

Palo Duro Senior Center

5221 Palo Duro Ave NE

505-888-8102

Center Hours:

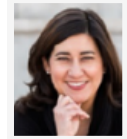
Mon, Tue, Thur, Fri 8am - 5pm

Wed 8am - 7pm

Sat 9am - 1pm

November 2025

Department of Senior Affairs



Anna Sanchez

Director

Vacant

Division Manager

David Goode

Center Manager

Vacant

Program Coordinator

Juan Carlos Campa-Arias

Office Assistant

Taylor Stanley

&

Ericka Aguilar

Program Assistant II

Manuel Ibuado

General Services

Elvira De La Rosa

Cook

Gladys Hernandez

Kitchen Aid

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

Important Dates

Nov 10- Veterans day
Celebration

Nov 11- Closed for Veterans
Day

Nov 12- Family Turkey Bingo

Nov 12- Flea Market

Nov 27- Closed for
Thanksgiving

Nov 28- Closed

VETERANS DAY CELEBRATION!

Join us for cake in the lobby!

Monday, November 10th

10:30-11:30am



FAMILY TURKEY BINGO!

Wednesday, November 12th

2:00-4:00pm



Bring the family and
come play a game of
bingo to win a free
turkey for your
thanksgiving dinner!



MEDICARE FAIR!

Wednesday, November 19th

9:00-11:00am

Come learn all about Medicare eligibility, enrollment and other affordable options. Ask experts about benefits and features to find the right plan for you! Win door prizes only through enrollment, no personal information will be disclosed for socialization. See you there!

**why did the apple pie
go to the dentist?
it needed a filling**





PALO DURO HAPPENINGS



Flea Market

Wednesday, November 12th

8:30-12:30pm



We invite you to shop at our flea market! If you would like to reserve a table for December, a lottery will be held November 12th at 10:30am. Tables are \$2 and membership must be current.

Birthday Celebration

Monday, November 3rd

1:30 pm

Sponsor:



Palo Duro Philatelic Society

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am



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

Nov 5 - CNSCares Caregiver Program
Nov 12 - Albuquerque Grand Senior Living
Nov 19 - Innovage (PACE program)
Nov 26 -NO Friendship Coffee

Movies



Saving Private Ryan
Thursday, November 13th
1:30-4:00
R



Planes, Trains & Automobiles
Thursday, November 20th
1:30-4:00
R



Teeniors Tech Help



Call 505-888-8102

Wednesday, Nov 5th

Limited spots available

3:00-4:00pm or 4:00-5:00pm

AARP Smart Driver

Friday, November 7th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next class on Dec 5th!



General Legal Clinic

Wednesday, November 12th

9:00 am - 11:00 am

Presented By:

Senior Citizens Law Office

Contact Front Desk for Appt

505-888-8102



Learn about

Alzheimers



During this presentation, take a deeper look into Alzheimer's, provided by the Alzheimer's Association

9:00-10:00am

Wed, Nov 5th - Understanding Alzheimer's & Dementia



CABQ Senior Affairs Advisory Council

November 17, 2025

Barela's Senior Center-

714 7th St SW, 87102

December 2025

No Meeting.

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
9:30–11:30 Zhineng Qigong
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

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 (**Not 1st Fri**)
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-**\$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.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11 VETERANS DAY HONORING ★ ALL WHO ★ SERVED	12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	

Lunch:

Monday-Friday, 11:30-1:00

Reservations required the previous day before 1:00 pm.

You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

A la Carte menu items subject to change.





NOVEMBER TRIPS

Sign-Up Begins Monday
November 3rd @ 9am

**Chicken Salad
Chick**
Friday, Nov 7th



Check In: 9:15
Depart: 9:30
Return: 12:30



**Telephone
Museum**
Wednesday, Nov 19th



Check In: 10:00
Depart: 10:15
Return: 1:30
\$4.00
tickets



**Bistro Buddies
Duran's Pharmacy**
Monday, Nov 24th

Check In: 10:00
Depart: 10:15
Return: 12:30



Sign-Up Begins Wednesday
December 2nd @ 9am

DECEMBER TRIPS

**Old Town
Holiday Stroll**
Friday, December 5th



Check In: 4:00
Depart: 4:20
Return: 8:00

The Nutcracker at Kimo
Monday, December 15th



Check In: 8:45
Depart: 9:00
Return: 12:00



\$\$ tickets are required
more info to come!

**Bistro Buddies
El Charrito's**
Thursday, December 18th

Check In: 9:15
Depart: 9:30
Return: 12:30



HIKES OF THE MONTH



Golden Open Space
Wednesday, Nov 12th
Level B- Moderate

Check In: 8:30 AM
Return: 1:00 PM

Sign Ups Thursday
Oct 30th



UPCOMING EVENTS

AGELESS ARTISAN CRAFT FAIR

MANZANO MESA
MULTIGENERATIONAL CENTER

501 ELIZABETH ST SE, 87123
505-275-8731

Its that time of year again! Come shop and support local senior artists! Find the perfect gifts for everyone you know! Shop art, wood work, ceramics, photography, mixed media, jewelry and much more! See you there!

SAT, NOV 15

9AM-1PM

THANKSGIVING DAY LUNCHEON

at Barelbas Senior Center

November 27, 2025 11am-1pm

Tickets go on sale Monday, November 3rd at 9:00am, ticket must be purchased at Barelbas

Senior Center before event with valid membership.

\$4.00 per ticket

Gobble 'til you Wobble

ANNUAL HOLIDAY DRIVE

ONE ALBUQUE senior affairs
ROQUE

The Department of Senior Affairs is collecting new items to share with seniors in need this holiday season! Donations will be delivered to older adults enrolled in our care coordination program.

New Items Needed

- Scarves
- Hats
- Gloves
- Blankets
- Socks



Scan QR Code for Amazon registry!



Bring donations to your local senior or multigen center before Nov 30, 2025

For more info call 505-764-6400

We will be closed, November 11th for Veterans Day

This Veterans Day, we extend our deepest gratitude to our veterans who have bravely served and sacrificed for our nation. Your courage, dedication, and unwavering commitment have paved the way for the freedoms we cherish today. We honor your service, your strength, and the example you continue to set for generations to come. Thank you for your extraordinary contributions and for protecting the values that define our country.

HOLIDAY MARKET!

Wednesday, December 3rd, 10th & 17th

Looking for a unique gift for that special someone? Come join us at Palo Duro Senior Center for our holiday market full of fun exciting gifts for just for the coming holiday!

If you would like to reserve a table, a raffle will be held Wednesday, November 12th 10:30am. Tables are \$2 per table per week.

TREE DECORATING

READY TO DECK THE HALLS?

TUES. DEC 2ND

COME ENJOY HOT COCO & COOKIES!

COME READY TO HELP DECORATE THE CENTER FOR THE HOLIDAYS!

