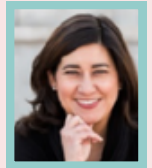


Dept. of Senior Affairs
Palo Duro Senior Center
5221 Palo Duro Ave NE
505-888-8102

Center Hours:
Mon, Tue, Thur, Fri: 8 am – 5 pm
Wed: 8 am – 7 pm Sat: 9 am – 1 pm
Sunday Closed

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

Taylor Stanley
Program Assistant II

Ericka Aguilar
Program Assistant II

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

Dominque Rivera
Gladys Hernandez
Kitchen Aids

Important Dates

Feb. 7 - Superbowl
Party

Feb. 9 - Superbowl
Sunday

Feb. 12 - Lincoln's
Birthday

Feb. 12 - Dinner
Dance

Feb. 14 -
Valentine's Day

Feb. 17 -
Presidents' Day -
CLOSED



FEBRUARY 2025



Sweet Heart Dinner Dance



Featuring:
Paul Pino & the Tone Daddies

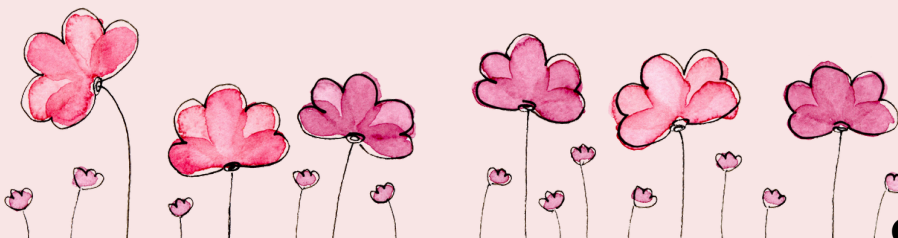
Wednesday, February 12

4:00 pm - 7:00 pm

*\$5 per person with membership.

Only sold from 9-11 am & 1-3:30 pm.

**Tickets are non-refundable*



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

ONE
ALBUQUE
RQUE senior affairs

Palo Duro Features

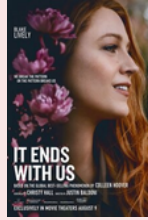
Movies at Palo Duro

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



*Movie Titles are
Subject to
Change

It Ends with Us
Thursday, February 13th
1:30pm-4:00pm
PG-13



Gladiator II
Thursday, February 27
1:30pm-4:00pm
R

February Flea Market

February 12

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, February 5
starting at 9:00am - bring membership card.

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

Power of Attorney Clinic

Wednesday, February 12th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Call SCLO for an appointment:

505-265-2300

AARP Smart Driver Course

February 7th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on March 7th

Birthday Celebration

Monday

February 3rd

10:30-11:30

**Sponsor: Oak St. Health &
Philatelic Society**

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am

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

Feb. 5 - Humana

Feb. 12 - Senior Helpers

Feb. 19 - The Village at Alameda

Feb. 26 - Karen Cooper Agency

Ice Cream Social

Tuesday, February 18th

10:30 am - 11:30 am

**Join us for Ice Cream
in the Lobby!**

New Member Orientation

Welcome to Palo Duro!

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

Thursday, February 20th

1:00 pm - 2:00 pm

GHEM Clinic

Tuesday,

February 4th

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, 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)
12:30-2:30 Open Bible Discussion
1:00-2:00 New Member Orientation (3rd Thur)
1:30-2:30 Guitar, Beginning- NEW
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
9:30-10:30 Energy Yoga
9:30-10:30 Strengthening Core
10:30-12:00 The Hightoners (choir)
11:30-1:00 Lunch
12:00-2:00 Baseball Discussion Group (3rd Fri)- NEW
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 - Resumes Feb. 15
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>3</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy Over Bowtie Pasta ◆ Brussel Sprouts ◆ Mixed Berries ◆ Dinner Roll with Margarine ◆ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Brown Rice ◆ Roasted Fall Vegetables ◆ Yogurt ◆ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Cauliflower ◆ Dinner Roll with Margarine ◆ Mandarin Orange ◆ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Steamed Broccoli ◆ Dinner Roll/ Margarine ◆ Warm Cinnamon Apple Chunks ◆ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Jell-O ◆ 1% milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Chicken Tamale w/ Green Chile ◆ Mushroom & Green Beans ◆ Diner Roll with Margarine ◆ Berry Compote ◆ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Turkey w/ Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Yogurt ◆ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Chicken Posole ◆ Steamed Cauliflower ◆ Dinner Roll with Margarine ◆ Jell-O ◆ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Red Chile Cheese Enchilada ◆ Brown Rice ◆ Roasted Fall Vegetables/ Calabacitas ◆ Pears ◆ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Baked Cod with Tarter Sauce ◆ Brussel Sprouts ◆ Roasted Fall Vegetables ◆ Valentine Cookie ◆ 1% milk 
<p>CLOSED 17</p> 	<p>18</p> <ul style="list-style-type: none"> ◆ Baked Ham with Pineapple Sauce ◆ Sweet Potatoes ◆ 5 Way Vegetables ◆ Vanilla Pudding ◆ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Baked Chicken ◆ Brown Rice ◆ Roasted Fall Vegetables ◆ Sliced Apple ◆ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Brussel Sprout ◆ Dinner Roll with Margarine ◆ Yogurt ◆ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Tilapia with Tarter Sauce ◆ Rosemary Potatoes ◆ Steamed Broccoli ◆ Pears ◆ 1% milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Red Chile Beans ◆ Crispy Roasted Cauliflower with Pumpkin Seeds ◆ Dinner Roll with Margarine ◆ Brownie ◆ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Chicken Tamale w/ Green Chile ◆ Brown Rice ◆ Corn & Edamame ◆ Orange ◆ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Diced Pork with Gravy ◆ Steamed Green Beans ◆ Berry Compote ◆ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Veggie Green Chili Cheeseburger ◆ Sweet Potato Mash ◆ Roasted Fall Vegetables ◆ Apple Slices ◆ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Salmon ◆ Mashed Potatoes ◆ Steamed Spinach ◆ Jell-O ◆ 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

FEBRUARY TRIPS

Sign-Up Begins February 3rd

Note: Trip Destinations are
subject to change.
*Members are responsible
for their own expenses.*

Bistro Buddies

Monthly Lunch Trip

Meals average \$15 - \$28 + Gratuity
A minimum 6 people must sign up
in order for van to depart.

Teofilos Restaurante in

Los Lunas

Thursday, February 6th



Check-in 10:00am

Depart: 10:15am

Return: 3:30pm

Oak Canyon Dance Group

(Pueblo of Jemez)

Indian Pueblo Cultural Center
Lunch at Indian Pueblo Kitchen

Friday, February 14th 

Tour Fee: \$7

All expenses, including lunch, on your own.

Check-in: 10:45 am

Depart: 11:0 am

Return: 3:00 pm



36th National Fiery Foods & BBQ Show

Friday, February 28th

All expenses on your own.



Ticket prices will be \$12.00 for
advance purchases (on or
before 2/19/2025) via internet.

Ticket prices will then be
\$16.00 from 2/20/2025 through
the day of the show.

Check-in: 2:00 pm

Depart: 2:15 pm

Return: 6:00 pm

MARCH TRIPS

Sign-Up Begins March 3rd

San Miguel Chapel

Located along the Old Santa Fe Trail, this Spanish
colonial mission church is considered the oldest
church in the United States.

Initially constructed in 1610.



Thursday, March 6th

Check in 9:00 am

Depart 9:15 am

Lunch in Santa Fe

Bistro Buddies

D.H. Lescombes Winery & Bistro

Wednesday, March 19th



Check in: 10:45 am

Depart: 11:00 am

Return: 3:00 pm



This performance features soul-stirring
arrangements of contemporary gospel,
musical theatre, and rich original
compositions. The ensemble's opulent
harmonies and beautiful blends bring
inspiration and joy to the hearts of audiences.



Sunday, March 30th

Check in 1:15 pm

Free! (\$25-\$69 value)

Dinner at 66 Diner

Hikes of the Month

Alameda Open Space North

In Albuquerque Region

Wednesday, February 5th

Check in: 8:30

Depart: 8:45

Sign ups starts Jan. 23rd



Aldridge Petroglyphs Alternate

Wednesday, February 19th

Check in: 8:30

Depart: 8:45

Sign ups starts Feb. 6th





Super Bowl Party

Gearing up for an epic football showdown!

Friday, February 7th,

10:30 am - 11:30 am

Fuel Your Passion, Ignite Your Game!

Snacks, Photo Booth, & Highlights on the Big Screen!



AARPSM

Tax-AideTM

AARP will be returning for 2024

Tax-Aide Assistance.

Appointments are on Thursdays

beginning February 6th

Call 311 for an appointment.

**Appointments also available at
other senior centers and facilities.**

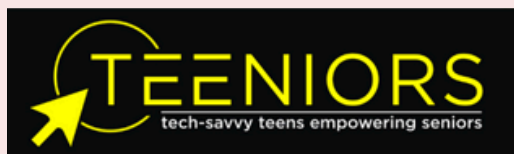
UFOs and Bible Prophecy - Are we in the end times?

Presented by world renowned UFO researcher, Norio Hayakawa. Mr. Hayakawa was Director of Civilian Intelligence Network (oversite committee), appeared as a guest on "Coast to Coast", visited Area 51 and interviewed Bob Lazar.

Learn what insight he has to offer!



**Wednesday, February 19,
9:30 am - 11:00 am**



Free Tech classes for Seniors!

Wednesday, February 19

3:00 pm - 5:00 pm

**Call or stop by the front desk to
reserve your spot.**

505-888-8102

New Member Orientation

Thursday, February 20,

1:00 pm



What does Palo Duro Senior Center have to offer? Take a tour and learn about additional services provided by the Dept. of Senior Affairs.