

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
Dec 31: New Year's
Eve

Jan 1: New Year's
Day - CLOSED

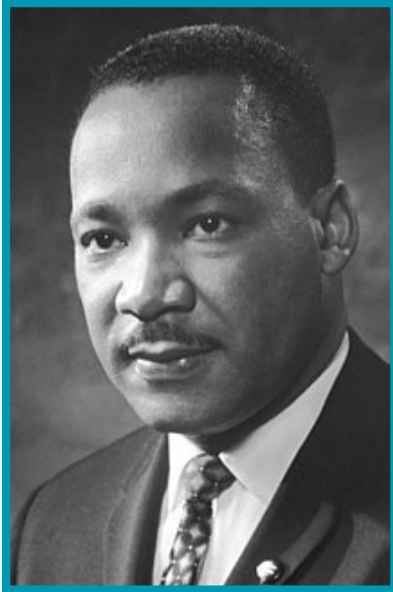
Jan 14: Breakfast
with a Cop

Jan 20:
Inauguration Day

Jan 20: Martin
Luther King Jr.
Day - CLOSED

January 2025

Happy New Year!



Martin Luther King Jr. (born Michael King Jr.; January 15, 1929 – April 4, 1968) was an American Baptist minister, activist, and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. King advanced civil rights for people of color in the United States through the use of nonviolent resistance and nonviolent civil disobedience against Jim Crow laws and other forms of legal discrimination. A black church leader, King participated in and led marches for the right to vote, desegregation, labor rights, and other civil rights. He oversaw the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC). As president of the SCLC, he led the unsuccessful Albany Movement in Albany, Georgia, and helped organize some of the nonviolent 1963 protests in Birmingham, Alabama. King was one of the leaders of the 1963 March on Washington, where he delivered his "I Have a Dream" speech on the steps of the Lincoln Memorial, and helped organize two of the three Selma to Montgomery marches during the 1965 Selma voting rights movement. The civil rights movement achieved pivotal legislative gains in the Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Fair Housing Act of 1968. King was fatally shot by James Earl Ray at 6:01 p.m., Thursday, April 4, 1968, as he stood on a motel's second-floor balcony. In celebration of Martin Luther King Jr.'s life work, all senior centers will be **CLOSED ON MONDAY, JANUARY 20TH.**



Palo Duro Features

Movies at Palo Duro

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



*Movie Titles are
Subject to
Change

Someone Like You
Thursday, January 9th
1:30pm-4:00pm
PG



One Night in Miami...
Thursday, January 23rd
1:30pm-4:00pm
R



January Flea Market



January 8th
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 Thursday, January 2nd
starting at 9:00am

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

Power of Attorney Clinic

Wednesday, January 8th

9:00 am - 11:30 am

Presented By:



Senior Citizens Law Office

Call PDSC for an appointment:
505-888-8102

AARP Smart Driver Course

January 3rd

8:30 am - 12:30 pm

Call PDSC to sign up!

Next month on February 7th



Birthday Celebration

Monday

January 6th

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.

Jan. 8th- Insurance by Heart

Jan. 15th- The Village at Alameda

Jan. 22nd- United Healthcare

Jan. 29th- Apex Med Solutions

Ice Cream Social

January 21st

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, January 16th

1:00 pm - 2:00 pm

GHEM Clinic

Tuesday,

January 7th

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 - Resumes Feb. 15
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
30 ♦ Texas Chili ♦ Cornbread/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 
6 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Sweet Potato Mash ♦ Cauliflower w/ Pepitas ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 	7 ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	8 ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	9 ♦ Omelet w/ Red Chile & Pepitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	10 ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk 
13 ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Yogurt ♦ 1% milk 	14 ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	15 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	16 ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	17 ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 
20 	21 ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	22 ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	23 ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Pineapple ♦ 1% milk 	24 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Pear Slices ♦ 1% milk 
27 ♦ Lemon Baked Tilapia w/ Tartar Suce ♦ Mashed Potatoes ♦ Corn & Edamame ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	28 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	29 ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	30 ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	31 ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 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

January Trips

Sign-Up Begins January 2nd

Please make sure your
Membership is Current.
Members are responsible
for their own expenses.



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

~ \$20

All expenses on your own.

Check-in: 7:30 am
Depart: 7:45 am
Return: 3:00 pm



Senior Day at the Legislature & Lunch in Santa Fe

Monday,
January 27th
Check-in: 8:00 am
Depart: 8:15 am
Return: 4:00 pm



February Trips

Sign-Up Begins February 3rd

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

All expenses on your own.

History of the Secret City Walking Tour, Los Alamos Tuesday, February 18th

Fee: \$25

All expenses, including lunch, on your own.



Check-in: 8:15 am

Depart: 8:30 am

Return: 5:00 pm



36th National Fiery Foods & BBQ Show

Friday, February 28th

Fee: To be announced.

All expenses on your own.

Check-in: 2:00 pm

Depart: 2:15 pm

Return: 6:00 pm



Hikes of the Month

Paseo De Las Montanas South Hike

In Albuquerque Region

Wednesday, January 8

Check in: 8:30

Depart: 8:45

Sign ups starts Dec. 26th



Michael Emery Trail plus Loop

Wednesday, January 22

Check in: 8:30

Depart: 8:45

Sign ups starts Jan. 9th



Palo Duro Presentations & Events

Sweetheart Dinner Dance



Wednesday,
February 12th
4:00 - 7:00pm

Enjoy a nice dinner and dance to your hearts content!
Bring your special valentine or just bring yourself.
Tickets are \$5 and go on sale January 15th

Enjoy live music by Paul Pino & the Tone Daddies



**Toast the New Year with
Palo Duro Senior Center!**

**Tuesday, December 31
Snacks and Sparkling Cider
10:30 am - 11:30 am**



"Your Money Matters"

**BernCo Treasurer, Nancy Bearce
Come in and Ask Your Property Tax
Questions for the Bernalillo County
Treasurer and Bernalillo County
Assessor! Bring in Your
Tax Bill, if handy.**



**Wednesday, January 8, 2025
9:45 am - 12:00 pm**



My Chronic Disease Workshop

**New 6-week workshop starting January
15th - February 19
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



Breakfast with a Cop

**Tuesday, January 14
8:00am - 9:00am**

Presentation:

Lighten Your Load Ministries

**by Karen Larre
Wednesday, January 15
10:00am - 11:30am**

Presentation:

Bank on Burque - Spam Prevention

**by City of Albuquerque
Thursday, January 16
9:00am - 11:00am**

Presentation: Medicare Advantage

**January 9th
9am - 10am**

