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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
Gladys Hernandez**
Kitchen Aids

Important Dates

Oct. 9: PrimeTime
50+ Expo, Embassy
Suites

Oct. 9: Flea Market

Oct. 14: CLOSED:
Indigenous Peoples'
Day

Oct. 28: Conference
on Aging, Hotel Alb.

Oct. 30: Halloween
Dance

Oct. 31: Howl-O-
ween Pet Parade

October 2024

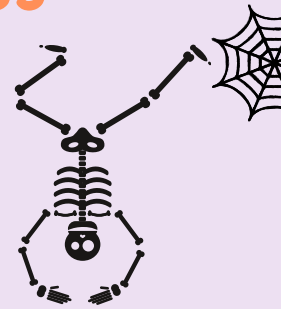
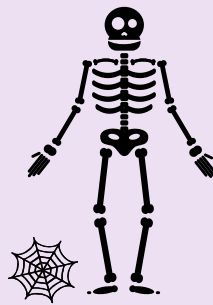


HALLOWEEN DANCE!

**BAND: CHILE BEAN
EXPRESS**

**WEDNESDAY,
OCTOBER 30TH
2:00-4:00**

**COSTUME
CONTEST!**



HOWL-O-WEEN



PET



PARADE

**THURSDAY, OCTOBER 31ST
9:30-10:30AM**

**DRESS UP YOUR PET IN
THEIR FAVORITE COSTUME!
ONLY FRIENDLY PETS
PLEASE**

**CITY OF ALB.
PET ADOPTION VAN
9 AM - 12 NOON**



Palo Duro Features

MOVIES AT PALO DURO

*Movie Titles
are Subject to
Change

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



BEETLEJUICE

THURSDAY, OCTOBER 10TH

1:30-4:00

PG



HUBIE HALLOWEEN

THURSDAY, OCTOBER 24TH

1:30-4:00

PG-13



FLEA MARKET

October 9

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, Oct. 2nd . Get ready to discover cool stuff and have a great time with us!

Sign-up begins on **Wednesday, October 2nd at 9:00 am.**



POWER OF ATTORNEY

Wednesday, October 9th,

9:00-11:30

Presented By:

Senior Citizens Law Office

Call 505-265-2300 for appt.

AARP SMART DRIVER COURSE



October 4th

8:30am - 12:30pm

Call PDSC to sign up!

Next month on November 1st

BIRTHDAY CELEBRATION

Monday , October 7th

10:30 am — 11:30 am

Sponsors: Oak Street Health &
PDSC Philatelic Society



FRIENDSHIP COFFEE

Wednesday, 9:15 - 10:15 am

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

October 2nd- Clarity Consulting

October 9th- Presbyterian

October 16th- CareRite HomeCare

October 23rd- Alb. Heights Health Care

October 30th- Aguilar's Funeral Planning
Consultants



GHEM CLINIC!



Tuesday, October 1st

8:30-12:00

ICE CREAM SOCIAL



3rd Tuesday:

October 15th

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, October 17th

1:00-2:00

PRESENTATION

Crypto Currency for Seniors!

Thursday, October 10th

9:30-10:30



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 Professionals' 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 Tue. & Wed.) - **BINGO!**
 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
 1:30–4:00 MyCD Workshop, Chronic Pain Self-Mgt. Starts



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
30 ♦ Chicken Fajitas w/ Salsa ♦ Flour Tortilla ♦ Ranch Beans ♦ Hot Sliced Apples ♦ 1% milk 	1 ♦ Beef Stroganoff & Elbow Pasta ♦ Cauliflower w/ Red Peppers ♦ Bread Stick ♦ Chocolate Pudding ♦ 1% milk 	2 ♦ Ham Omelet w/ Fajita Blend ♦ Stewed Tomatoes ♦ Tater Tots ♦ Orange ♦ 1% milk  	3 ♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce ♦ Corn ♦ Malibu Blend ♦ Mixed Fruit Cup ♦ 1% milk 	4 ♦ Lemon Pepper Tilapia ♦ Rice Pilaf ♦ Calabacitas ♦ Chocolate Chip Cookie ♦ 1% milk 
7 ♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas & Carrots ♦ Corn Bread ♦ Blueberry Crisp ♦ 1% milk 	8 ♦ Teriyaki Pork w/ Brown Rice ♦ Stir Fry Blend Vegetables ♦ Pineapple Upside Down Cake ♦ 1% milk 	9 ♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6Onions ♦ Fritos ♦ Normandy Blend ♦ Peaches ♦ 1% milk 	10 ♦ Linguini w/ Diced Tomato Sauce ♦ Diced Potatoes ♦ Steamed Broccoli ♦ Vanilla Pudding ♦ 1% milk 	11 ♦ Chicken & Rice Soup ♦ Spinach ♦ Crackers ♦ Cherry Cobbler ♦ 1% milk 
14 INDIGENOUS PEOPLES' DAY 	15 ♦ Open Faced Turkey Sandwich w/ Gravy ♦ Yams ♦ Green Beans ♦ Wheat Bread ♦ Orange ♦ 1% milk 	16 ♦ Salisbury Steak w/ Gravy ♦ Brown Rice ♦ Peas ♦ Jell-O ♦ Diner Roll w/ Margarine ♦ 1% milk 	National Pasta Day 17 ♦ Spaghetti Marinara w/ Squash ♦ Breadstick ♦ Malibu Blend ♦ Peaches ♦ 1% milk 	18 ♦ Green Chile Stew (Chicken, Corn, Carrots, Peas & Green Beans) ♦ Flour Tortilla ♦ Pinto Beans ♦ Sliced Cinnamon Apples ♦ 1% milk 
21 ♦ Beef Tips over Pasta w/ Gravy Rotini Noodles ♦ Brussel Sprouts ♦ Peach Cobbler ♦ 1% milk 	22 ♦ Chicken Pot Pie 5 Way Pie w/ Biscuit ♦ Diced Beets ♦ Ancient Grain ♦ Yogurt ♦ 1% milk 	23 ♦ Salmon w/ Garlic Butter ♦ Rice Pilaf ♦ Cauliflower ♦ Orange ♦ 1% milk 	24 ♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, & Veggie Bacon ♦ Corn ♦ Baked Beans ♦ Apple Slices ♦ 1% milk 	25 ♦ Green Chile Ham Mac & Cheese ♦ Cornbread ♦ Normandy Blend ♦ Pineapple ♦ 1% milk 
28 ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	29 ♦ Breaded Chicken Patty w/ Green Chile & White Gravy ♦ Sweet Potato ♦ Green Beans ♦ Apple Slices w/ Peanut Butter Cup ♦ 1% milk 	30 ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	31 ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk  	1 ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 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

OCTOBER TRIPS

ORIGAMI IN THE GARDEN



TUESDAY, OCTOBER 8TH
SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 3:00 PM
FEE: \$5



UPCOMING TRIPS FOR NOVEMBER



SIGN UP BEGINS NOVEMBER 1

POEH CULTURAL CENTER IN POJOAQUE



TUESDAY, NOVEMBER 12
SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 5:00 PM
FEE: \$10

PRIME TIME 50+ EXPO

DRIVE YOURSELF TO THE EMBASSY SUITS
LOMAS & I25 OR
RIDE THE VAN FROM PALO DURO SENIOR CENTER
WEDNESDAY, OCTOBER 9, SIGN-IN 8:00 AM
DEPART: 8:15 AM
RETURN: 1:30 PM

ICE CAVE AND BANDERA VOLCANO

THURSDAY, OCTOBER 17TH
SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 4:00 PM
FEE: \$14



BOSQUE DEL APACHE WILDLIFE REFUGE

FRIDAY, NOVEMBER 22
SIGN-IN: 8:30AM
DEPART: 8:45 AM
RETURN: 5:00 PM
FEE: \$4



NM 46TH ANNUAL CONFERENCE ON AGING

HOTEL ALBUQUERQUE, 800 RIO GRANDE BLVD. NW
RIDE THE VAN FROM PALO DURO SENIOR CENTER
MONDAY, OCTOBER 28
SIGN-IN 8:00 AM
DEPART: 8:15 AM
RETURN: 3:30 PM

HIKES OF THE MONTH

4TH OF JULY TRAIL HEAD
WEDNESDAY, OCTOBER 16TH

CHECK IN: 8:30
DEPART: 8:45
RETURN: 6:00

SIGN UP STARTS OCT.3



OTERO CANYON EAST LOOP
WEDNESDAY, OCTOBER 30TH

CHECK IN: 8:30
DEPART: 8:45
RETURN: 6:00

SIGN UP STARTS OCT.17



UPCOMING EVENTS

Don't Miss *The Largest Health Fair in New Mexico!*

- 28TH ANNUAL -
**PRIME TIME
50+
EXPO**

**WEDNESDAY,
OCTOBER 9TH 2024!**
At Embassy Suites (Lomas & I-25)



- FREE EVENT -

Free Health Information and Screenings, Free Flu Shots,
Live Entertainment by *Nosotros*, Giveaways and Much More!

BROUGHT TO YOU BY



Call 505-242-2428 or Visit PrimeTimeNM.com For More Info



**46TH ANNUAL NEW MEXICO
CONFERENCE ON AGING**

OCTOBER 28, 2024 | ALBUQUERQUE
Hotel Albuquerque at Old Town
800 Rio Grande Blvd. NW

**A full day of programming
featuring:**

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and social dance
- Exhibits and networking
- Accessible venue, ASL interpreters



VETERANS DAY CELEBRATION

Friday, November 8
10:00 am

Veterans, please sign up at
the front desk or call the
office.

All are welcome



TURKEY BINGO!

Wednesday, November 13
2 - 4 pm

Win turkeys and hams!

