

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

NOVEMBER 2024



DIA DE MUERTOS

Performance by
Casa Flamenca



November 1, 12:00 pm



Veterans Day Celebration

THURSDAY, NOVEMBER 7TH

10:00 AM

ALL ARE WELCOME!

**SPECIAL GIFT FOR VETERANS
& LIGHT REFRESHMENTS**



FAMILY TURKEY BINGO!



**WEDNESDAY,
NOVEMBER 13
2:00-4:00**



**TURKEY AND HAM PRIZES!
ALL AGES WELCOME!**

HAPPY FALL Y'ALL!!!

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

Taylor Stanley
Program Assistant II

Ericka Aguilar
Program Assistant II

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

**Dominique Rivera
Gladys Hernandez**
Kitchen Aids

Important Dates

- Nov 1:** Casa Flamenca Performs
- Nov 5:** Election Day
- Nov 7:** Celebrate Veterans Day
- Nov 11:** Veterans Day. **CLOSED**
- Nov 12:** Breakfast w/ a Cop
- Nov 13:** Turkey Bingo
- Nov 28:** **Closed** Thanksgiving Day
- Nov 29:** **Closed**



Palo Duro Features



MOVIES AT PALO DURO

Join us at 1:30 pm.
Popcorn will be provided.

*Movie Titles
are Subject to
Change



Twisters

Thursday, November 14

1:30 pm - 4:00 pm

PG-13



FLEA MARKET

November 13th

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, Nov. 6. Get ready to discover cool stuff and have a great time with us!

Sign-up begins on **Wednesday, November 6th at 9:00 am.**

GENERAL LEGAL CLINIC

Wednesday, November 13

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call or stop by the office for an appointment



AARP SMART DRIVER COURSE

November 1st

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on December 13th



NEW MEMBER ORIENTATION!

Welcome to Palo Duro!

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

Thursday, November 21st

1:00 pm - 2:00 pm



BIRTHDAY CELEBRATION

Monday, November 4th

10:30 am — 11:30 am

Sponsors: Oak Street Health & PDSC Philatelic Society

FRIENDSHIP COFFEE

Wednesday, 9:15 am - 10:15 am

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

Nov. 6th - Trujillo Funeral Homes

Nov. 13th- Velocity Clinical Research

Nov. 20th- Enchanted Sky Hospice

Nov. 27th - Alb. Heights Healthcare & Rehab



GHEM CLINIC!

Tuesday, November 5th

Wednesday, November 6th

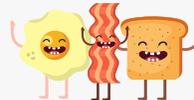
8:30 am - 12:00 pm



BREAKFAST W/ A COP

Tuesday November 12

8:00 am - 9:00 am



ICE CREAM SOCIAL

3rd Tuesday:

November, 19th

10:30 am — 11:30 am

Join us for Ice Cream in the Lobby!



Free Tech Class for Seniors!

Wednesday, November 13th

3:00 - 5:00pm

One on One coaching

Call or stop by the front desk to reserve your spot or call

Teeniors at (505) 600-1297

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
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 Tue. & 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 - 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
12:00–3:00 Metal/Silver Smithing
12:00–3:00 Game Time
1:30–4:00 MyCD Workshop, Chronic Disease Self-Mgt. Starts 1/15/25



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)
12:30–2:30 Open Bible Discussion
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
9:30–10:30 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.

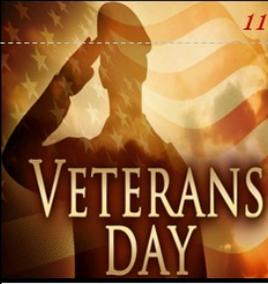




NOVEMBER 2024

ONE ALBUQUE ROQUE

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
28 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
4 <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	5 <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	6 <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
11 	12 <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	13 <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
18 <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	19 <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	20 <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
25 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	26 <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	27 <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	28 	

Menu items subject to change.
Please arrive by 12:30 pm to receive a hot meal.

***Reservations Required**

Lunch is served from 11:30am to 1:00pm
 *Reservations for daily specials must be made by 1 p.m. the previous day - Call (505) 888-8102

NOVEMBER TRIPS

SIGN UP BEGINS NOVEMBER 1

*Members are responsible
for their own expenses.*

POEH CULTURAL CENTER IN POJOAQUE

TUESDAY, NOVEMBER 12

SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 5:00 PM
FEE: \$10



BOSQUE DEL APACHE WILDLIFE REFUGE



FRIDAY, NOVEMBER 22

SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 5:00 PM
FEE: \$4

UPCOMING TRIPS FOR DECEMBER

SIGN UP BEGINS DECEMBER 2ND

OLD TOWN HOLIDAY STROLL



FRIDAY, DECEMBER 6

SIGN-IN: 3:45PM

DEPART: 4:00 PM

RETURN: 9:00 PM

ALL EXPENSES ON YOUR OWN

CHRISTMAS IN MADRID

SATURDAY, DECEMBER 7

SIGN-IN: 12:45PM

DEPART: 1:00 PM

RETURN: 6:00 PM

ALL EXPENSES ON YOUR OWN



LA FONDA MUSEUM TOUR



TUESDAY, DECEMBER 17

CHECK IN: 8:45 AM

DEPART: 9:00 AM

RETURN: 3:30 PM

ALL EXPENSES ON YOUR OWN

HIKES OF THE MONTH



PIEDRA LISA NORTH-DEL AGUA LOOP

WEDNESDAY, NOVEMBER 13TH

CHECK IN: 8:30

DEPART: 8:45

RETURN: 3:00

SIGN UP STARTS OCT.31ST



STRIP MINE LOOP WEDNESDAY, NOVEMBER 27TH

CHECK IN: 8:30

DEPART: 8:45

RETURN: 3:00

SIGN UP STARTS NOV.14TH



UPCOMING EVENTS

Ageless Artisan Craft Fair

Saturday, November 16th
9am - 1pm

Manzano Mesa Multigenerational Center
501 Elizabeth St SE 87123

Just in Time for the Holidays!

Come shop & support our senior artist!
Discover unique, one-of-a-kind items
such as tin art,
wood work, ceramics, photography,
mixed media, jewelry, and much more!



Vaccine Clinic

Thursday, Nov. 7th &
Thursday, December 19th
9am - 1pm



To register use the QR code or go to
<https://patients.vaxcare.com/registration/>
Enter code - CO31703 & choose your location

Vaccine's offered

FluBlok (Influenza 2024 - 2025)
Pfizer Comirnaty (COVID-19 2024-2025)
Pevnar20 (Pneumococcal)
Shingrix (Zoster/Shingles)
Tdap (Tetanus, Diphtheria, Pertussis)
RSV Vaccine

HOLIDAY MARKET

VISIT THE HOLIDAY MARKET ON
WEDNESDAY, DECEMBER 11
8:30 AM TO 12:30 PM
ENJOY HOT CIDER,
HOT CHOCOLATE AND COOKIES



Thanksgiving Day Luncheon

At North Valley Senior Center

Thursday, November 28th

DOORS OPEN AT 11:00AM

11:30 AM - 1:00 PM

TICKETS GO ON SALE FRIDAY, NOVEMBER 1ST

YOU MUST HAVE A TICKET.

COST: \$4.00

TICKETS ARE NON-REFUNDABLE

CENTER WILL NOT BE OPEN FOR ACTIVITIES.



Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is
collecting donations on NEW items to share
with seniors in need this holiday season.

New items needed:

Protein Drinks - Depends - Cleaning Supplies -
Laundry Detergent - Manicure & Grooming Sets -
Tissue/Toilet Paper

Deliver donations to any CABQ
Senior/Multigenerational Center
by Wednesday, November 27th

CHRISTMAS DECORATING

HELP DECORATE PALO DURO SENIOR CENTER!

VOLUNTEERS NEEDED FOR THIS YEAR'S
CHRISTMAS DECORATING.

JOIN US ON DECEMBER 3RD

9:00 AM

ENJOY HOT CHOCOLATE AND COOKIES



HOLIDAY DANCE

JOIN US AS WE CELEBRATE
THE HOLIDAYS!

WEDNESDAY, DECEMBER 18

2:00 PM - 4:00 PM

MUST HAVE CURRENT MEMBERSHIP

