

# Palo Duro Senior Center

# October

The last day Palo Duro Senior Center will be  
open is October 16<sup>th</sup>

## Where you can go while Palo Duro is closed

Bear Canyon Senior Center, North Valley Senior Center, and Highland Senior Center are our closest locations. Your membership is honored at any DSA senior or multigenerational center.

Dear Palo Duro Senior Center Members,  
Happy Fall!

In case you haven't heard the exciting news, the Palo Duro Senior Center (PDSC) will soon be closing for some major, much-needed upgrades! Thanks to our incredible growth in membership and participation over the past few years, we are expanding and remodeling our space to better serve you.

### Important Details During Construction:

- **Class Relocations:** All classes will temporarily move to neighboring Senior Centers or local organizations. A complete schedule of where your favorite classes will be held will be published in our upcoming newsletter and posted online.
- **Staff Adjustments:** The amazing PDSC staff members are temporarily relocating to and assisting at other Senior and Multigenerational Centers. You will still see their familiar faces around town!
- **Reopening:** We are looking forward to welcoming you back to an updated and remodeled facility when we reopen in 2027.

Thank you all so much for your patience, flexibility, and continued support during this transition. If you have any questions or concerns during the remodel, please do not hesitate to reach out to me directly at [dgoode@cabq.gov](mailto:dgoode@cabq.gov).

We can't wait to see you soon in our updated home!

Warm regards,  
Palo Duro Senior Center Staff

5221 Palo Duro Ave NE  
505-888-8102

### Hours of Operation:

Monday- Friday  
8 am - 5 pm

### Department of Senior Affairs



Anna Sanchez  
Director

Kent Vigil  
Division Manager

David Goode  
Center Manager

Kenya Espinoza  
Program Coordinator

Crissy Haynes  
Office Assistant

Michelle Manfredi  
Program Assistant II

Monica Rosales  
General Services

Elvira De La Rosa  
Cook

Gladys Hernandez  
Kitchen Aide

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

### Important Dates

October 1: Trip Sign Ups  
October 12: Closed for Indigenous Peoples' Day  
October 16: Last day open

**ANTICIPATED REOPEN:**  
**Summer 2027**

# Palo Duro Happenings

## Flea market

Wednesday, October 14th  
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?

## Movies

Beetlejuice

Thursday, October 8th  
1:30pm-4:00pm  
PG



Edward Scissorhands  
Thursday, October 15th  
1:30pm-4:00pm  
PG-13



## GEHM Clinic

Geriatric Education & Health  
Maintenance

Tuesday, October 6th  
8:30 am - 12:00 pm



AARP Smart Driver  
Defensive Course

October 2<sup>nd</sup>

8:30am - 12:30pm  
Call PDSC to sign up!



## Senior law office Power of Attorney

Wednesday, October 14th  
9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Make appointment by calling the  
Senior Citizens Law Office  
at 505-265-2300.

To make appointments or find out where Senior Citizen  
Law Office we be at please call the them at the above  
phone number or on their website at:  
<https://www.sclonm.org/>

## DSA Advisory Council Meeting

Monday, October 19  
12-1:30 p.m.

Barelas Senior Center

## Coffee with Constituents

Thursday, October 22 | 8:30-9:30 a.m.  
North Domingo Baca Multigenerational  
Center

## TEENIORS



Need help with your laptop, phone or  
tablet? Let Teeniors teach you.

Wednesday, October 7th  
3:00pm-5:00 pm

Please call the center or sign up at  
the front desk.

While our center is undergoing renovations, all  
classes will temporarily move to different locations.  
Please look at the attached list to see where your  
class will be located at.

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                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>28</b><br>Green Chile Chicken<br>Pozole/Pinto Beans 4oz<br>Peppers & Onions 4oz<br>Calabacitas 4oz<br>Tortilla 2ea<br>Mandarin Oranges 4oz<br>1% Milk 8oz                  | <b>29</b><br>Beef Tips 3oz<br>Brown Rice 4oz<br>Normandy Blend 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Warm Apple Slices 4oz<br>1% Milk 8oz | <b>30</b><br>Carne Adovada 3oz<br>Red Chile 2oz<br>Pinto Beans 4oz<br>Spanish Rice 4oz<br>Tortilla 2ea<br>Vanilla Pudding 4oz<br>1% Milk 8oz                         | <b>1</b><br>Baked Ziti 4oz<br>Sucootash 4oz<br>Garlic Breadstick 1ea<br>Applesauce 4oz<br>1% Milk 8oz                                                                                       | <b>2</b><br>Green Chile<br>Cheeseburger 1ea<br>Diced Potatoes 4oz<br>Steamed Broccoli 4oz<br>Jell-O 4oz<br>1% Milk 8oz                                                         |
| <b>5</b><br>Chicken Fajitas w/ Salsa 3oz<br>Pinto Beans 1pc<br>Flour Tortillas 4oz<br>Hot Sliced Apples 2ea<br>1% Milk 4oz<br>8oz                                             | <b>6</b><br>Beef Stroganoff 3oz<br>Elbow Pasta 3oz<br>Spinach w/ Onions 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Grapes 1pc<br>1% Milk 8oz   | <b>7</b><br>Pork Posole 3oz<br>Green Chile Potatoes 3oz<br>Steamed Carrots 4oz<br>Broccoli 4oz<br>Slice Sour Dough 1ea<br>Margarine 1pc<br>Yogurt 4ea<br>1% Milk 8oz | <b>8</b><br>Mac & Cheese w/ Broccoli 4oz<br>Steamed Cauliflower 1oz<br>Diced Beets 4oz<br>Brownie 1ea<br>1% Milk 8oz                                                                        | <b>9</b><br>BBQ Pulled Pork 3oz<br>Sweet Potato Mash 4oz<br>Green Beans w/ Mushrooms 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Jell-O 4oz<br>1% Milk 8oz                      |
| <b>CLOSED 12</b><br><b>INDIGENOUS PEOPLES' DAY</b>                                                                                                                            | <b>13</b><br>Teriyaki Pork 3oz<br>Brown Rice 2oz<br>Stir Fry Vegetables 4oz<br>Corn & Edamame 4oz<br>Diced Pears 4oz<br>1% Milk 8oz            | <b>14</b><br>Frito Pie 5oz<br>Fritos 1oz<br>Normandy Blend 4oz<br>Jell-O 4oz<br>1% Milk 8oz                                                                          | <b>15</b><br>Veggie Green Chile<br>Cheese Burger 1ea<br>Diced Potatoes 4oz<br>Stewed Tomatoes 4oz<br>Diced Peaches 4oz<br>1% Milk 8oz                                                       | <b>16</b><br>Beef Cottage Pie 5oz<br>Spinach w/ Onions 4oz<br>Corn Bread 1ea<br>Mandarin Oranges 4oz<br>1% Milk 8oz                                                            |
| <b>19</b><br>Pork Tamales 2ea<br>Red Chile 1oz<br>Spinach 4oz<br>Black Beans 4oz<br>Pear 1ea<br>1% Milk 8oz                                                                   | <b>20</b><br>Open Faced Turkey Sandwich 3oz<br>Gravy 2oz<br>Mashed Potatoes 4oz<br>Green Beans 4oz<br>Orange 1ea<br>1% Milk 8oz                | <b>21</b><br>Sweet & Sour Pork 4oz<br>Brown Rice 4oz<br>Stir Fry Vegetables 4oz<br>Sliced Carrots 4oz<br>Pudding 4oz<br>1% Milk 8oz                                  | <b>22</b><br><b>Anti-Inflammatory</b><br>Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz<br>Three Bean Salad 4oz<br>Garlic Breadstick 1ea<br>Yogurt 4oz<br>1% Milk 8oz | <b>New Mexican Grown 23</b><br>Green Chile Stew (Chicken/Potatoes) 4oz<br>Pinto Beans 4oz<br>Flour Tortilla 2ea<br>Applesauce 4oz<br>1% Milk 8oz                               |
| <b>26</b><br>Beef Tips 3oz<br>Pasta/Gravy 2oz/2oz<br>Green Beans & Mushrooms 4oz<br>Bell Peppers/Onions 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Pudding 4oz<br>1% Milk 8oz | <b>27</b><br>Chicken Pot Pie w/ Biscuit 5oz<br>Diced Beets 1ea<br>Brussel Sprouts 4oz<br>Yogurt 4oz<br>1% Milk 8oz                             | <b>28</b><br>Breaded Pollock 3oz<br>Tartar Sauce 1pc<br>Brown Rice 4oz<br>Cauliflower 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Sliced Apple 1ea<br>1% Milk 8oz     | <b>29</b><br>Cheese Omelet w/ Spinach 3oz<br>Stewed Tomato 2oz<br>Diced Sweet Potatoes 4oz<br>Mandarin Oranges 4oz<br>1% Milk 8oz                                                           | <b>30</b><br>Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz<br>Mashed Potatoes 4oz<br>Sliced Carrots 4oz<br>Dinner Roll 1ea<br>Margarine 1pc<br>Jell-O 4oz<br>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.



# Daily Schedule

## MONDAY

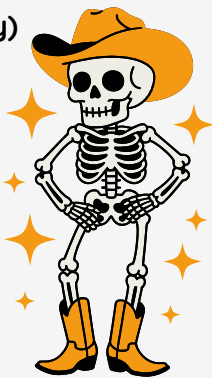
8:00-9:00 Breakfast  
 8:00-4:30 Billiards  
 8:00-4:30 Open Computer Lab  
 8:00-4:30 Puzzles  
 8:30-11:30 Lapidary I, Beginning  
 9:00-11:00 Palo Duro Singers  
 9:30-10:30 Strengthening Class  
 9:30-12:30 Ceramics  
 11:30-1:00 Lunch  
 12:00-2:00 Philatelic Society (Stamp Club)  
 12:30-4:30 Duplicate 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  
 2:00-4:30 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)  
 1:00-2:00 New Member Orientation (3rd Thur)  
 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

**Note: Days and times are subject to change. The regular schedule will remain in effect through October 16. Relocated classes will begin at their new locations after October 16.**

For all our holiday and seasonal events, please visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors) and click on the 'Senior Affairs Events' tab on the left side of the page.





# Where Classes are Going



|                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bear Canyon Senior Center</b><br>Game Time<br>Scrabble (Friday's 12:30 pm-4:00 pm)                                                                                                                                          | <b>Santa Barbara Martineztown Multigenerational Center</b><br>Busy Bee's (Wednesday's 12:00 pm-3:00 pm)<br>Tuesday's Angels (Tuesdays 9:00 am-11:00 am)<br>Veteran Lap Robes (Wednesdays 8:30 am-12:00 pm)<br>Rockhounds 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month<br>Swedish Weaving (Friday's 12:30 pm-3:30 pm) |
| <b>Highland Senior Center</b><br>Hightoners (Friday's Starting Oct 9 <sup>th</sup> 10:30 am-11:00 am)<br>Metalsmithing (Wednesday's 9:00 am-3:15 pm & Friday's 12:00 pm-3:45 pm)<br>Pottery (Monday afternoons and Thursday's) | <b>Palo Duro Sports &amp; Fitness Center</b><br>Line Dancing (Monday's 12:30 pm-2:00 pm & Saturday's 9:30 am-11:00 am)<br>Square Dancing (Thursday's 1:30 pm-4:00 pm)<br>Energy Yoga (Wednesday's 11:00 am-12:00 pm)                                                                                                              |
| <b>North Valley Senior Center</b><br>Swedish Weaving (Friday's 2:15 pm-4:15 pm)                                                                                                                                                | <b>City Church of Albuquerque</b><br>Stamp Club (Monday's 12:00 pm-2:00 pm)                                                                                                                                                                                                                                                       |
| <b>Manzano Mesa Multigenerational Center</b><br>Retired Professionals (Monday's 2:45 pm-4:30 pm)<br>Ceramics (Monday's 9:30 am-12:30 pm)                                                                                       | <b>Rudolfo Anaya Library</b><br>German (Thursday's 11:00 am-1:30 pm)                                                                                                                                                                                                                                                              |
| <b>North Domingo Baca Multigenerational Center</b><br>Corvair Club (Saturday's)<br>Deaf Seniors (Thursday's 8:30 am-11:30 am)<br>Learned Happiness (Monday's 10:00 am-11:30 am)                                                | <b>Tandy Store</b><br>Leatherwork (Tuesday's 12:00 pm-2:00 pm)                                                                                                                                                                                                                                                                    |
| <b>Taking a Break until we reopen</b><br>Creative Art Work (Visiting Artist)                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                   |

## Locations of other Senior Centers/ Multigenerational Centers

**Barelas Senior Center**  
714 7th SW  
Albuquerque, NM 87102

**Bear Canyon Senior Center**  
4645 Pitt NE  
Albuquerque, NM 87111

**Highland Senior Center**  
131 Monroe NE  
Albuquerque, NM 87108

**Los Volcanes Senior Center**  
6500 Los Volcanes NW  
Albuquerque, NM 87121

**North Valley Senior Center**  
3825 4th NW  
Albuquerque, NM 87107

**Manzano Mesa Multigenerational Center**  
501 Elizabeth SE  
Albuquerque, NM 87123

**North Domingo Baca Multigenerational Center**  
7521 Carmel NE  
Albuquerque, NM 87113

**Santa Barbara Martineztown Multigenerational Center**  
1825 Edith NE  
Albuquerque, NM 87102

# Palo Duro Trips

Trip times & dates  
are subject to  
change

## October Trips

Sign up October 1st in  
lobby @ 9am

Please bring updated  
membership card &  
emergency contact info

Bistro Buddies:  
Padilla's Mexican  
Kitchen

Thursday, October 15th

Check In: 11:15 am

Depart: 11:30 am

Return: 1:30 pm



Albuquerque Fall  
Gem, Mineral, & Jewelry  
Show

Friday, October 2nd

Check In: 10:00 am

Depart: 10:15 am

Return: 2:00 pm



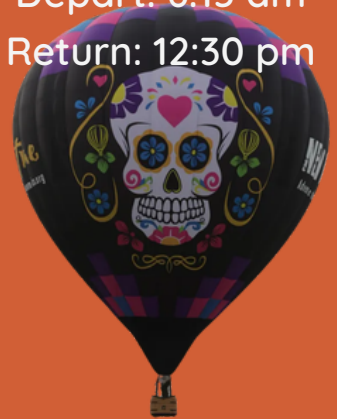
Balloon Fiesta Mass  
Ascension from the  
Balloon Museum

Tuesday, October 6th

Check In: 6:00 am

Depart: 6:15 am

Return: 12:30 pm



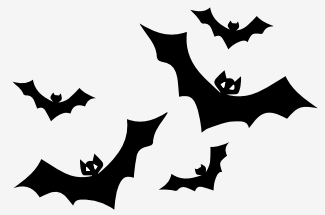
Lunch & movies at own expense  
Trips are subject to change



We will be back soon with  
more trips, new  
adventures and  
unforgettable memories!



# Upcoming Events



In Observance of  
Indigenous Peoples' Day  
Palo Duro Senior Center  
will be Closed on  
Monday, October 12th

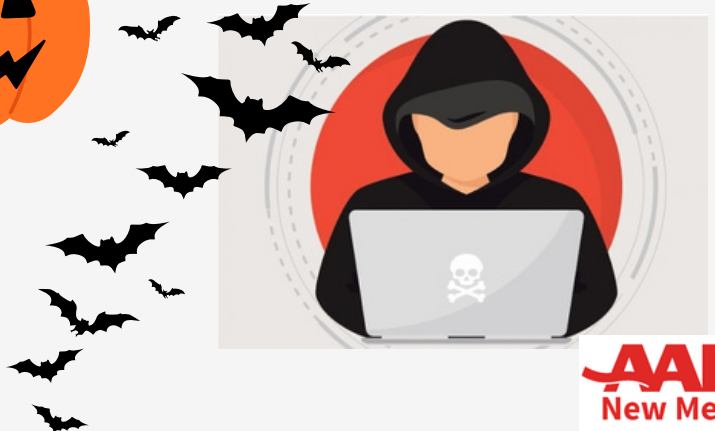
## The 'BRB' Bingo

(Be Right Back)

Last Bingo before we close for  
remodel!

Giveaways & Raffle Prizes!

Join us, we can't wait to see you.  
Let's make this final game one to  
remember before we meet again.



**AARP**  
New Mexico



**PRIME TIME  
50 EXPO**

Tuesday, October  
20th 2026!  
8:30AM - 1PM at the

NEW LOCATION!

**Museum of Natural  
History & Science**



# 30 Years!

- FREE EVENT -

Join us as we celebrate 30 incredible years of the  
**50+ Expo!**  
**Bigger, Better, and Now at the Newly Renovated  
Museum of Natural History & Science!**

Free Health Information and Screenings,  
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



and



**PARNALL**  
LAW Hurt? Call BERT.



**THE NEIGHBORHOOD**  
LIVE PEAN COMMUNITY



For More Info: [Publisher@PrimeTimeNM.com](mailto:Publisher@PrimeTimeNM.com) • 505-242-2428 • [PrimeTimeNM.com](http://PrimeTimeNM.com)

# Upcoming Events

## Ageless Artisan Craft Fair

Saturday, November 14<sup>th</sup>

9:00 AM - 1:00 PM

Manzano Mesa Multigenerational  
Center  
501 Elizabeth ST. SE



## Honoring our Veterans

Veterans are invited to have a complimentary professional portrait taken for inclusion in our Veterans Wall of Honor, proudly displayed at participating Department of Senior Affairs centers.

North Valley Senior Center

Thursday, October 8<sup>th</sup> 9:00 am - 11:00 am

North Domingo Baca Multigenerational Center

Friday October 9<sup>th</sup> 10:30 am - 12:30 pm

Barelas Senior Center

Tuesday, October 13<sup>th</sup> 9:00 am - 11:00 am

Highland Senior Center

Wednesday, October 14<sup>th</sup> 11:00 am - 1:00 pm

Thank you for your dedication, your sacrifices, and your service.



## Mobile Food Pantry

Manzano Mesa Multigenerational Center  
501 Elizabeth ST. SE, 87123  
505-275-8731

Mobile food pantry for the Community supplied by Roadrunner Food Bank.

September 18, 2026 2:00PM- 4:30 PM

October 16, 2026 2:00PM- 4:30 PM

November 20, 2026 2:00PM- 4:30 PM

December 18, 2026 2:00PM- 4:30 PM



## Medicare Fair Event Series

Locations and times

Bear Canyon Senior Center

Medicare Event: Oct. 14, 9 - 11 am | SHIP

Counseling: Oct. 21, 9 - 11 am

Highland Senior Center

Medicare Event: Oct. 15, 9 - 11 am | SHIP

Counseling: Oct. 22, 9 - 11 am

Manzano Mesa Multigenerational

Medicare Event: Nov. 6, 11 am - 1 pm | SHIP

Counseling: Nov. 18, 11 am - 1 pm

Barelas Senior Center

Medicare Event: Nov. 12, 11 am - 1 pm | SHIP

Counseling: Nov. 19, 11 am - 1 pm

Call 505-764-6400

for more information

