

Palo Duro Senior Center

June 2026

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

5221 Palo Duro Ave NE

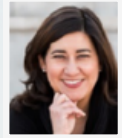
505-888-8102

Hours of Operation:

Mon, Tue, Wed, Thur, Fri

8am - 5pm

Department of Senior Affairs



Anna Sanchez

Director

Kent Vigil

Division Manager

David Goode

Center Manager

Vacant

Program Coordinator

Crissy Haynes

Office Assistant

Vacant

Program Assistant II

Monica Rosales

General Services

Elvira De La Rosa

Cook

Gladys Hernandez

Kitchen Aid

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

Important Dates

June 1 - 6 - Center is closed for training

June 10 - Flea Market

June 10 - Flea Market Lottery

June 19 - Closed for Juneteenth

PALO DURO HAPPENINGS

FLEA MARKET



Wednesday, June 10th

8:30am - 12:30pm

We invite you to our fabulous flea market. From fashionable clothes, to jewelry and beautiful homemade art! Interested in hosting a table? Reserve a table for \$2 on June 10th for our July Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.

SENIOR LAW OFFICE

Wednesday, June 10th

9:00am - 11:00am



Presented By:

Senior Citizens Law Office

Contact SCLO for app.

505-265-2300

LEARNED HAPPINESS



Every Wednesday!

10:00am - 11:30am

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



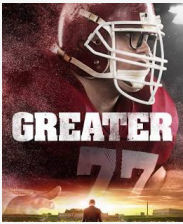
MOVIES

ONE LIFE

Thursday, June 11th

1:30 - 4:00

Pg



Greater
Thursday, June 25th
1:30 - 4:00
Pg-13

FRIENDSHIP COFFEE



Wednesdays

9:15am - 10:15am



June 10 - Karen Cooper Agency/

Stephanie Thompson

June 17 - TBD

June 24 - TBD

GUITAR BEGINNING

Thursdays!

1:30 - 2:30



Whether you play electric, acoustic or ukulele, stop by Gary's guitar lessons! Learn to play by your strings!

Please sign up at front desk

RETIRED PROFESSIONALS DISCUSSION GROUP



Every Monday

2:45 - 4:30 pm

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.



SQUARE DANCING

Wednesday's

2:30pm - 4:30pm

Sign up at front desk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz	 2 Greek Pasta Salad 4oz Cucumber/Red Onion Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	 3 Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz	 4 Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	 5 Beef Steak / Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz
 8 Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	 9 Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz	 10 Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz	 11 Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz	 12 Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz
 15 Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	 16 Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 17 Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	 18 Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz	CLOSED 19 
 22 Red Chile Beef 3oz Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz	 23 Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz	 24 Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 25 Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz	 26 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz
 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 

Lunch:

Monday-Friday, 11:30am - 1:00pm

Reservations required the previous day before 1:00pm.

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.

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
- 8:00–4:30 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
- 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
- 2:30–4:30 Intermediate 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 (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.

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.

PALO DURO TRIPS

Trip times & dates are subject to change

JUNE TRIPS

Sign ups May 29th in lobby @ 9am

Please bring updated membership card & emergency contact info

Ride to the Railrunner & visit loved ones
Wednesday, June 10th

Check In: 8:15am
Depart: 8:30am
Return: 11:30am

Sign up deadline is June 1st



Bistro Buddies:
Nexus Restaurant
Thursday, June 18th

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



The Turtle Odyssey
Short Film @
DYNA Theater & Lunch
at Central Grill
Friday, June 26th

Check In: 10:15am
Depart: 10:30am
Return: 2:00pm
\$6 Senior Admission



UPCOMING JULY TRIPS

Sign up July 1st in lobby @ 9am

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

Bistro Buddies:
Monroes Restaurant
Thursday, July 23rd

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

Santa Fe Railyard
Farmers Market &
Lunch @ Tomasita's
Tuesday, July 7th

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



HIKES OF THE MONTH



Lower La Luz to La Cueva Overlook
Level D - Difficult
Wednesday, June 10th

Check In: 8:30am
Depart: 8:45am
Return: 4:30pm

Sign up May 28th

Beatty's Trail #25 to Mesa View
Level C - Challenging
Wednesday, June 24th

Check In: 8:30am
Depart: 8:45am
Return: 6:00pm

Sign up June 11th

UPCOMING EVENTS

DSA ADVISORY COUNCIL



Lets talk
Seniors!

Los Volcanes Senior Center

Monday, June 15th

12:00-1:30pm

Come help promote, advocate
and support the senior
community! See you there!

COFFEE WITH CONSTITUENTS

North Domingo Baca
Multigenerational Center

Thursday, June 25th

8:30-9:30am



Join Dir.Sanchez for
a cup of coffee!



ATTENTION!!!

SOME SENIOR CENTERS &
MULTIGENERATIONAL CENTERS WILL BE
TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

The following centers will be closed

June 1, 2026 - June 5 , 2026

Manzano Mesa Multigenerational Center

North Domingo Baca Multigenerational Center

Santa Barbera Multigenertiaonal center

Los Volcanes Senior Center

Palo Duro Senior Center

Normal business hours will resume on

June 6, 2026 for NDBMC, MMMC,

LVSC, PDSC. Normal Business hours will

resume on June 8, 2026 for SBMTMC

The following centers will be open

June 1, 2026 - June 5 , 2026

Barelas Senior Center

North Valley Senior Center

Highland Senior Center

Bear Canyon Senior Center

We thank you for all your
cooperation and support!