

# SEPTEMBER 2024

## Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings - from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

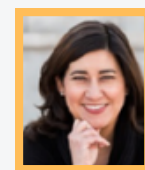
First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director

## 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**  
**Gladys Hernandez**  
Kitchen Aid

## Important Dates

**Sep 2- CLOSED**  
**Labor Day**

**Sep 3- Trip Sign Up**

**Sep 9 NM State Fair Senior Day**

**Sep 10 Breakfast with an Officer**

**Sep 11 Patriot Day Outdoor Flea Mkt.**

**Sep 24 Senior Exchange Guests: Cochiti Pueblo**

## Movie at Palo Duro

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

\*Movie Titles are  
Subject to Change

**The Fall Guy**  
Thursday, September 12  
PG-13



**Ghostbusters  
Frozen Empire**  
Thursday, September 26  
PG-13

## Flea Market

**Patriot Day Outdoor Flea Market  
and DJ Manuel Benavidez!**

**Wednesday, September 11  
8:30 am - 11:30 pm**

Tables given on a lottery basis on  
Wednesday, Sept. 4th at 9am  
Tables are \$2.00

## General Law Clinic

**Wednesday, September 11th**

**9:00 - 11:00 am.**

**Presented by:**

**Senior Citizen's Law Office**

**Make appointment at front desk  
or call 505-888-8102**



**AARP Smart Driver  
Defensive Course  
September 6**

**8:30am - 12:30pm  
Call PDSC to sign up!  
Next month on Oct. 4**



## Birthday Celebration

**Monday, September 9th**

**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.

**September 4th-** Clarity Consulting

**September 11th-** TBD

**September 18th-** Sun Tours

**September 25th-** Alb. Heights  
Healthcare & Rehab

## Ice Cream Social

**3rd Tuesday:**

**September 17th**

**10:30 am — 11:30 am**

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



**Albuquerque Fire Rescue is  
proud to offer**

***Be BRAVE with HEART.***

**A dynamic Discussion and Practice about  
preventing falls, what to do when you have  
fallen and HOW TO GET-UP.**

**Participation is strongly encouraged. Firemen,  
Physical Therapists or Occupational Therapists  
will be available to answer questions.**

**Thursday, September 26**

**9:00am - 10:30am**



# 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.

# September 2024

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
2 	3 ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk 	4 ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk 	5 ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk 	6 ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk 
9 ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk 	10 ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk 	11 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk 	12 ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk 	13 ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk 
16 ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk 	17 ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk 	18 ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Succotash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk 	19 ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk 	20 ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk 
23 ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	24 ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk 	25 ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk 	26 ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk 	27 ♦ Turkey Tetrzzini: Turkey, Spaghetti, & Green Peas ♦ Italian Vegetable Blend ♦ Breadstick ♦ Cherry Cobbler ♦ 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



# September

Members are responsible for their own expenses. Sign-up starts September 3rd at 8 am

## Barelas Fiesta!

Friday, September 6

Entertainment, Vendors, Food



Free lunch w/ Membership

Sign-in: 9:15 AM

Depart: 9:30 AM

Return: 3:30 PM



## NM State Fair

Monday, September 9

Seniors' Celebration Day!



Sign-in: 9:00AM

Depart: 9:15 AM

Return: 3:30 PM

## Old Town Farm

### Bike and Coffee

Friday, September 20

Music, Food, and Coffee!

Farm Fresh Grower's Market!



Sign-in: 9:30AM

Depart: 9:45 AM

Return: 1:30 PM

## Palo Duro Veterans:

Get your picture taken by a professional photographer on

September 19th.

Ride a van from the center.

More information to come.



# Upcoming Trips for October

SIGN UP BEGINS on October 1st

## ORIGAMI IN THE GARDEN

These remarkable artworks feel at home in the wondrous setting of botanical gardens, since paper originates in plant life and origami is made of paper.

Located at Cerrillos, NM.

Lunch in Madrid.



Tuesday, October 8th

Sign-in: 8:30AM

Depart: 8:45 AM

Return: 3:00 PM

Fee: \$5

## ICE CAVE AND BANDERA VOLCANO

The Land of Fire and Ice," located right on the Continental Divide. Walk through the twisted old-growth Juniper, Fir, and Ponderosa Pine trees, over the ancient lava trails, down into the cave, and into a dormant volcano.

Thursday, October 17th

Sign-in: 8:30AM

Depart: 8:45 AM

Return: 4:00 PM

Fee: \$5



# Hikes of the Month



## BEYOND MESITA DE RICARDO IN OJITO

Wednesday, September 4

Sign-in: 8:30 am

Depart: 8:45 am

Return: : 430 pm



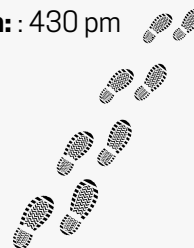
## OAT, HAY CANYONS TO BOTTOM LONG IN JEMEZ

Wednesday, September 18

Sign-in: 8:30 am

Depart: 8:45 am

Return: 6:00 pm



# UPCOMING EVENTS FOR OCTOBER

**PALO DURO SENIOR CENTER  
PET PARADE!**

**THURSDAY, OCTOBER 31ST  
ONLY FRIENDLY PETS  
PLEASE**



**DRESS UP YOUR PET IN  
THEIR FAVORITE  
COSTUME!**

**MORE INFORMATION  
TO COME.**



# HALLOWEEN DANCE



**WEDNESDAY,  
OCTOBER 30TH  
2 - 4 PM**

**COSTUME  
CONTEST**