

## Department of Senior Affairs

Palo Duro Senior Center Newsletter  
5221 Palo Duro, 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

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

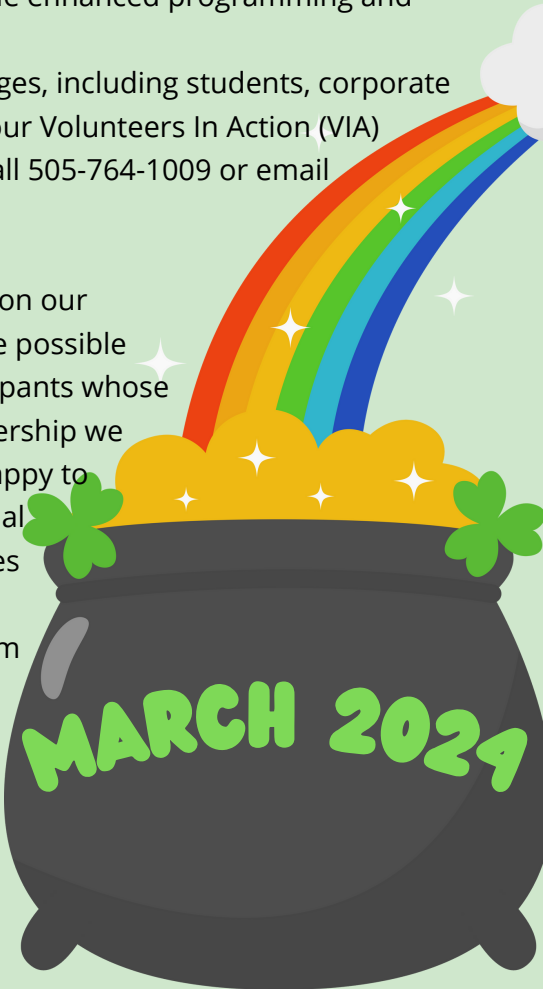
For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit [cabq.gov/seniors/](http://cabq.gov/seniors/).

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers.

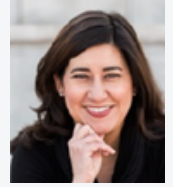
Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov).

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelas Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,  
Anna M. Sanchez, Director



## Department of Senior Affairs



Anna Sanchez  
Director

**Angel Montoya**  
Division Manager

**David Goode**  
Center Manager

**Theresa Smith**  
Program  
Coordinator

**Juan Carlos  
Campa-Arias**  
Office Assistant

**Jaedyn Reed &  
Tayler Stanley**  
Program Assistant II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

**Dominique Rivera**  
Kitchen Aid

### **IMPORTANT DATES**

3/10: Daylight Savings Starts  
3/12: Breakfast w/ a Cop  
3/14: Shamrock Craft Day  
3/15: St. Patrick's Day  
Celebration  
3/16: Trip, Treasures of the  
Earth Expo  
3/17: St. Patrick's Day  
3/20: Trip, Chimayo  
3/31: Easter

# Palo Duro Features

## MOVIES AT PALO DURO

Join us at 1:30 pm for these movies! Popcorn will be provided.  \*Movie Titles are Subject to Change

Thursday, March 14th  
"Belfast" (PG-13)  
(an Irish film)



Thursday, March 28th  
"Wild Mountain Thyme"  
(PG-13) (an Irish film)

## FLEA MARKET

March 13th  
8:30 am - 12:30 pm

Come have fun at our flea market on the 2nd Wednesday of the month. Tables are just \$2. Sign up starts on Wednesday the week before the market. Get ready to discover cool stuff and have a great time with us!

**Sign-ups begin on Wednesday, March 6th.**

**Sign-up to reserve a Table for \$2**

**Alb. Senior Rockhound Group Meetings: 1st & 3rd Thursdays**  
**Field Trips: 2nd & 4th Thursdays (TBD)**

We are a group of explorers that head to the hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items from public lands. If you like to get out and enjoy nature, this group is for you. Please leave contact info at the front desk or call (505) 888-8102.

## BIRTHDAY CELEBRATION

1st Monday of the Month, March 4th  
10:30 am — 11:30 am



Sponsor: Oak Street Health



## ICE CREAM SOCIAL

3rd Tuesday, March 19th



## Friendship Coffee NEW DAY & TIME



Wednesday 9:15 - 10:15 am

### Cottonwood Room

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

**March 6th:** Lorencia Lo, Trujillo Family Funeral & Medicare Brooker

**March 13th:** Katrina Smith, WellCare

**March 20th:** Julie Christopher, Q Hospice

**March 27th:** Janet Candelaria, Clarity Consulting



## Quilting Group at PDSC Meets:

**Tuesdays, 9:00 - 11:00 am**

**Saturdays, 9:15 - 11:15 am**

A group of people interested in quilting, either by hand or machine. No formal instruction is given; however, encouragement is shared. All levels welcome.

## Trips: Sign-Up starts March 1st

All trips are at your own expense

**Treasures of the Earth  
Gem, Mineral & Jewelry Expo  
& Lunch at Christy Mae's**



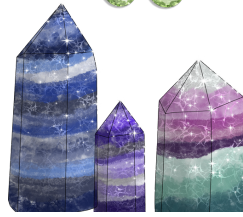
**Friday, March 15**

Check-in: 9:15 am

Depart: 9:30 am

Return: 3:00 pm

\$2 entry fee



## SANTUARIO DE CHIMAYO

& LUNCH AT THE PANTRY

**WEDNESDAY, MARCH 20**



Check-in: 8:45 am  
Depart: 9:00 am  
Return: 4:00 pm

El Santuario de Chimayó is a Roman Catholic church in Chimayo, New Mexico. This shrine, a National Historic Landmark, is famous for the story of its founding and as a contemporary pilgrimage site.

Santa Fe National Cemetery Visitation Project

**Registration Deadline is April 1st**

Ride the Train to Visit your Loved Ones  
on April 10th

Check-in: 8:15 am, Depart: 8:30 am

Return: 3:00 pm, Box Lunch Included

## HIKES OF THE MONTH

**Golden Open Space - Bike Trails & Arroyos. 3/6/24**

Check-in 8:30 am

Depart 8:45 am



**Manzano Open Space - Twin Peaks South. 3/20/24**

Check-in 8:30 am

Depart 8:45 am

Sign Up at the front desk for all trips and hikes. All hike sign-ups are available 13 days in advance.

## Upcoming Trips for April

Sign up Starts April 1st.

**SW Chocolate & Coffee  
Festival**

Saturday, April 6

Check-in: 9:15 am

Depart: 9:30 am

Return: 3:00 pm

Entry Fee: \$20



**DaVinci Machines  
Exhibition - April 9th**

Check-in: 9:00 am

Depart: 9:15 am

Return: 3:00 pm

Entrance Fee: 60+ \$13

Veterans \$11

50 - 59 \$15

**Casa San Ysidro - Tales of Witchcraft & the  
Supernatural in NM**

**April 13th**

Lecture by Dr. Nasario Garcia



Check-in: 11:15

Depart: 11:30

Return: 4:00 pm

## ADAPTED AQUATICS

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength.

\*You may pick up and complete a lotto form to register from any senior center!

Members will be contacted by the end of the month. If you were selected to attend class in the following month

**Session 1** - Monday, Wednesday, Friday 9-10 am

**Session 2** - Monday, Friday 1:15 -2:15 pm

**Session 3** - Tuesday, Thursday 9-10 am

Palo Duro Sports & Fitness

880-2800

Los Volcanes Sports & Fitness

767-5990



# Palo Duro Events & Happenings

## Breakfast with a Cop



Breakfast with a Cop  
Tuesday, March 12th  
8:00 - 9:00 am

Eat & talk with local law enforcement

## AARP Tax-Aide

Tax Season is here! AARP will be providing tax assistance to seniors every Thursday from **February 1, 2024 to April 11, 2024**



Appointments are required. Call 311



**Free Tech Classes for Seniors!**  
**Tuesday, March 5**  
**3:00 - 4:55 p.m.**

One-on-One coaching designed for beginners. Call or stop by the front desk to reserve your spot or call Teeniors at (505) 600-1297

## GEHM CLINIC

8:30 am - 12:00 pm  
Tuesday, March 5th.

Come get your blood pressure, blood sugar, and weight checked with our certified nurses from UNM.



**Paths to Health** NM  
Tools for **Healthier** Living

Returning to Palo Duro  
Senior Center!

**Diabetes Self-Management  
Program**

6 Week Workshop:  
March 13 to April 17  
1:30 - 4:00 pm

Sign-up at the front desk

## TINWORK CLASS



An open tin workshop!

Join Jason Younis y Delgado, 5th generation tinsmith for a four week workshop.

All experience levels welcome.

Class fee: \$55, includes sheet of tin and all required tools.

Limited to 12 members.

Starts Friday, April 5th

9:00 - 11:00 a.m.

Call or stop by front desk to reserve your spot.

# 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  
10:00–11:00 New Member Orientation (4th Mon.)  
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  
1:00–2:00 Ladies' Bible Study  
1:00–3:00 French  
1:30–3:00 Line Dancing, Intermediate  
2:45–4:30 Retired Doctors Group  
3:15–4:30 Line Dancing, Beginning



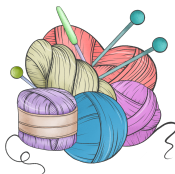
## TUESDAY

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 Tuesday)  
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  
12:00–4:45 Scrabble  
1:00–3:00 Creative arts group (Visiting Artists )  
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 - 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  
9:00–12:00 Golden Eagles (4th Wednesday)  
11:30–1:00 Lunch  
12:00–3:00 Busy Bees–Crochet and knitting  
12:00–4:45 Metal/Silver Smithing  
12:00–3:00 Mexican Train Dominos



## 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 Intermediate/Advanced German  
9:00–12:30 Puzzles  
9:30–12:30 Ceramics  
10:00–11:00 Beyond Wall Computer Training (4th Thur)  
11:30–1:00 Lunch  
12:00–1:30 Rock Hounds Meeting (1st & 3rd Thu)  
1:00–2:00 New Member Orientation (2nd Thu)  
TBD Rock Hounds 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  
9:30–10:30 Energy Yoga  
9:30–10:30 Strengthening Core  
10:30–12:00 Hightoners  
11:30–1:00 Lunch  
1:00–3:00 Cribbage  
1:30–4:30 Swedish Weaving-\$10 Material Fee



## SATURDAY


























9:15–11:15 Quilting  
9:00–12:30 Billiards  
9:00–12:30 Open Computer Lab  
9:00–12:30 Puzzles  
9:00–10:15 Line Dancing, Advanced Beginner  
10:30–12:00 Line Dancing, Improver/Intermediate



Note: Days and Times are subject to change.

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4 ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	5 ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	6 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	7 ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	8 ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11 ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	12 ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	13 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	14 ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	15 ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18 ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk 	19 ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	20 ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	21 ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	22 ♦ Baked ziti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25 ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	26 ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	27 ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	28 ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	29 ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 1% milk 

Menu items subject to change.  
Please arrive before 12:30 p.m.

**\*Reservations Required**

**Lunch is served from 11:30am to 1:00pm**  
Reservations for daily specials must be made  
by 1 p.m. the previous day - Call (505) 888-8102

# PALO DURO SENIOR CENTER MARCH PRESENTATIONS



## **What's and Why's of Preplanning** **Wednesday, March 6, 9 - 10 am**

Come to a FREE seminar on the "What's and Why's" of funeral planning. This will *not* be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family. Presented by Karla Barela, Advance Planning Consultant

## **Basics of Landlord-Tenant Law by** **SCLA**

**Wednesday, March 20, 9:30 - 10:30 am**

Note: the presenter will only be able to answer general questions, and cannot give personal legal advice. Please sign up at the front desk.

## **New!** **New Member Orientation** **Begins Monday, March 25th** **10:00 - 11:00 am**

Join us while we welcome new members and discusses the new programs and services that Palo Duro has to offer! We will give a tour, supply you with additional services and answer any questions or concerns you may have. Not a member yet? That's ok! This orientation is to help you feel confident about becoming a member of the Department of Senior Affairs.

## **Televeta Beyond Walls** **Computer & Tech Training** **Last Thursday of every Month** **March 28**

**Topic - Social Media: Facebook Groups**  
**10:00 - 11:00 am**

A different topic every Month!

**NEW**

## **Senior (65+) to Seniors**

**Thursday, March 7, 2 - 3 pm**

High School seniors from Cottonwood Classical Preparatory School need YOUR help! They would like to interview people who remember the Cold War (1945-1991) and have stories to tell about its impact on their lives - anything from fear of nuclear bombs to anti-war songs. Possible topics of discussion include the Cuban Missile Crisis, Vietnam War, Moon Landing, and Berlin Wall.

**Please RSVP at (505) 764-1009**

## **Free Meditation, Stretching & BP Check** **Instructors: Wellness Studios EMS Corps**

**Students & Coaches**

**Thursday, March 28**

1 - 2 pm Blood Pressure

2 - 3 pm Stretching

3 - 3:30 pm Meditation

3:30 - 4:30 Blood Pressure

## **General Legal Clinic**

Senior Citizen's Law Office  
2nd Wednesday of the month  
Sign-up at the Front Desk



**March 13th, 9:00 am-11:00 am**

## **AARP Defensive Driving**

The AARP SmartDriver classroom course could save on your car insurance! Would you like to join?

**1st Friday of the month - March 1st from**  
**8:30 am -12:00 pm**

Sign up for the **April 5th** course opens on March 1st. Register at the front Desk.

**AARP**



# Senior TECH

**A CHANCE FOR OLDER  
ADULTS TO EXPLOR  
TODAY'S TECHNOLOGY**

**PRIZES & FUN  
REFRESHMENTS  
DEMONSTRATIONS  
HANDS-ON LEARNING**

## CONNECT

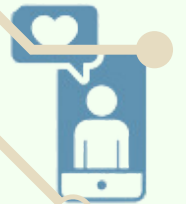
### April 19, 2024

### 8:30am - 12:30pm

## Manzano Mesa Multigenerational Center

Transportation available from Palo Duro Senior Center.

Sign up at Front Desk beginning April 1st.



*Palo Duro Senior Center*  
**Shamrock Shenanigans**

Help Make Shamrock Pins  
for Palo Duro S.C.  
Members

Thursday, March 14th  
1:00 - 3:00 pm

**YOUR CRAFTING SKILLS  
NEEDED**

PALO DURO SENIOR CENTER

**St. Patrick's Day  
Celebration**

Friday, March 15th

10:30 - 11:30 am

Enjoy \*"Green Beer" and Treats  
Photo Booth Available with a  
Live Leprechaun

Sponsored by  
Humana &  
Senior Companion Program

\*No alcoholic beverages on  
City property