

Department of Senior Affairs

Palo Duro Senior Center

5221 Palo Duro, NE

505.888.8102

July 2024

Land of the free, home of the brave! How lucky are we to be born and raised in this amazing country!

Happy Independence Day!

Let us all remember the sacrifices made that allow us to enjoy our freedom today. Hope you enjoy the fireworks with friends and family!

All senior centers will be closed Thursday, July 4th in honor of Independence Day

Join us Wednesday, July 3rd
for Cherry Pie
10:30 am

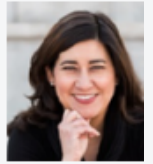
Join us for a special movie on July 3rd, 1:30 pm
Lincoln (PG-13), free popcorn

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.

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

Manuel Ibuado
General Services

Elvira De La Rosa
Cook

Dominique Rivera
Kitchen Aid

IMPORTANT DATES

**-JULY 4TH
CLOSED**
**-AUG 4TH-9TH
CLOSED**
**-50TH
ANNIVERSARY
AUG 14TH**

Palo Duro Features

MOVIES AT PALO DURO

Join us at 1:30 pm for these movies! Popcorn will be provided.

*Movie Titles are Subject to Change



Harriet
Thursday, July 11
PG-13



Devotion
Thursday, July 25
PG-13



FLEA MARKET

Weekly in July
8:30 am - 12:30 pm

Come have fun at our flea market every Wednesday in July. Tables are just \$2. Sign up for weekly August Flea Market is July 31st at 11:00 am.

GHEM Clinic
Tuesday, July 2nd
8:30-12:00



General Law Clinic
Wednesday, July 10th
9:00 - 11:00 am.



Presented by:

Senior Citizen's Law Office

Call the Office at 505-888-8102 for appt.

AARP Smart Driver Defensive Course
July 5th & August 2nd

8:30-12:30

Call PDSC to sign up!



BIRTHDAY CELEBRATION

1st Monday of the Month,

July 1st

10:30 am — 11:30 am

Sponsors: Oak Street Health and Palo Duro Philatelic Society



Friendship Coffee

Wednesday, 9:15 - 10:15 am

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



July 3rd Clarity Consulting

July 10th TBD

July 17th TBD

July 24th Alb. Heights Healthcare

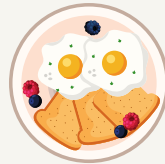
July 31st TBD

BREAKFAST WITH A COP

Tuesday, July 9th

8:00-9:00

Join APD Officers for
Breakfast and a cup of coffee



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 Doctors 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



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



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>1</p> <ul style="list-style-type: none"> ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk  	<p>2</p> <ul style="list-style-type: none"> ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana  ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk  	<p>4</p> 	<p>5</p> <ul style="list-style-type: none"> ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk 
<p>8</p> <ul style="list-style-type: none"> ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk  	<p>9</p> <ul style="list-style-type: none"> ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk  	<p>10</p> <ul style="list-style-type: none"> ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk  	<p>11</p> <ul style="list-style-type: none"> ♦ Pasta primavera ♦ Sautéed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk  	<p>12</p> <ul style="list-style-type: none"> ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk 
<p>15</p> <ul style="list-style-type: none"> ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk  	<p>16</p> <ul style="list-style-type: none"> ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie  ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk  	<p>18</p> <ul style="list-style-type: none"> ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk  	<p>19</p> <ul style="list-style-type: none"> ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk 
<p>22</p> <ul style="list-style-type: none"> ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk  	<p>23</p> <ul style="list-style-type: none"> ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk  	<p>24</p> <ul style="list-style-type: none"> ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk  	<p>25</p> <ul style="list-style-type: none"> ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk  	<p>26</p> <ul style="list-style-type: none"> ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew  ♦ 1% milk
<p>29</p> <ul style="list-style-type: none"> ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk  	<p>30</p> <ul style="list-style-type: none"> ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk  	<p>31</p> <ul style="list-style-type: none"> ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk  	<p>1</p> <ul style="list-style-type: none"> ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk  	<p>2</p> <ul style="list-style-type: none"> ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 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

July Trips

Members are responsible for their own expenses.

GHOST RANCH MUSEUMS & TRAIL

Thursday, July 18
Lunch at
Ghost Ranch Trading Post
Sign-in: 8:00 AM
Depart: 8:15 AM
Return: 5:00 PM
Museum Fee: \$10.38



Upcoming Trips for August SIGN UPS BEGIN ON AUGUST 1st

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



SKY CITY ACOMA PUEBLO TOUR



Wednesday, July 24th
Lunch at Laguna Burger
Sign-in: 8:00 AM
Depart: 8:15 AM
Return: 5:00 PM
Tour Fee: \$19.00 Cash

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

Hikes of the Month



CALAVERAS CANYON - BIG SIDE CANYON

Wednesday, July 10th
Sign-in: 8:30 AM
Depart: 8:45 AM
Return: 6:30 PM



CARLITO SPRINGS OPEN SPACE

Wednesday, July 24th
Sign-in: 8:30 AM
Depart: 8:45 AM
Return: 1:00 PM



PALO DURO'S 50TH JUBILEE CELEBRATION!



50th Jubilee Bingo

Tuesday,

August 13th

2:00 - 4:00

Bingo Cards go on sale

at 1:15 pm

Door Prizes

Special Treats

Open House!

Thursday,

August 15th

**Meet Facilitators and
Instructors of the many
classes and groups of
Palo Duro Senior Center**

50th Jubilee Dinner Dance

Wednesday,

August 14th

4:00 - 7:00 pm

Enjoy a special dinner and dance to live music.

\$5 per person with active membership.

Tickets go on sale July 17.

Note: tickets will not be sold during meal times.