

PALO DURO SENIOR CENTER

5221 Palo Duro Ave NE
505-888-8102

MAY 2026

Hours of Operation:
Mon, Tue, Wed, Thur, Fri
8am - 5pm

**Department of
Senior Affairs**



Anna Sanchez
Director

Kent Vigil
Division Manager

David Goode
Center Manager

Vacant
Program Coordinator

Vacant
Office Assistant

Taylor Stanley
Program Assistant II

Monica Rosales
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

- May 1 - Trip sign ups
- May 13 - Flea Market + lottery
- May 17 - National Senior Health & Fitness day @ NDBMC
- May 18 - DSA Advisory Council @ NVSC
- May 28 - Coffee w/ Constituents

DSA ADVISORY COUNCIL



Lets talk Seniors!

North Valley Senior Center

Monday, May 18th

9:30-10:30am

Come help promote, advocate and support the senior community! See you there!

COFFEE WITH CONSTITUENTS

Palo Duro Senior Center

Thursday, May 28th



8:30-9:30am

Join Dir.Sanchez for a cup of coffee!



IMPORTANT NOTICE!

Beginning **May 2, 2026** Palo Duro Senior Center will be temporarily adjusting its hours of operation to **Monday through Friday, 8am - 5pm**, as we on-board and train new staff members.

During this time, **Saturday hours and Wednesday evening hours (5 - 7pm) will be unavailable.** We appreciate your patience and understanding as we work to build our team!

Updated Hours of Operation

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

PALO DURO HAPPENINGS

FLEA MARKET



Wednesday, May 13th

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 May 13th for our June Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.

TEENIORS TECH!

Wednesday, May 6th

3:00pm - 5:00pm

Call PDSC to sign up!

Session 1: 3:00-4:00pm

Session 2: 4:00-5:00pm



Tech savvy teens empowering seniors! Book your appointment today!

AARP SMART DRIVER

Friday, May 1st

8:30am - 12:30pm

Call PDSC to sign up!

Next class on April 3rd



BIRTHDAY CELEBRATION



Monday, May 4th

1:15pm



Happy Birthday to our May members!
Sponsor: Palo Duro Philatelic Society

GENERAL LEGAL CLINIC

Wednesday, May 13th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Contact PDSC for app.

505-888-8102



MOVIES

Champions

Thursday, May 14th

1:30-4:00

Pg-13



High Life

Thursday, May 28th

1:30-4:00

Pg-13



FRIENDSHIP COFFEE



Wednesdays

9:15am - 10:15am



May 6 - Karen Cooper Agency
/Stephanie Thompson

May 13 - TBD

May 20 - Presbyterian Andrea Biggs

May 27 - Enchanted Sky Hospice



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

2:30pm - 4:30pm

Sign up at front desk



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)



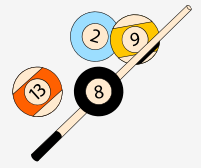
WEDNESDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 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
10:00–11:30 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
2:30–4:30 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.

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.



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	
27	Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28	Beef Tips w/ 3oz Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29	Pork Loin 3oz Black Eyed Peas 4oz Sweetie Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	30	Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	1	Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
4	Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	5	Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	6	Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	7	Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	8	Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
11	Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	12	Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	13	Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	14	Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	15	Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
18	Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	19	BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	20	Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	21	Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	22	Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
CLOSED 25	26	27	28	29					
	Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 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

Trip times & dates are subject to change

MAY TRIPS

Sign ups May 1st in lobby @ 9am

Please bring updated membership card & emergency contact info

Tarde de Oro & I Scream Ice Cream

Thursday, May 7th

Check In: 12:00pm
Depart: 12:15pm
Return: 4:00pm



Ride to the Railrunner & visit loved ones

Wednesday, May 13th

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

Sign up deadline is May 4th



Bistro Buddies: Rising Star Chinese Eatery

Friday, May 22nd

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



UPCOMING JUNE TRIPS

Sign up June 8th in lobby @ 9am

Ride to the Railrunner & visit loved ones

Wednesday, June 10th

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



Sign up deadline is June 1st

Bistro Buddies: Nexus Restaurant

Thursday, June 18th

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



The Turtle Odyssey Short Film @ DYNA Theater & Lunch at Central Grill

Friday, June 26th

Check In: 12:15pm
Depart: 12:30pm
Return: 2:00pm
\$6 Senior Admission



HIKES OF THE MONTH



Three Gun Spring Short Level C - Challenging

Wednesday, May 13th

Check In: 8:15am
Depart: 8:30am
Return: 11:30am
Sign up April 30th

Calaveras Canyon Level B - Moderate

Wednesday, May 27th

Check In: 8:15am
Depart: 8:30am
Return: 11:30am
Sign up May 14th

UPCOMING EVENTS

RETIRED SENIOR VOLUNTEERS PROGRAM



Interested in volunteering?

Interested in volunteering but not sure where to get started? Or maybe you're a lifelong volunteer looking for a new challenge? RSVP enrolls, places, and provides support for volunteers, age 55+ in numerous non-profit organizations. Tell us your interests and RSVP will assist you in finding a meaningful and comfortable place for you to contribute. RSVP volunteers serve in health and social service agencies, schools, libraries, museums, and government agencies. RSVP Volunteers are recognized and appreciated for their service and are also covered by supplemental insurance while on duty. As an additional benefit, volunteers may receive limited mileage reimbursement.

NATIONAL SENIOR HEALTH & FITNESS DAY



Wednesday, May 27th 2026

North Domingo Baca Multigen Center



Sponsored By:



7521 Carmel Ave NE, Albuquerque, NM 87113

9:00am-12:00pm

Come along for a day full of fun, exercise demonstrations, raffle prizes, vendors, exciting giveaway and much more! We can't wait to see you there!



IMPORTANT NOTICE!

Monday, June 1st through Friday June 5th the following centers will be closed for staff training week.

Manzano Mesa Multigen Center
North Domingo Baca Multigen Center
Santa Barbara Martinez Town Multigen Center
Los Volcanes Senior Center
Palo Duro Senior Center

All centers listed will return to regular schedules Saturday, June 6th