

April 2023

NEON EGG HUNT

Thursday, April 6

6:00pm-7:00pm

Join us for a fun spring
evening!

- games
- prizes
- refreshments

Free
Event

All
Ages

**CALL (505)275-8731
TO SIGN UP**

Center Hours

M-F: 8a-9p Sat: 9a-3p

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez &

Julie Mars

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates &

Announcements

4/1: April Fools Day

4/5: National Walk Day

4/6: Egg Hunt

4/13: COFFEE W/A COP

4/14: TRIP: Jemez Springs

4/18: Tax Day

4/22: Earth Day

Accredited by 
National Institute of
Senior Centers

**Our Mission: We are committed to providing resources with care and compassion
that help our community thrive while embracing aging.**

Upcoming Trips:

**Jemez Hot Springs
& Los Ojos restaurant**



Friday, April 14th



Check in: 9:45am
Depart: 10:00am
Return: 3:00pm

**lunch at own
expense**

**PROPERTY PASS/SOAK
\$25 FOR ONE HOUR**

**SANTA FE NATIONAL
CEMETARY**



WEDNESDAY, APRIL 19

**LIMITED SPOTS
SIGN UP AT THE FRONT DESK**

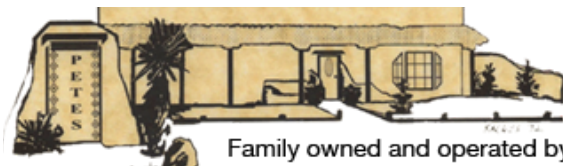
Harvey House & Ben's Burgers

Wednesday, May 17th

Check in: 9:45am
Depart: 10:00am
Return: 3:30pm

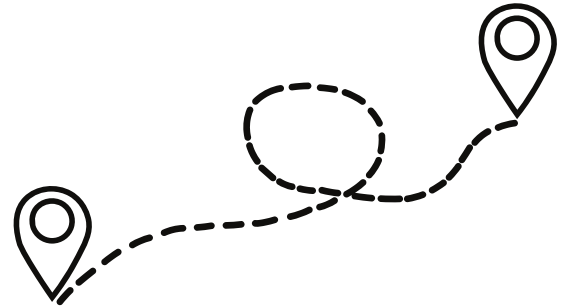
**Sign up at the
front desk**

lunch at own expense



Family owned and operated by the Torres Family

**Look out for more
trips in the coming
months newsletters!**



Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

Monday

Fitness Room 8am - 8:45pm
Billiards 8am - 3pm / 5:30pm - 8:45pm
Table Tennis 8am - 3pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Beading 8:30am - 12pm
Computer Lab 9am - 11:15am
Line Dance: 9:15am - 11:15am
Gentle Exercise 9:30am - 10:30am
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
Zumba Gold 10:45am - 11:45am \$
Happy Hookers 1pm - 3pm
Volleyball 5:30pm - 8:30pm
Yoga: Hatha Blend 6pm - 7:15pm \$
Lions Club 6pm - 7:30pm (1st & 3rd)



Tuesday

Fitness Room 8am - 8:45pm
Billiards 8am - 3pm / 5:30pm - 8:45pm
Table Tennis 8am - 3pm / 5:30pm - 8:45pm
Computer Lab 9am - 11:15am
Tai Chi 9am - 10am \$5.00
Flex & Tone 8:15am - 9:15am
Pottery 8:30am - 11:30am
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Shuffle Board 1:00pm - 4:00pm
Sing-a-Long 1:30pm - 2:30pm
Line Dance: Intermediate 1:30pm - 3:30pm
Badminton 5:30pm - 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:30pm - 8:30pm
Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8am - 8:45 pm
Billiards 8am - 1pm / 5:30pm - 8:45pm
Table Tennis 8am - 1pm / 5:30pm - 8:45pm
Woodcarving 8am - 11:30am
Aerobics 8:15am - 9:15am
Computer Lab 9am - 11:15am
Gentle Exercise 9:30am - 10:30am
Meditation Group 10:10am - 11:10am
Zumba Gold 10:45am - 11:45am \$
Open Basketball 11:30am - 1:00pm
Starter Line Dancing 12:15pm - 1:15pm
Pinochle 1pm - 4:30pm
Line Dance: Beg/Improver 1:30pm - 4:00pm
Yoga: Beginning 5:30pm - 6:30pm \$
Senior Men's Basketball 6pm - 8:45pm



Thursday

Fitness Room 8am - 8:45pm
Billiards 8am - 3pm / 5:30pm - 8:45pm
Table Tennis 8am - 3pm / 5:30pm - 8:45pm
Flex & Tone 8:15am - 9:15am
Tai Chi 9am - 10am \$5.00
Pottery 9am - 1pm
Pickleball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 1:00pm
Artist's Corner 1pm - 4pm
Bingo 2pm - 4:00pm
Pickleball 2pm - 4pm
Badminton 5:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
Belly Dance 6pm - 8pm

Friday

Fitness Room 8am - 8:45pm
Billiards 8am - 3pm / 5:30pm - 8:45pm
Table Tennis 8am - 3pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 9am - 11:15am
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30pm
Open & Seniors Men's Basketball 11am - 1:00pm
Badminton 1:00pm - 4:00pm
Clogging: Starter to Intermediate 5:00pm - 7:30pm
Volleyball 5:30pm - 7pm
Basketball 7:15pm - 8:45pm























Saturday

Fitness Room 9am - 2:45pm
Billiards 9am - 2:45pm
Table Tennis 9am - 2:45pm
Pickleball 9am - 12pm
Project Linus 9am 12pm (2nd Saturday)
Laughter Yoga 9am - 10am
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
Cherokees of NM 12pm - 2:45pm (1st Saturday)
Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
3 ♦ Salisbury Steak w/ mushroom gravy ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Teriyaki Pork/Fajita Blend ♦ Brown Rice ♦ Stir Fry Vegetable ♦ Dinner Roll ♦ Seasonal Fruit ♦ 1% Milk 	5 ♦ Turkey Chef Salad ♦ Macaroni Salad ♦ Croissant ♦ Seasonal Fruit ♦ 1% Milk 	6 ♦ Frito Pie: Beef ♦ Steamed Broccoli ♦ Corn Chips ♦ Tapioca Pudding ♦ 1% Milk 	7 ♦ Garlic Tilapia ♦ Pasta w/Diced Tomatoes ♦ Steamed Green Beans  ♦ Seasonal Fruit ♦ 1% Milk
10 ♦ Creamy Garlic Baked Chicken ♦ Seasoned Orzo Pasta ♦ Seasonal Vegetable ♦ Yogurt ♦ 1% Milk 	11 ♦ Egg Salad Sandwich ♦ Mediterranean Mixed Bean Salad ♦ Croissant ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Beef Fajita ♦ Spanish Brown Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk 	13 ♦ Pork Chop w/ Au Jus ♦ Sweet Potatoes ♦ Steamed Beets ♦ Seasonal Fruit ♦ 1% Milk 	14 ♦ Sloppy Joe: Beef ♦ Tater Tots ♦ Steamed Green Beans ♦ Chocolate Cake ♦ 1% Milk 
17 ♦ Carne Adovada: Pork/Red Chile ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookies ♦ 1% Milk 	18 ♦ Egg/Cheese Omelet w/peppers/onions ♦ Stewed Tomato ♦ Hash Browns ♦ Seasonal Fruit ♦ 1% Milk 	19 ♦ Chicken Patty w/Swiss Cheese ♦ Tater Tots ♦ Lettuce/Tomatoes/Onions ♦ Hamburger Bun/Mustard/Ketchup ♦ Baked Apples ♦ 1% Milk 	20 ♦ Spaghetti w/Meat Sause ♦ Spinach ♦ California Blend ♦ Seasonal Fruit: ♦ 1% Milk 	21 ♦ Roast Beef w/Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
24 ♦ Bean & Cheese Burrito topped w/Red Chile ♦ Spanish Rice ♦ Calabacitas ♦ Pineapple ♦ 1% Milk 	25 ♦ Beef Tips w/Bowtie Pasta ♦ Steamed Carrots ♦ Steamed Broccoli ♦ Wheat Dinner Roll/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	26 ♦ Southern Baked Chicken ♦ Turnip Greens/Black Eye Peas ♦ Brown Rice w/Red Peppers ♦ Seasonal Fruit ♦ 1% Milk 	27 ♦ Baked Cheese Ziti ♦ Steamed Green Beans ♦ Seasonal Vegetables ♦ Applesauce ♦ 1% Milk 	28 ♦ Sliced Turkey w/Gravy ♦ Scalloped Potatoes ♦ Green Peas ♦ Seasonal Fruit ♦ 1% Milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 275-8731 to make your reservation by 1:00pm the day prior.

CAREGIVERS TOOLBOX

Workshops to provide family caregivers with the skills to prepare for the journey ahead.

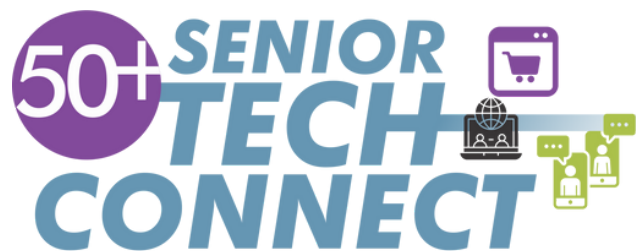


Wednesdays
6:00pm - 7:30pm
March 1st - June 28th

- Caregiver Self Care
- Community Resources
- Understanding and Addressing Difficult Behavior
- Dementia 101
- Advance planning

Join Us! No pre-registration required.

For more information contact:
erin@familycaregivernm.org
(505)494-4021



Friday, April 14

8:30am-12:30pm

Palo Duro Senior Center
5221 Palo Duro Ae NE, 87110

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

**Transportation will be provided
please sign up at the front desk**

**ATTENTION
PLEASE!**

Upcoming Changes to the Schedule!

Classroom times and availability will be changing during the Summer months. We will keep you updated as the schedule is finalized.

Coming Soon
in May

- May 1st-5th: Cinema Week
- May 5th: Cinco De Mayo
- May 6th: State of the City
- May 11th: Lunch W/ Cop
- May 15th: Mother's Day
- May 16th: Trip
- May 26th: Older American Celebration
- May 29th: Memorial Day-Center will be Closed

