

Palo Duro Senior Center

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
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

Apr 1 - Trip Sign Ups
Apr 8 - Flea Market
Apr 8 - Flea Market Lottery
Apr 20 - DSA Advisory Council @ MMMC

Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and "Coffee with Constituents" at Barelmas Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person! Here's to a beautiful April filled with sunshine and good health!

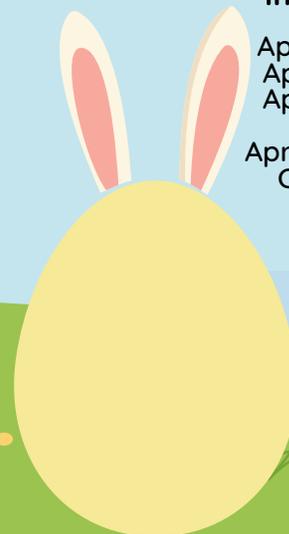
Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

APRIL 2026



why don't eggs tell
each other jokes?
they crack each other
up!



PALO DURO HAPPENINGS

FLEA MARKET



Wednesday, April 8th

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 April 8th for our May Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.

BIRTHDAY CELEBRATION



Monday, April 6th

1:15pm



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



MOVIES

Steve
Thursday, April 9th
1:30-4:00
R



Frankenstein
Thursday, April 23rd
1:30-4:00
R

FRIENDSHIP COFFEE



Wednesdays
9:15am - 10:15am

- Apr 1 - TBD
- Apr 8 - Enchanted Sky Hospice
- Apr 15 - Presbyterian Andrea Biggs
- Apr 22 - All About Medicare
- Apr 29 - TBD

CREATIVE ART GROUP



Bring your own rock to Creative Arts group on **Tuesday's at 1:30!**



Embrace your inner artist and join our creative artist!



Painted by Marianna Hawson!

AARP SMART DRIVER

Friday, April 3rd

8:30am - 12:30pm

Call PDSC to sign up!
Next class on April 3rd



POWER OF ATTORNEY

Wednesday, April 8th

9:00am - 11:00am



Presented By:
Senior Citizens Law Office
Contact SCLO for app.
505-265-2300

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 Zieman



SQUARE DANCING

Wednesday's

3:00pm - 5:00pm

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
- 8:00-6:30 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.

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.





ONE ALBUQUE RQUE

A P R I L

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
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 Tetrazzini 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
6 Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Butter Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	7 Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	8 Frito Pie 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	9 Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	10 Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
13 Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	14 Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	15 Chicken Fajita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	16 Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	17 Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
20 Carne Adovada w/ Red Chili 3oz Spinach 2oz Pinto Beans 4oz Tortilla 4oz Vanilla Pudding 2ea 1% Milk 1ea 8oz	21 Beef Fajita Meat w/ Gravy 4oz Mashed Yams 1oz Collard Greens 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 1ea 8oz	22 Mushroom Swiss Beef Patty 4oz Normandy Blend 1ea Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	23 Spaghetti w/ Marinara Sauce 4oz Imperial Blend 2oz Garlic Bread Stick 4oz Apple Slices 1ea 1% Milk 1ea 8oz	24 Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 8oz
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 3oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 4oz Margarine 1ea Pear 1pc 1% Milk 4oz 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweet Potatoes 4oz Honey Dew 4oz 1% Milk 1ea 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	MAY 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 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

APRIL TRIPS

Icon Cinema:
Project Hail Mary

Wednesday, April 8th

Check In: TBD
Depart: TBD
Return: TBD

Ride to the Railrunner
& visit loved ones



Wednesday, May 13th

Sign up May 4th in
lobby @ 9am

Tarde de Oro & I
Scream Ice Cream

Thursday, May 7th

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



Sign ups April 1st in
lobby @ 9am

Bistro Buddies:
Range Cafe

Friday, April 17th

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



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

Sign up deadline
is May 4th

Please bring updated
membership card &
emergency contact
info

Gathering of Nations
Powwow

Friday, April 24th

Check In: 9:15am
Depart: 9:30am
Return: 4:00pm



UPCOMING MAY TRIPS

Bistro Buddies: Rising
Star Chinese Eatery

Friday, April 17th

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



Ride to the Railrunner
& visit loved ones

Wednesday, May 13th

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



HIKES OF THE MONTH



Tunnel Springs to Crest Trail
Level C - Challenging

Wednesday, April 1st

Check In: 8:15am
Depart: 8:30am
Return: 11:30am
Sign up March 19th

Tablazon - Pinyon Loop
Level B - Moderate

Wednesday, April 15th

Check In: 8:15am
Depart: 8:30am
Return: 11:30am
Sign up April 2nd

Sandia Eye
Level C - Challenging

Wednesday, April 29th

Check In: 8:15am
Depart: 8:30am
Return: 11:30am
Sign up April 16th

UPCOMING EVENTS



Earth Day!



Happy Earth Day! Join us Wednesday, April 22 to appreciate our Earth!

Small actions can make a big difference! Give aways at 10am while supplies last

Mother's Day

Dinner Dance

Join us Wednesday, May 6th for a fun Mothers Day Dinner Dance!

Featuring La Raza!



Tickets go on sale
Wednesday, April 8th at 9am