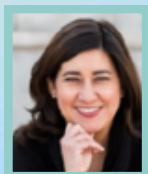


Welcome to Palo Duro Senior Center

March 2025



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

Taylor Stanley
Program Assistant

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Program Assistant

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General Services

Elvira De La Rosa
Cook

Dominique Rivera
Gladys Hernandez
Kitchen Aids

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

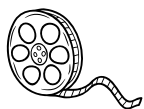
As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director

ONE
ALBUQUE
RQUE senior affairs

Palo Duro Features



Movies

Reagan

Thursday, March 27

1:30pm-4:00pm

PG-13



Fly Me to the Moon

Thursday, March 13

1:30pm-4:00pm

PG-13



Birthday

Celebration



Monday, March 3rd

10:30 am- 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.

Mar. 5- Humana

Mar. 12- Presbyterian, Education

Mar. 19- Insurance by Heart

Mar. 26- Your Medicare Grandson



Ice Cream Social

Tuesday, March 18

10:30 am – 11:30 am

Join us for Ice Cream
in the Lobby!



GHEM Clinic

Geriatric Education & Health
Maintenance

Tuesday, March 4th

8:30 am 12:00 am



Flea Market

March 12

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,
March 5 starting at 9:00am - bring
membership card.**

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



New Member

Welcome

Orientation

Welcome to Palo Duro!

Please join us for a tour around the
center and see what we're all about!

Thursday, March 20th

1:00 pm - 2:00 pm



General Legal Clinic



Wednesday, March 12th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call PDSC for an appointment:

505-888-8102



AARP Smart Driver

Friday, March 7th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on April 4th





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
8:00–4:30 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
10:00–12:00 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.













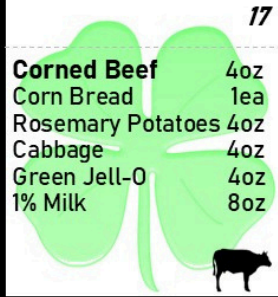












May the roof above you never fall in and those gathered beneath it never fall out.

MARCH 2025

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
3	4	5	6	7
Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz 	Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz 
10	11	12	13	14
Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz 	Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz 	Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz 	Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz 
17	18	19	20	21
 Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz 	Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz 	Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz 	Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 
24	25	26	27	28
Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz 	Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz 	Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 	Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz 	Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 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 your lunch by 12:30 pm.

Menu items subject to change.





Palo Duro Trips

"May the hinges of our friendship
never grow rusty!"



March Trips

Sign-Up Begins March 3rd
All expenses, including lunch,
are your own responsibility.

San Miguel Chapel

Located along the Old Santa Fe
Trail, this Spanish colonial mission
church is considered the oldest
church in the United States.
Initially constructed in 1610.

Thursday, March 6th
Check in 9:00 am
Depart 9:15 am
Lunch in Santa Fe



Bistro Buddies

D.H. Lescombes Bistro
Wednesday, March 19th

LES COMBES

Check in: 10:45 am
Depart: 11:00 am
Return: 3:00 pm

Treasures of the Earth Gem &
Mineral Expo &
Lunch at Vick's Vittles
Friday, March 14th

Check in: 9:30 am
Depart: 9:45 am
Return: 3:30 pm
Fee: \$2



April Trips

Sign-Up Begins April 1st

Ride the Rail Runner to the
Santa Fe National Cemetery
to visit loved ones.



Sign-up Anytime!

Trips available Wednesdays:

April 9, Deadline to sign-up is March 31.

May 14, Deadline May 5.

June 11, Deadline June 2.

Participation is limited to the first 6 that
sign-up. All transportation is provided.

Must have current membership.

Info needed: Name on Grave site:
must be full name, include middle name
or initial and year of passing.

Santuario de Chimayo
Tuesday, April 8th

Bistro Buddies

High Noon Restaurant
Wednesday, April 23rd

History of the Secret City
Walking Tour, Los Alamos
Tuesday, April 29th, Fee: \$25



Hikes of the Month

La Leña South Loop, Cabezon
Wednesday, March 5th
Sign-up starts Feb. 20th
Check-in 8:30 am



La Mesita Blanca-Big Arroyo Loop,
Tohajiilee
Wednesday, March 19th
Sign-up starts Mar. 3rd
Check-in 8:30 am



Palo Duro Events

Teeniors Tech Help

March 19th

3:00-4:00 or 4:00-5:00

Please sign up at front desk to make a one-on-one appointment!

"A good laugh and a long sleep are the two best cures."



Dept. of Senior Affairs Advisory Council Meeting

Monday, March 17

12:00 pm - 1:30 pm

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting.

Please call 505-768-3610 for more information.



Pi Day March 14

Join us on Pi Day for delicious pie -- 3.14.

Friday, 10:30 am

While it lasts.



Sponsor: Enchanted Sky Hospice

Celebrate St. Patrick's Day Monday, March 17th 10:30 am

Special Treats provided
- while they last.



"May you live as long as you want, and never want as long as you live."

Chronic Pain Self-Management Program (CPSMP)

Come learn how to better manage your chronic pain. 6 week workshop.

Starts Wednesday, March 19th

1:30 pm - 4:00 pm

Bible Studies at PDSC:

Open Bible Discussion

Thursday, 12:30 pm - 1:30 pm
in the Aspen room



NEW: *Interactive Bible Study*

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

*Not on the first Friday

ABQ Choir Magic

Performs Monday, March 17 during lunch:

11:30 am - 12:30 pm

You are welcome to sing along!

Come join us for all the fun!

Coffee with Constituents

Department of
Senior Affairs



Join Director,
Anna Sanchez, on
Thursday, April 10th
9:30 am - 10:30 am

