor: Oak St. Health & Palo Duro Philatelic Society

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

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

GHEM Clinic

Geriatric Education & Health Maintenance

Tuesday, June 3rd
8:30 am 12:00 pm



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.

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
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	CLOSED 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

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