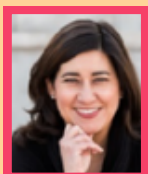


Dept. of Senior Affairs
Palo Duro Senior
Center
5221 Palo Duro Ave NE
505-888-8102

Center Hours:
Mon, Tue, Thur, Fri: 8 am – 5 pm
Wed: 8 am – 7 pm, Sat: 9 am – 1 pm
Sunday Closed

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

Tayler Stanley
Program Assistant
II

Ericka Aguilar
Program Assistant
II

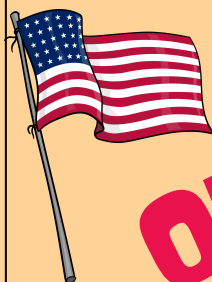
Manuel Ibuado
General Services

Elvira De La Rosa
Cook
Vacant

Gladys Hernandez
Kitchen Aids

Palo Duro Senior Center

May 2025



Older Americans **Month**

Celebrate with Palo Duro Senior Center
Wednesday, May 14th, 9:00 am - 12:00 noon
Car Show, Outdoor Craft & Flea Market,



Vendors, Door Prizes,
Root Beer Floats Sponsored by
The Montebello (while they last),
Good Will Mobile Unit - Cell Phone Help



Important Dates

May 11, Mother's Day
May 13, Breakfast with a Cop
May 14, Older Americans Month
Celebration- Outdoor Market
May 16, National Bike to Work Day
May 26, Memorial Day- CLOSED

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

Palo Duro Happenings



Flea Market

Outside on May 14th

Special Time: 9 am - 12 pm

Come have fun at our flea market on the 2nd Wednesday of each month. Tables are just \$2. Sign up for June is May 14th, 10:30 am - bring your membership card.

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

AARP Smart



Driver



Friday, May 2nd

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on June 6th

General Legal Clinic



Wednesday, May 14th

9:00 am - 11:30 am

Presented By: -

Senior Citizens Law Office

Call office for an appointment:

505-888-8102

GHEM Clinic

**Geriatric Education & Health
Maintenance**

Tuesday, May 6th and

Wednesday May 7th

8:30 am - 12:00 pm



Movies

A Complete Unknown

Thursday, May 8th

1:30pm-4:00pm

R



The Amateur

Thursday, May 22nd

1:30pm-4:00pm

PG-13

Birthday

Celebration



Monday, May 5th

10:30 am - 1:30 pm

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.

May 7- Presbyterian

May 14- Presbyterian

May 21- The Village at Alameda

May 28- Sun Tours



New Member Orientation

Welcome to Palo Duro!

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

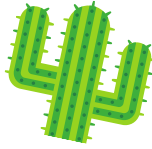
Thursday, May 15th

1:00 pm - 2:00 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
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
8:00–6:30 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
10:00–12:00 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
4:30–6:00 VERAX Group (4th Thursday)

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 Sharing Circle Discussion Group
1:00–4:00 Bead & String Group *starts May 14th*
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
1:00–3:00 Cribbage
1:30–4:30 Swedish Weaving



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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28 | 29 | 30 | 1 | 2 |
| <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz ♦ Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Diced Pork 3oz ♦ Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz  |
| 5 | 6 | 7 | 8 | 9 |
| <ul style="list-style-type: none"> ♦ Beef Tips 3oz ♦ Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Beef Enchilada 2ea ♦ Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Cheese Omelet 1ea ♦ Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Sweet & Sour 1oz ♦ Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz  |
| 12 | 13 | 14 | 15 | 16 |
| <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz ♦ Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Carne Adovada 3oz ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Asian Chicken 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz  |
| 19 | 20 | 21 | 22 | 23 |
| <ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Baked Cod 3oz ♦ Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz  |
| CLOSED 26 | 27 | 28 | 29 | 30 |
|  | <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea ♦ Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Carne Adovada 3oz ♦ Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Rotini Pasta 4oz ♦ Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz  | <ul style="list-style-type: none"> ♦ Beef Tips 3oz ♦ Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea ♦ Margarine 1pc ♦ Applesauce 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 you lunch by 12:30 pm.

Menu items subject to change.

Palo Duro Trips

May Trips

All trip expenses are your own responsibility.

Sign-Up **Begins May 1st**

Tarde de Oro



Thursday, May 8th

Afterwards, a stop at

I Scream Ice Cream Shop



Check-in 12:00

depart 12:15

Return 4:00

No fee for show

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

Sign-up Anytime!

Trips available Wednesdays:

May 14th, Deadline May 5th.

June 11th, Deadline June 2nd.

Participation is limited to the first 6 who sign-up.
All transportation is provided. Box lunch included.

Must have current membership.

Info needed: Name on Grave site:

must be full name, include middle name or initial and year of passing.



Bistro Buddies - Benny's, Bosque Farms

Thursday, May 15th

Check-in: 10:30 am

Depart: 10:45 am

Return: 3:00 pm



Air Fiesta 2025



Kirtland Air Force Base

Saturday Morning,

May 31st

Time to be announced soon.

June Trips

Sign-Up **Begins June 2nd**

NM Arts & Crafts Festival on the Santa Fe Plaza & Lunch at The Pantry

Saturday, June 7th

Check In: 9:00

Depart: 9:15

Return: 3:30

Bistro Buddies - Tiny Grocer Cafe in Old Town



June 18th

Check In: 11:00 am

Depart: 11:15 am

Return: 2:00 pm

Walatowa History Museum, Jemez & Lunch at Los Ojos Restaurant

June 24

Check In: 9:00 am

Depart: 9:15 am

Return: 4:00 pm

Hikes of the Month

Oat Hay Canyons to Bottom Long

Wednesday, May 14th

Sign-up starts May 1st

Check-in 8:30 am



Carlito Springs Open Space

Wednesday, May 28th

Sign-up starts May 15th

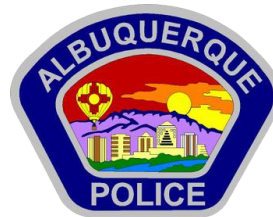
Check-in 8:30 am



Palo Duro Events



BREAKFAST
with a Cop



**Tuesday,
May 13th**

8:00 am - 9:00 am

JOIN APD OFFICERS FOR BREAKFAST & CONVERSATION