



Department of Senior Affairs
Celebrates the First Senior Center!
Palo Duro Senior Center opened in
1974

Celebrate with us!
50th Golden Jubilee Dinner Dance with
Gonzalo

Wednesday, August 14th

4:00 – 7:00 pm

Enjoy a special dinner and dance to live music.

\$5 per person with active membership.

Note: tickets will not be sold during meal times.

Monday, 8/12, 11:30 am Palo Duro Singers

12:30 pm Line Dance Performance

Tuesday, 8/13, 2:00 pm – 4:00 pm Golden Jubilee Bingo

Wednesday, 8/14, 50th Golden Jubilee Dinner Dance

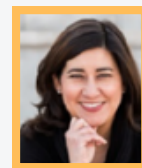
Thursday, 8/14, 9:00 am – 12:00 noon Open House
with Door Prizes, vendors and the groups and
classes of Palo Duro Senior Center

11:30 am Performance by The Hightoners

12:15 pm Line Dance Performance

Friday, 8/15, 11:30 am – 1:00 pm Karaoke Lunch

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

Tayler Stanley
Program Assistant II

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

Dominique Rivera
Kitchen Aid

Important Dates

**-Aug 5th-9th
CLOSED**

-Aug 12-16 Spirit
Week 50th Jubilee

-Aug 13 50th
Anniversary Bingo

-Aug 14 50th
Anniversary
Dinner Dance

-Aug 15th 50th
Anniv. Open House

-Aug 16th Karaoke
Lunch

Palo Duro Features

Movie at Palo Duro

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

**Movie Titles are
Subject to Change*



**Godzilla vs King Kong
The New Empire
Thursday, August 22nd
PG-13**

Flea Market

Weekly while open in August

8:30 am - 12:30 pm

Come have fun at our flea market every open Wednesday in August. Lottery for August is July 31 at 11am. Tables are just \$2. *Sign-up* for **Patriot Day Outdoor Flea Market & DJ** on Sept. 4th - 9am to be held Sept. 11

Power of Attorney Clinic

Wednesday, August 14th

9:00 - 11:00 am.

Presented by:

Senior Citizen's Law Office

Call the SCLO 265-2300 for appt.



AARP Smart Driver Defensive Course August 2nd & September 6th

8:30am - 12:30pm

Call PDSC to sign up!



Birthday Celebration

**2nd Monday of the
Month, August 12th**

10:30 am — 11:30 am

Sponsors: Oak Street Health



Friendship Coffee

Wednesday, 9:15 - 10:15 am

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

August 7th- CLOSED

August 14th-

August 21st-

August 28th- Lyn Hill- w/ Alb Heights



Ice Cream Social

3rd Tuesday of the month

August 20th

10:30 am — 11:30 am

Join us for Ice Cream in the Lobby!



ADAPTED AQUATICS

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength.

***You may pick up and complete a lotto form to register from any senior center!**

Members will be contacted by the end of the month. If you were selected to attend class in the following month:

Session 1 - Monday, Wednesday, Friday 9-10 am

Session 2 - Monday, Friday 1:15 -2:15 pm

Session 3 - Tuesday, Thursday 9-10 am

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990

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
1:30–3:00 Line Dancing, Intermediate
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 Tuesday)
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
12:00–4:45 Scrabble
1:00–3:00 Creative arts group (Visiting Artists)
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 Mexican Train Dominos
1:30–4:00 MyCD Workshop, Chronic Pain Self-Mgt. Sts 6/12



Note: Days and Times are subject to change.

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)
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
9:00–11:00 Tinwork Class, sts. 6/14
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



The following Senior Centers
will be closed Monday through Friday,
August 5 - August 9:

Palo Duro S.C
Palo Duro Sports & Fitness Center
Barelas S.C.
Bear Canyon S.C.
Highland S.C.

All other centers will be open at that time.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 

Menu items subject to change.

Please arrive by 12:30 p.m. to receive 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

August Trips

Members are responsible for their own expenses. Sign-up starts August 1st at 8 am

Bandelier National Monument Museum & Short Trail

Tuesday, August 13
Lunch at Cowgirl BBQ

Sign-in: 8:00 AM

Depart: 8:15 AM

Return: 5:00 PM

Tour Fee: \$4



Gallup Cultural Center & Ellis Tanner Trading Co.



Wednesday, August 21
Lunch at Route 66 Diner

Sign-in: 8:00 AM

Depart: 8:15 AM

Return: 5:00 PM

Upcoming Trips for September

SIGN UP BEGINS ON September 3rd

Barelas Fiesta!

September 6

Entertainment, Vendors, Food, & Al Hurricane Jr.

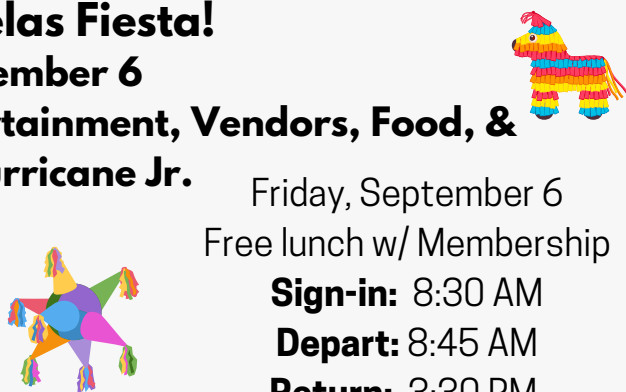
Friday, September 6

Free lunch w/ Membership

Sign-in: 8:30 AM

Depart: 8:45 AM

Return: 3:30 PM



Palo Duro Veterans:

Get your picture taken by a professional photographer on September 19th.

Ride a van from the center.

More information to come.

Old Town Farm

Bike and Coffee

Friday, September 20

Music, Food, and Coffee!

Farm Fresh Grower's Market!

Sign-in: 9:30AM

Depart: 9:45 AM

Return: 1:30 PM



Hikes of the Month

CREST HOUSE TO NORTH PEAK

(SANDIA WILDERNESS)

Wednesday, August 7th

Sign-in: 8:30 AM

Depart: 8:45 AM

Return: 6:30 PM



ELLIS, 10K, DEL AGUA

OVERLOOK - SURVEY

Wednesday, August 21st

Sign-in: 8:30 AM

Depart: 8:45 AM

Return: 1:00 PM





Upcoming Department of Senior Affairs' Event:

Barelas Fiesta

Friday, September 6

9:00 am - 3:00 pm

Dance floor and Stage with Entertainment including

Al Hurricane Jr.

Free Lunch

Vendors

and much more!

Transportation provided from all the centers.



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TINWORK WORK

New Session begins

August 23rd.

9:00 - 11:00 a.m.

Class fee: \$55 - Includes a sheet of tin and all required tools.

Reserve a space at the front desk or call the office to sign-up.

Class is limited to 12 members.

Four Weeks: Aug. 23, Aug. 30,

Sept. 13, and Sept. 20

History of the Bible

Are you interested in learning the history and facts of The Bible? This will be an open discussion on the book and not about belief or religion.

Three week seminar starts Wednesday,

September 18, 10:00 - 11:00 am.

Sign-up at the Front Desk.

