

Department of Senior Affairs

Palo Duro Senior Center Newsletter

5221 Palo Duro, NE

505.888.8102

Center Hours

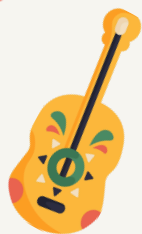
Mon, Tue, Thur, Fri: 8 am - 5 pm

Wed: 8 am - 7 pm

Sat: 9 am - 1 pm

Sunday Closed

MAY 2024



**CINCO DE
MAYO**



MUSIC & TREATS



MAY 3, 2024

11:45 - 12:45

MARIACHI XOCHITL

PERFORMS DURING LUNCH

Celebrate Mothers With us



**Mother's Day
DANCE**

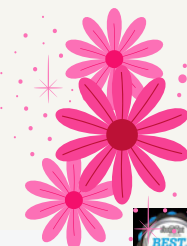
**May 8th
2 - 4 pm**

**Paul Pino & the
Tone Daddies**



**Mother's Day
LUNCH TIME
SERENADE**

**May 10th
11:30am - 1:30pm
Long Drink of
Water**



**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

- 5/1 Hike Trip
- 5/3 Cinco de Mayo Celebration
- 5/8 Mother's Day Dance
- 5/9 Trip: Tarde de Oro
- 5/9 Rockhounds Trip
- 5/10 Mother's Day Serenade
- 5/14 Breakfast w/ a Cop
- 5/15 Hike Trip
- 5/15 Trip: National Cemetery
- 5/15 Older Americans Month Celebration
- 5/22 Trip: Harvey House
- 4/23 Rockhounds Trip
- 5/27 CLOSED Memorial Day
- 5/29 Hike Trip



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

Classic Movie Day!
Thursday, May 9th
Ma & Pa Kettle (NR)



Thursday, May 23rd
Top Gun, Maverick
(PG-13)

FLEA MARKET

May 8th

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, May 1st**
Sign-up to reserve a Table for \$2

GEHM CLINIC

Tuesday, May 7 and
Wednesday, May 8
8:30 am - 12:00 pm

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

In observance of
Memorial Day

All Senior Affairs
Centers will be closed

Monday May 27, 2024

MEMORIAL DAY



• REMEMBER AND HONOR •

BIRTHDAY CELEBRATION

1st Monday of the Month,
May 6th

10:30 am — 11:30 am

Sponsors: Oak St. Health &
PDSC Philatelic Society



ICE CREAM SOCIAL

10:30 am, 3rd Tuesday, May 21



Friendship Coffee

Wednesday 9:15 - 10:15 am

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

May 1: Clarity Consulting

May 8: Senior Living Advisors

May 15: Oak St. Health

May 22: Coldwell Banker Legacy

May 29: Sandia Vista Independent Living



General Legal Clinic

Wednesday, May 8th
9:00 - 11:00 am.

Senior Citizen's Law Office

2nd Wednesday of the month

Sign-up at the front desk.



New Member Orientation

Thursday, May 16

1:00 pm

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
 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
 1:30–4:00 MyCD Workshop, Chronic Pain Self-Mgt. Sts 6/5



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 Walls Computer Training (4th Thu)
 11:30–1:00 Lunch
 12:00–1:30 Rock Hounds Meeting (1st & 3rd Thu)
 1:00–2:00 New Member Orientation (3rd 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
 9:00–11:00 Tinwork Class, sts. 6/14
 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
 10:00–12:00 Qigong
 10:30–12:00 Line Dancing, Improver/Intermediate




























Note: Days and Times are subject to change.

May 2024

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
29 ♦ Chicken tender w/ BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk 	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk 	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk 	2 ♦ Southwest omelet w/ red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk 
6 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	7 ♦ Red chile beef enchilada ♦ Spanish rice ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	8 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	9 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	10 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 
13 ♦ Ground beef w/diced tomato & cheese ♦ Calabacitas ♦ Pinto beans ♦ Yogurt ♦ 1% milk 	14 ♦ Cajun tilapia ♦ Brussel sprouts ♦ Cornbread ♦ Strawberries ♦ 1% milk 	15 ♦ Sweet and sour pork w/pineapple ♦ Brown rice ♦ Steamed carrots ♦ Honeydew ♦ 1% milk 	16 ♦ Elbow cheese macaroni w/broccoli ♦ Brussel sprouts ♦ Whole wheat breadstick ♦ Cottage cheese w/peaches ♦ 1% milk 	17 ♦ Chicken breaded patty w/white gravy ♦ Mashed potatoes ♦ Beets ♦ Orange ♦ 1% milk 
20 ♦ Red chile beans w/ beef, cheese, onions ♦ Corn bread ♦ Peach cobbler ♦ 1% milk 	21 ♦ Baked cod w/tartar sauce ♦ Brown rice ♦ Steamed carrots ♦ Pear ♦ 1% milk 	22 ♦ Baked chicken thigh ♦ Collard greens ♦ Succotash ♦ Pineapple chunks ♦ 1% milk 	23 ♦ Mushroom swiss veggie burger ♦ Steamed broccoli ♦ Sweet potatoes ♦ Oatmeal cookie ♦ 1% milk 	24 ♦ BBQ pulled pork ♦ Sweet potato ♦ Peas and carrots ♦ Watermelon ♦ 1% milk 
27  ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	28 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	29 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	30 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 	31

Menu items subject to change.

Lunch is served from 11:30am to 1:00pm

Please arrive by 12:30 p.m. to receive hot meal.

*Reservations for daily specials must be made by 1 p.m. the previous day - Call (505) 888-8102

***Reservations Required**

May Trips

(Members are responsible for their own expenses.)



Tarde de Oro
Thursday, May 9
Afterwards, a stop at
I Scream Ice Cream Shop



You will experience New Mexico's versatile and colorful history through pictures, music, dance, song and script.



Check-in: 12:00 pm
Depart: 12:15 pm
Return: 4:30 pm

Santa Fe National Cemetery

Ride the Rail Runner!
Visit Your Loved One on one of the following dates:

Wednesday, May 15th
Wednesday, June 12th
Check-in: 8:10 am
Depart: 8:25 am
Return: 4:30 pm
Free Box Lunch



Belen Harvey House Museum &

Lunch at Bennies

Wednesday, May 22

Step into history with the iconic Harvey Girls who defined hospitality in the wild west of the 1880s.

Check-in: 10:30 am
Depart: 10:45 am
Return: 4:00 pm



Upcoming Trips for June

Sign-Up starts June 1st

**Casa Grande Trading Post,
Museum and Petting Zoo &**

Lunch in Madrid

June 13

Sign-in: 9:00 am Depart: 9:15 am

Return: 3:00 pm

Museum Fee: \$4

Pet food fee: \$4



**El Rancho de Las Golondrinas Tour
&**

Lunch in Bernalillo

June 20

Sign-in: 8:45 am

Depart: 9:00 am

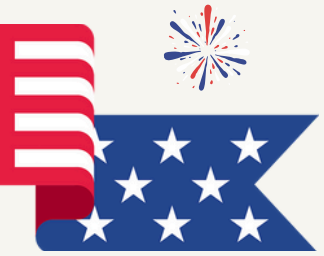
Return: 5:00 pm

Fee: \$6





May is Older Americans Month “Powered by Connection”



Celebrate with Palo Duro on
Wednesday, May 15
9:00 am to 11:30 am!



Music, Car Show, Outdoor Flea Market, Community Vendors and Root Beer Floats!

Come join the fun!



Upcoming Events



In June we celebrate
Father’s Day &
Juneteenth!



**JUNE
TEENTH**



**August brings
Palo Duro Senior Center’s
50th Anniversary!**

**Join us for Music,
Food & Fun!**



SAVE THE DATE

Senior Health & Fitness Day

Join DSA for the
Annual Senior Health & fitness Day. Enjoy
the day with fitness demonstrations,
vendors and healthy refreshments

Wednesday, May 29, 2024
North Domingo Baca
9:00am - 12:00pm

Transportation will be provided.
Please sign up at the front desk.



**All Department of Senior Affairs
Senior Centers will be closed for
training the week of:**

Monday, June 3rd - Friday, June 7th
The Senior Centers will open back on
Saturday, June 8th

If you have any questions, ask the
front desk.