

march 2026



Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding.

Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location. As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

5221 Palo Duro Ave NE

505-888-8102

Hours of Operation:

Mon, Tue, Thur, Fri 8am - 5pm

Wed 8am - 7pm

Sat 9am - 1pm

Department of Senior Affairs



Anna Sanchez
Director

Kent Vigil
Division Manager

David Goode
Center Manager

Vacant
Program Coordinator

Juan Carlos Campa-Arias
Office Assistant

Taylor Stanley
&
Vacant
Program Assistant II

Vacant
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

Mar 2 - Trip Sign Ups
Mar 11 - Flea Market
Mar 11 - Flea Market Lottery
Mar 16 - DSA Advisory Council

PALO DURO HAPPENINGS



TEENIORS

Call 505-888-8102

Wednesday, March 4th

3:00pm - 5:00pm

Limited spots available

AARP SMART DRIVER

Friday, March 6th

8:30am - 12:30pm

Call PDSC to sign up!

Next class on April 3rd



GENERAL LEGAL CLINIC

Wednesday, March 11th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Contact PDSC for app.

505-888-8102

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 Ziemann



SQUARE DANCING

Wednesday's

3:00pm - 5:00pm

Sign up at front desk



FLEA MARKET

Wednesday, March 11th

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 March 11th for our April Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.

BIRTHDAY CELEBRATION

Monday, March 2nd

1:15pm

Happy Birthday to our February members!



Sponsor: Palo Duro Philatelic Society

MOVIES



Friendship
Thursday, March 12th
1:30-4:00
R



Death of a Unicorn
Thursday, March 26th
1:30-4:00
R

FRIENDSHIP COFFEE



Wednesdays

9:15am - 10:15am

Mar 4 - TBD

Mar 11 - Karen Cooper Agency

Mar 18 - Andrea Marie Biggs / Presbyterian

Mar 25 - TBD

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
- 8:00-6:30 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
- 10:00-11:30 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
- 3:00-5:00 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.



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 Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	3 Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	4 Green Chile Chicken Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	5 Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	6 Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz
9 Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	10 Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	11 Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	12 Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	13 Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz
16 Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	17 Corned Beef & Cabbage 4oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	18 BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	19 Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	20 Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz
23 Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	24 Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	25 Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	26 Mac & Cheese w/ Broccoli 3oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	27 Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz
30 Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	31 Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	1 Chicken Tetrizzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	2 Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	3 Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz

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.

PALO DURO TRIPS

Please bring updated membership card & emergency contact info

Sign ups are held March 2nd in lobby at 9am

MARCH TRIPS

Treasure of Earth Gem, Mineral & Jewelry Expo

Friday, March 20th

Check In: 9:00am
Depart: 9:15am
Return: 1:30pm



\$2 CASH ONLY admission

Bistro Buddies:
Whole Hog

Monday, March 23rd

Check In: 11:00am
Depart: 11:15am
Return: 1:30pm



Santuario de Chimayo

Tuesday, March 24th

Check In: 9:00am
Depart: 9:15am
Return: 1:30pm



Ride the Rail Runner to visit loved ones

Wednesday, April 8th

Check In: 9:00am
Depart: 9:15am
Return: 1:30pm

Sign up deadline is March 31st

for more sign up dates, please ask from desk



APRIL TRIPS

Sign ups are held Monday, Feb 2nd in lobby @ 9am

Please bring updated membership card & emergency contact info

Biopark Zoo Walking Group

Tuesday, April 14th

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



Bistro Buddies:
Range Cafe

Friday, April 17th

Check In: 11:00am
Depart: 11:15am
Return: 1:30pm



Icon Cinema Movies

Friday, April 24th

Check In: TBD
Depart: TBD
Return: TBD



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.

UPCOMING EVENTS

Winning Submission for our first love story contest



Our Journey of Life Begins

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell New Mexico. My roommate asked if I could be part of a Double Date. Didn't excite me in the slightest. He would provide the car and tickets to the Drive Inn theatre. No thanks was my quick response. His response was how about I include the soda pop and POPCORN. Bingo we had a deal.

A few days later we drove to pick up our date's. When she opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date her Father showed me his pistol and explained that if I had any funny idea's about his daughter he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied "What For", my reply was " You're going to Marry Me. You might as well pick out the ring". That was early July and we were married 13 November 1965.

Our travels have taken us from California to Turkey and points in between. We've been blessed with two Children Tom and Jennifer, 5grandchildren 3 granddaughters 2 grandsons and 4 Great Grandsons. On 13 November 2025 we celebrated 60 years together.

Life is an amazing Journey packed full of ups and downs, mostly UPS. Enjoy the ride.

Jim & Joyce"

Congratulations!



ANNUAL SURVEY

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback.

Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!

DSA ADVISORY COUNCIL MEETING



12:30am-1:30pm

March 16th- Palo Duro Senior Center

April 20th- Manzano Mesa Multigen

Come help promote, advocate and support the senior community!



COFFEE WITH CONSTITUENTS



Thursday, March 26th

@Manzano Mesa

Mutligenerational Center

8:30am-9:30am

Join Director Sanchez for a cup of coffee!

