

Dept. of Senior Affairs
Palo Duro Senior Center
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



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

Gladys Hernandez
Kitchen Aid

Palo Duro Senior Center April 2025



Earth Day

April 22, 2025

Presentation by Master Gardener:

Bring Back the Pollinators: Stewardship of the Desert
Ecosystem in Central New Mexico... and BEYOND"

Plant give-a-way, 10:30 am while they last.

How many Easter
Eggs can you find?

Palo Duro Happenings

Coffee with Constituents



Join Director,
Anna Sanchez, on
Thursday, April 10th
9:30 am - 10:30 am
in the Social Hall.



Movies



The Watchers
Thursday, April 10
1:30pm-4:00pm
PG-13



White Bird
Thursday, April 24
1:30pm-4:00pm
PG-13

AARP Smart

Driver



Friday, April 4th
8:30 am - 12:30 pm
Call PDSC to sign up!
Next month on May 2nd

Birthday Celebration



Monday, April 7th
10:30-11:30



Sponsor: Oak St. Health &
Palo Duro Philatelic Society

Power of Attorney



Wednesday, April 9th
9:00 am - 11:00 am



Presented By:

Senior Citizens Law Office

Call SCLO for an appointment:
505-265-2300

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am



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

- Apr. 2- Caring Transitions
- Apr. 9- Presbyterian
- Apr. 16- Good Samaritan Hospice
- Apr. 23- Your Medicare Grandson
- Apr. 30- Presbyterian



GHEM Clinic

Geriatric Education & Health
Maintenance



Tuesday, April 1st and
Wednesday, April 2nd
8:30 am 12:00 am



New Member Orientation

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

Thursday, April 17th
1:00 pm - 2:00 pm



hello

Flea Market

April 9th

8:30 am - 12:30 pm

Come have fun at our flea market on the
2nd Wednesday of each month.

Tables are just \$2.

Get ready to discover cool stuff and
have a great time with us!

Sign-up for April flea market is
April 2nd, 9:00 am.

Notice: New Sign-up day starts on
Wednesday, April 9th at 10:30am
for the month of May.

- bring your membership card.





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
 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
 8:00–4:30 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
 10:00–12:00 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
 1:30–4:00 My Chronic Disease Workshop, 6 wks, see newsletter for updates

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
 9:30–12:30 Ceramics
 11:30–1:00 Lunch
 12:00–1:30 Rockhounds Meeting (1st & 3rd Thu)
 12:30–1:30 Open Bible Discussion
 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
 9:30–10:30 Strengthening Core
 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

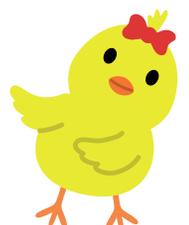


SATURDAY

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
 10:00–12:00 Qigong for Health
 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
<p>31</p> <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 

Lunch:

Monday-Friday, 11:30-1:00

Reservations required the previous day prior to 1:00 pm.

You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

Menu items subject to change.



Palo Duro Trips

April Trips

All trip expenses are your own responsibility.

Sign-Up Begins April 1st

Santuario de Chimayo

Tuesday, April 8th



Lunch in Pojoaque

Check In: 8:45 am

Depart: 9:00 am

Return: 4:00 pm.



Bistro Buddies:

High Noon Restaurant

Wednesday, April 23rd

Check-in: 11:15 am

Depart: 11:30 am

Return: 3:00 pm



History of the Secret City

Walking Tour, Los Alamos

Tuesday, April 29th



Fee: \$25

+ Lunch

Check-in: 8:15 am

Depart: 8:30 am

Return: 5:00 pm

Visit an Ancestral Pueblo site, step inside the homestead-era Romero Cabin, and hear about the Los Alamos Ranch School.

50+ Senior Tech Connect

Friday, April 11th

Sign-up anytime at the front desk.



May Trips



Sign-Up Begins May 1st

Ride the Rail Runner to the Santa Fe National Cemetery to visit loved ones.

Sign-up Anytime!

Trips available Wednesdays:

April 9th, Deadline to sign-up is March 31st.

May 14th, Deadline May 5th.

June 11th, Deadline June 2nd.

Participation is limited to the first 6 who sign-up. All transportation is provided. Box lunch included.

Must have current membership.

Info needed: Name on Grave site:

must be full name, include middle name or initial and year of passing.

Tarde de Oro

(variety show)

Thursday, May 8th



Bistro Buddies - Benny's, Los Lunas

Thursday, May 15th

Kirtland Air Fiesta 2025!

(air show on the base)

Saturday, May 31st



Hikes of the Month

Embudo Foothills Loop

Wednesday, April 2nd

Sign-up starts March 20th

Check-in 8:30 am



Ponderosa Trail at Juan Tomas

Wednesday, April 16th

Sign-up starts April 3rd

Check-in 8:30 am

Otero Canyon East Loop

Wednesday, April 30th

Sign-up starts April 17th

Check-in 8:30 am



Palo Duro Events



April 16th
3:00-4:00 or 4:00-5:00

Please sign up at front desk to make a one-on-one appointment!

Calling Musicians & Singers!

Join the Mighty Palo Duro Singers.

We are an imperfect, senior, performing, sing-a-long group. If you play an instrument and/or love to sing, join us on Mondays, 9:00 am - 11:00 am in the Cottonwood room.



BINGO
CANCELLED
April 1st
This is NOT an April Fool's Joke.

New Workshop: Self-Healing & Being Your Own Doctor
Monday, May 19th, 26th, June 2nd
2:00 pm - 3:00 pm
Sign-up at front desk.

Mother's Day

Celebrate Mother's Day on Friday, May 9th, with musical entertainment!
12 - 1:30 pm.



50+ SENIOR TECH CONNECT

SAVE THE DATE!

APRIL 11, 2025

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

senior affairs



Ride with us to the
50+ Senior Tech Connect

Check-In: 8:30 am
Depart: 8:45 am
Return: 12:30 pm
Sign-up anytime.



May is Older Americans Month

Join us on May 14th for an Outdoor Flea Market and Car Show!

9:00 am - 12:00 noon.
Lottery for table is on Wednesday, April 9th at 10:30 am.