

**Department of
Senior Affairs**



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

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

Important Dates

Oct 1 - trip sign ups

Oct 8 - flea market

Oct 8 - prime time 50+ expo

Oct 13 - CLOSED

Oct 29 - dinner dance

Oct 31 - pet parade

2025
October

**MONSTER
MASH
DINNER
DANCE**



GET YOUR TICKETS
STARTING OCT 1ST @
9AM.
\$5.00



**FEATURING
CHILE BEAN
EXPRESS!**

HOWL—O—WEEN

BRING YOUR FOUR
LEGGED PET FOR A
FUN PARADE AROUND
THE CENTER!

BEST PET COSTUME
WILL BE REWARDED A
PRIZE!

PET PARADE

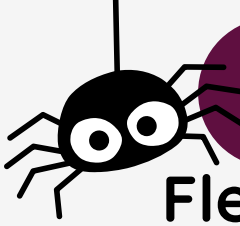
FRIDAY, OCTOBER 31ST

10:00-11:00AM

FRIENDLY
PETS ONLY :)

what does a turkey
dress up as on
halloween?
a goblin





Palo Duro Happenings



Flea Market

Wednesday, October 8th

8:30-12:30pm

We invite you to shop at our flea market! \$2 Table reservations for November will be Oct 8 at 10:30am, please have your up to date membership card!



Birthday Celebration

Monday, October 6th

1:30 pm

Sponsor:

Palo Duro Philatelic Society

Teeniors Tech Help



Call 505-888-8102

Wednesday, Oct 8th

Limited spots available

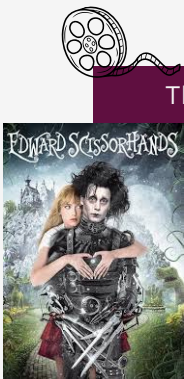
Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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

- Oct 1- Karen Cooper Agency
- Oct 8- Sandia Ridge Dentist/Jasmine
- Oct 15- Presbyterian/ Andrea Biggs
- Oct 22- Enchanted Sky Hospice
- Oct 29- TBD

Movies



The Haunted Mansion
Thursday, Oct 9th
1:30-4:00
PG-13



Edward Scissorhands
Thursday, Oct 23rd
1:30-4:00
PG-13



GEHM Clinic

Geriatric Education & Health
Maintenance

Tuesday, October 7th

8:30 am 12:00 am



AARP Smart Driver

Friday, October 3rd

8:30 am - 12:30 pm

Call PDSC to sign up!

Next class on Nov 7!

Power of Attorney

Wednesday, October 8th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Contact SCLO for app.

505-265-2300



Learn about

Alzheimers



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

9:00-10:00am

Wed, Oct 15th- 10 warning signs of Alzheimer's

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

**City of Albuquerque
Department of Senior
Affairs**

Advisory Council



October 20, 2025

Highland Senior Center-
131 Monroe NE, 87108

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
8:30–12:00pm 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
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.**

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
 29 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 4oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Diced Tomato 2oz Stewed Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 

Lunch:

Monday-Friday, 11:30-1:00

Reservations required the previous day before 1:00 pm.

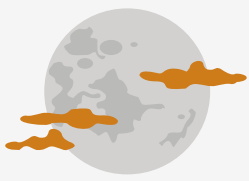
You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

A la Carte menu items subject to change.

**TRICK
OR
TREAT**





Palo Duro Trips



October Trips

Sign-Up **Begins Wednesday October 1st @ 9am**

Harvest Festival

Saturday, Oct 4th



Check In: 9:10

Depart: 9:20

Return: 12:40



Prime Time 50+

Expo

Wednesday, Oct 8th

Check In: 8:10

Depart: 8:20

Return: 11:30



Big Jim's Farm

Thursday, Oct 16th

Check In: 1:30

Depart: 1:45

Return: 4:45



Bistro Buddie-Smothered

Thursday, October 30th



Check In: 10:45

Depart: 11:00

Return: 2:30



Sign-Up **Begins Monday November 3rd @ 9am**

November Trips

Madcrema Coffee House



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 Station

Monday, Nov 24th

Check In: 10:00

Depart: 10:15

Return: 12:30



Hikes of the Month



Deer Creek to Cabin Ruins

Wednesday, Oct 1st

Level B- Moderate

Check In: 8:30 AM

Return: 4:00 PM

Sign Ups Thursday

Sep 18th



4th of July

Wednesday, Oct 15th

Level C- Challenging

Check In: 8:30AM

Return: 5:00 PM

Sign Ups Thursday

Oct 2nd



Milne Gutierrez Open Space

Wednesday, Oct 29th

Level C- Challenging

Check In: 8:30 AM

Return: 1:00 PM

Sign Ups Thursday

Oct 16th

Upcoming Events

29th annual

Prime Time 50+ Expo

free health info & screening, free
flu shots, live entertainment, *free event!*
giveaways & much more!

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings. The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Wednesday,
October 8th
8:30-1:00pm

held at Embassy Suites
(Lomas & I-25)

ATTENTION

All DSA facilities will be CLOSED
Monday October 13th for
Indigenous People's Day.



HOLIDAY MARKET



Come join us for a fun holiday
market! Find the perfect gifts for
family, friends and loved ones!
More information to come

DECEMBER
3RD, 10TH & 17TH

TREE DECORATING

READY TO
DECK THE
HALLS?

TUES.
DEC
2ND

COME ENJOY
HOT COCO &
COOKIES!

MORE INFO
TO COME!

