

Department of
Senior Affairs



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Dept. of Senior Affairs
Palo Duro Senior Center
5221 Palo Duro Ave NE
505-888-8102

December 2024

Holiday Dance

Let's Dance to the
Magic of the Season!

Wednesday, December 18th
2:00pm - 4:00pm

Music by *Los Hermanos*.

Must have current membership.

Center Decorating

Join Us on Tuesday,
December 3rd to decorate
Palo Duro Senior Center.

Volunteers greatly appreciated!

After, enjoy cookies,
chocolate and cider!

Enjoy music by Frank, 11:30

Blue Cross Blue Shield

Blue Cross Blue Shield

Care Van will be at
Palo Duro Senior Center on
Wednesday, December 4th
9:00am - 12:00pm
Snacks provided.

Important Dates

Dec 24: Christmas
Eve

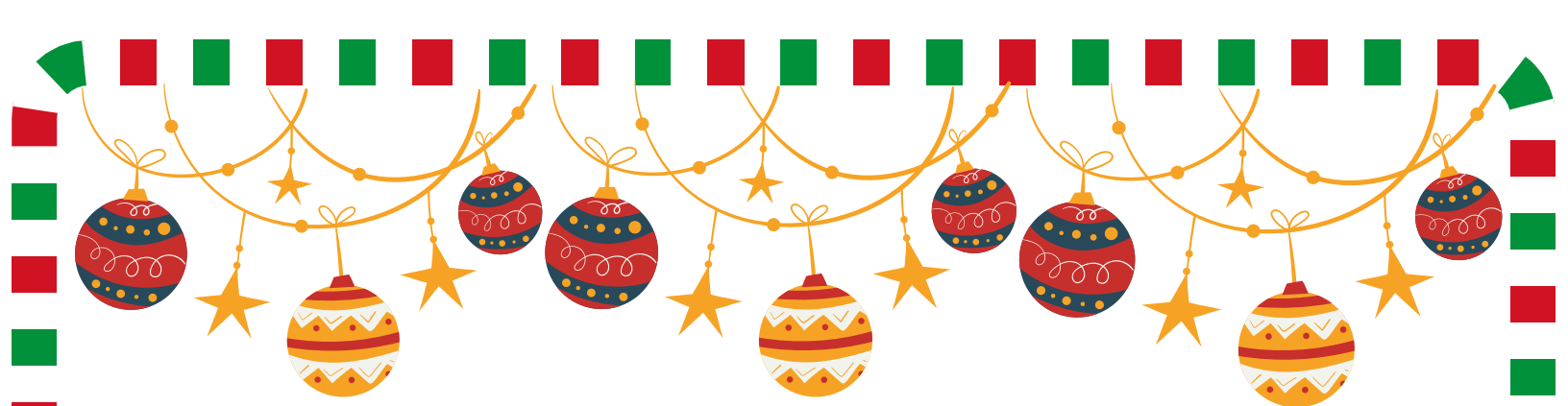
Dec 25: CLOSED
Christmas Day

Dec 31: New Year's
Eve

Jan 1: CLOSED
New Year's Day

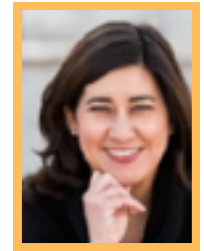
The Hightoners will perform
Holiday Music on
Friday, December 20th
11:00 am

Holiday Music by The Hightoners



Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelmas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelmas neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.



Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,
Anna M. Sanchez, Director





Palo Duro Features

Movies at Palo Duro

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



*Movie Titles are
Subject to
Change

A Madea Christmas
Thursday, December 12th
1:30pm - 4:00pm
PG-13



Four Christmases
Thursday, December 26th
1:30pm - 4:00pm
PG-13

Birthday Celebration

Monday, December 2nd
10:30 am - 11:30 am



Sponsors: Oak Street Health &
PDSC Philatelic Society

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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

Dec.4 - The Montebello

Dec.11- Presbyterian

Dec.18- Presbyterian



Holiday Flea Market

December 11th

8:30 am - 12:30 pm

Come have fun at our flea market on the 2nd
Wednesday of each month. Tables are just \$2.

Sign up starts on Wednesday, December 4th.

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

Only Holiday items please.

Sign-up begins on Wednesday, at 9:00 am.

Ice Cream Social

December 17th

10:30 am - 11:30 am



Join us for Ice Cream in the Lobby!

Power of Attorney Clinic

Wednesday, December 11th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call Senior Citizens Law Office for an
appointment: 505-265-2300



New Member Orientation!

Welcome to Palo Duro!

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

Thursday, December 19th

1:00 pm - 2:00 pm



AARP Smart Driver Course

December 6th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on January 3rd



Teeniors Tech Help

December 11th

3:00-4:00 or 4:00-5:00

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



Ghem Clinic

Tuesday, December 3rd

8:30 am - 12:00 pm





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, 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 Tue. & 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
8:30-12:00 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 Game Time: Mexican Train and other games
1:30-4:00 MyCD Workshop, Chronic Disease Self-Mgt. Starts 1/15/25

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)
12:30-2:30 Open Bible Discussion
1:00-2:00 New Member Orientation (3rd Thur)
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
9:30-10:30 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
Coming in January:
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
2 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk	3 ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk	4 ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk	5 ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk	6 ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk
9 ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk	10 ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk	11 ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/Calabacitas ♦ Chocolate Pudding ♦ 1% milk	12 ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk	13 ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk
16 ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk	17 ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk	18 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk	19 ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk	20 ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk
23 ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk	24 ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk	25 CLOSED Happy Holidays	26 ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk	27 ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk
30 ♦ Texas Chili ♦ Combread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk	31 ♦ Asian Diced Pork/Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk	1 CLOSED HAPPY NEW YEAR	2 ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk	3 ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk

Menu items subject to change.

Please arrive by 12:30 pm to receive a 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

December Trips

Sign-Up Begins December 2nd

Members are responsible for their own expenses.

Old Town Holiday Stroll

Friday, December 6th

Check-in: 3:45pm

Depart: 4:00 PM

Return: 9:00 PM

All expenses on your own



Christmas in Madrid



Saturday, December 7th

Check-in: 12:45pm

Depart: 1:00 PM

Return: 6:00 PM

All expenses on your own

La Fonda Museum Tour & Lunch at La Plazuela (in hotel)

Tuesday, December 17th

Check-in: 8:45 am

Depart: 9:00 am

Return: 3:30 pm

All expenses on your own



Hike of the Month

Los Volcanes

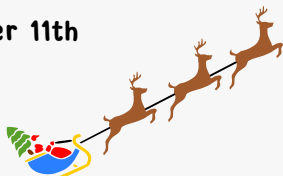
Wednesday, December 11th

Check in: 8:30

Depart: 8:45

Return: 2:30

Sign ups starts Dec.2nd



Upcoming Trips for January

Sign-up begins January 2nd

Introducing "Bistro Buddies"

Monthly Lunch Trip

Meals average \$15 - \$28 + Gratuity

A minimum 6 people must sign up

in order for van to depart.

Joe's Dining in Santa Fe

January 15th

Check-in 10:00am

Depart: 10:15am

Return: 3:30pm

All expenses on your own.



2025 Belen Matanza

January 25th

More info to come.

All expenses on your own.



Senior Day at the Legislature & Lunch in Santa Fe

January 27th

Check-in: 8:15 am

Depart: 8:30 am

Return: 4:00 pm



upcoming events



Shot Clinic

9:00 am - 1:00 pm

Thursday, Dec. 19th

Multiple Vaccines

Available



Wednesday, December 4th
Palo Duro Senior Center
9:00am - 12:00pm

HOLIDAY LUNCHEON

WEDNESDAY
DECEMBER 25, 2024
HOSTED BY
MANZANO MESA
MULTIGENERATIONAL
CENTER

Tickets are \$4 per person. Space is limited, please reserve your ticket in person at MMMC beginning Monday, December 2, 2024

TIME: 11 AM - 1 PM

Where: 501 Elizabeth St. SE, 87123

For more information please call

505-275-8731

Center will not be open for regular scheduled activities.



Holiday Gift Wrapping at Palo Duro

Get your gifts wrapped for free!

Monday, December 16 and

Monday, December 23rd

9:00am - 11:00am

Presented by:



coming in january



Poetry Class

Starting Monday,
January 6th
10:00am - 11:00am

Want to explore your
talent and learn different
styles of writing?
Sign-Up at the Front Desk
or
call 505-888-8102



My Chronic Disease Workshop

New 6-week workshop starting
January 15th
1:30m - 4:00pm

Are you living with a chronic
condition like diabetes,
arthritis, pain, asthma, high
blood pressure or heart
disease? Join the free
Chronic Disease Self-
Management Program (CDSMP)

Sign-Up at the Front Desk or
call 505-888-8102



Baseball Group



Beyond the Bat: Our Spirit Plays On

Want to join a Baseball
Discussion Group to
share memories?

New, starting in January.

Bases are loaded so

Sign-up at the front desk

or call the office:

505-888-8102

Day & Time to
be determined.



Attention Class teachers,
leaders, and
facilitators!

January is the time to complete a
2025 Room Reservation form.
Please stop by the front desk next
month to receive your copy.