

JUNE 2024

Message from Dir. Sanchez:
Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
Anna M. Sanchez, Director

THE FOLLOWING SENIOR CENTERS & MULTI-GENS WE WILL BE CLOSED

June 3 to June 7

Monday - Friday for
Employee Training

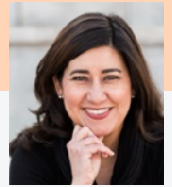
Los Volcanes Senior Center & Fitness Center

North Valley Senior Center

Manzano Mesa Multigenerational Center

North Domingo Multigenerational Center

Santa Barbara Martineztown Multigenerational Center



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

6/11 GRAND OPENING
Santa Barbara
Martineztown
Multigenerational
Center

6/14 Flag Day

6/14 Father's Day
Celebration

6/16 Father's Day

6/19 Juneteenth
Center Closed



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



Road House
Thursday, June 13th
(R)



Arthur the King
Thursday, June 27th
(PG-13)



FLEA MARKET

June 12th

8:30 am - 12:30 pm

Come have fun at our flea market on the 2nd Wednesday of the month. Tables are just \$2. Sign up starts on Wednesday the week before the market. Get ready to discover cool stuff and have a great time with us! Sign-ups begin on **Wednesday, June 5th at 9:00 am.**

Sign-up to reserve a Table for \$2

Join us Friday, June 14 as we celebrate Father's Day with **Root Beer Floats!**
10:30 - 11:30 am



BIRTHDAY CELEBRATION

1st Monday of the Month,

June 3rd

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.

June 5: Clarity Consulting

June 12: Humana

June 19: *Center Closed*

June 26: Alb. Heights Healthcare & Rehab



Power of Attorney Clinic

Wednesday, June 12th

9:00 - 11:00 am.

Presented by:

Senior Citizen's Law Office

Sign-up by calling their office

(505) 265-2300



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
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 
3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk 	4 ♦ Greek pasta salad w/ ham ♦ Cucumber & red onion salad w/ranch dressing ♦ Wheat crackers ♦ Mandarin oranges ♦ 1% milk 	5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk 	6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat bun ♦ Diced peaches ♦ 1% milk 	7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk 
10 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/ mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk 
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/ red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 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

June Trips

Members are responsible for their own expenses.

Casa Grande Trading Post, Museum and Petting Zoo & Lunch in Madrid



Thursday, June 13
Sign-in: 9:00 am
Depart: 9:15 am
Return: 3:00 pm
Museum Fee: \$4
Pet food fee: \$4

Upcoming Trips for July

SIGN UPS BEGIN ON JULY 1ST

Ghost Ranch Museums

Thursday, July 18

Lunch at

Ghost Ranch Trading Post

Sign-in: 8:30 am

Depart: 8:45 am

Return: 5:00 pm

Museum Fee: \$10.38



El Rancho de Las Golondrinas Tour

Lunch at Abuelita's in Bernalillo

Thursday, June 20

Sign-in: 8:45 am

Depart: 9:00 am

Return: 5:00 pm

Fee: \$6 cash



Sky City Acoma Pueblo Tour

Wednesday, July 24

Sign-in: 8:30 am

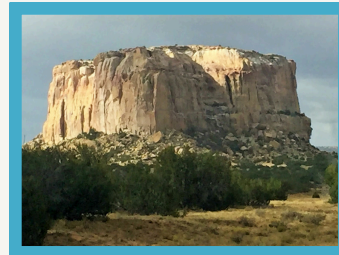
Depart: 8:45 am

(time subject to change)

Return: 4:00 pm

Tour fee: \$19 cash

Lunch at Yaak'a Cafe



Grand Opening!

Santa Barbara Martineztown

Multigenerational Center

Tuesday, June 11

Avoid Parking and ride the Van with Palo Duro S.C.!

Check-In: 8:45

Depart: 9:00, Return: 2:00

Sign-Up at Front Desk



**Ribbon Cutting
Live Entertainment
Refreshments
and Much More!**

PALO DURO APRIL CLASSES & PRESENTATIONS

TINWORK CLASS



Begins June 14th

9:00 - 11:00 am

Class fee: \$55 - Includes a sheet of tin and all required tools.

Reserve a space at the front desk or call the office to sign-up.

Class is limited to 12 members.

Four Weeks:

June 14, June 21, June 28, July 12

WHAT IS THE TRUE NATURE OF THE UFO PHENOMENON



WEDNESDAY, JUNE 26

9:30 - 11:30 AM

GUEST SPEAKER: NORIO HAYAKAWA

RET. DIRECTOR OF THE CIVILIAN INTELLIGENCE NETWORK

**GUEST SPEAKER ON COAST TO COAST AM
MOST KNOWN FOR UFOLOGY INVESTIGATIONS IN AND AROUND NM**



Paths to Health
Tools for Healthier Living

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Begins June 12th at Palo Duro S.C.

1:30 - 4:00 pm

Learn new skills in this Free 6-week workshop for adults who are living with chronic pain.

Call the Wellness Referral Center to register:

(505) 850-0176



**We Will Be Closed on
Wednesday, June 19th in
Observance of Juneteenth**

UPCOMING EVENTS



**August brings
Palo Duro Senior Center's
50th Anniversary!**

**Dinner Dance
Join us for Music,
Food & Fun!**

More details to come!

