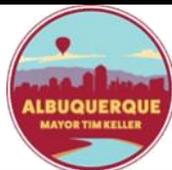


The Palo Duro Buzz

February 2020

Make every day a good day

Palo Duro Senior Center
5221 Palo Duro NE
Albuquerque, NM, 87110



505.888.8102
M/T/TR/F: 8 a.m.- 5 p.m.
Wed: 8 a.m.- 7 p.m.
Sat: 9 a.m.- 1 p.m.

QUEEN OF HEARTS

Thursday, February 13

11:30-1:00 p.m.

Spinach Salad, Italian Veggie Blend,

Baked Ziti with Meatballs,

Garlic Bread, & Cheese Cake

\$ 4, Entertainment By Lady Fingers



Center Closure

President's Day, Monday, Feb. 17

Please Enjoy your Holiday!



Please see page 10 for special announcement from Manager

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Department of Senior Affairs



Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Palo Duro Senior Center



Natasha Montoya
Center Manager

Theresa Smith
Program Coordinator

Vacant
Office Assistant

Dave Ellis
Program Assistant

Brenda Carroll
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

David Martinez
Assistant Cook

Popcorn Days

Grab your bag at the front desk- we're popping Tuesday through Thursday beginning at 10:30 a.m.!

\$0.25 Bag



Open Computer Lab

Monday- Friday

9 a.m. -11:30 a.m.

& 12:30-p.m. -3:00 p.m.

Please bring your membership card

No Thursdays during tax season

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!

M, W, F: 8:30 a.m. - 10:45 a.m.

M & F: 12:30 p.m. - 2:45 p.m.

Palo Duro Sports & Fitness 880-2800



Bingo

Tuesdays 1:15 p.m. - 4 p.m.

4 - My Coverage,

11- Davis Riordan, 18- My Coverage,

25- United One Home Healthcare



Friendship Coffee

Wednesdays 9:15 a.m. - 10:15 a.m.

Gather with friends old and new for a cup of coffee and treats courtesy of our generous sponsors.

5 -ABQ Grand 12-Walgreens,
19 -Edward Jones, 26 -Simplicity Home Care



What's The Buzz?

Join us for these exciting free events that will be taking place this month...

Birthday Party

Join us for our monthly birthday treat.

1st Friday, February 7

11:30 a.m. - 12:30 p.m.

Sponsored by: MedCare



Ice Cream Social

3rd Tuesday, February 18

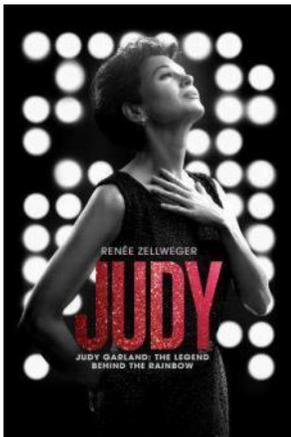
11:30 a.m. - 12:30 p.m.

Sponsored by:

Davis Riordan- Insurance Broker

Movies at Palo Duro

Join us at 1:30 p.m. for these movies! Popcorn will be provided. Movies are shown every 1st & 3rd Thursday. *Movie Titles are Subject to Change

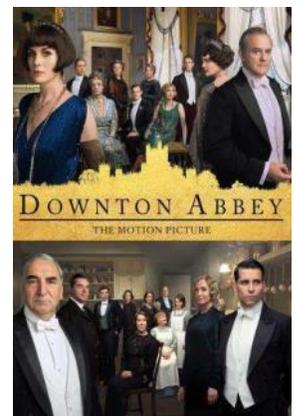


February 6 "Judy" (PG-13) 1 hr 58 min

Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again in the arms of Mickey Deans.

February 20 "Downton Abbey" (PG) 2 hr. 2 min.

The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion.



Palo Duro Trips.

***Reservations must be made in person with a valid membership card.**

**Let's Do Lunch : MidTown Bistro
(Santa Fe)**

Thursday, February 6

Check In: 10:15 a.m. • Return: 4:00 p.m.



NM Legislature Senior Day

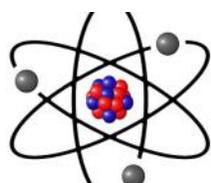
Friday, February 14

Check In: 10:45 a.m. • Return: 5:00 p.m.

Loretto Chapel

Thursday, February 20

Check In: 9:00 a.m. • Return: 4:00 p.m.



Bradbury Science Museum Los Alamos

Wednesday, March 11

Check In: 8:30 a.m. • Return: 4:00 p.m.

Jemez Spring Historic Site

Wednesday, March 18

Check In: 9:00a.m. • Return: 4:00 p.m.



FOOD OF THE SOUTHWEST
& OLD MEXICO

Let's Do Lunch at Gabriel's

Tuesday, March 24

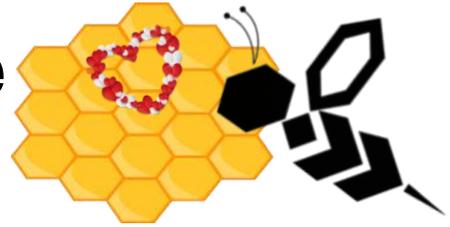
Check In: 10:15 a.m. • Return: 4:00 p.m.

On-going Daily Schedule

Monday		Monday		1:00– 3:00		Palo Duro Palettes	
8:15–9:15	Aerobics			3:00– 4:15	Tai Chi Chih, Begin (\$60 Jan. 8 - Feb 12)		
8:30–11:00	Lapidary, Beginning			4:30–5:30	Tai Chi Chih, Advanced (\$65 Jan. 8 - Feb 12)		
9:00–10:00	Yoga, Belts and Blocks \$3			5:15–6:15	Yoga, Belts and Blocks \$3		
9:00–11:00	Chorales			Thursday		Thursday	
9:00-1:00	Ceramics			8:00–9:00	Flex & Tone		
9:15–11:15	Blood Pressure Check			8:15–4:30	Rockhounds Trip (2 nd & 4 th) \$ varies		
9:30–10:30	Gentle Exercise			8:30–12:00	Deaf Seniors		
11:15–2:30	Philatelic Society			9:00-1:00	Ceramics		
11:30–1:00	Jug Band Practice			9:00–12:00	Lapidary Studio		
11:45–1:00	T.O.P.S.			9:00–11:30	German, Intermediate		
12:15–4:00	Duplicate Bridge			10:00-1:00	Craft Fair (4th)		
1:00–3:00	French, Advanced \$5 materials fee			12:00–1:00	Rockhounds Meeting (1 st & 3 rd)		
1:30–3:00	Line Dancing, Advanced			12:00–3:30	Mah Jongg (2 nd & 4 th)		
2:00-4:30	Watercolor III			1:00 –4:30	Senior Men's Bridge (1 st)		
2:45–4:30	Retired Physicians			1:00–4:30	Metalcasting \$4 per casting		
3:00- 4:00	New Member Orientation (1 st)			1:00–3:00	Discussion Group, Open Topic		
3:00–4:00	French Language Book Club			1:30–3:30	Movies (1 st & 3 rd)		
3:15–4:30	Line Dancing, Beginning			Tuesday		Friday	
Tuesday		Tuesday		Friday		Friday	
8:00–9:00	Flex & Tone			8:15–9:15	Aerobics		
8:00–12:30	Quilting (and more!)			8:30–12:30	Defensive Driving (1 st) \$20, \$15 AARP		
8:15–4:00	Hiking (every other)			9:00–11:30	Pottery; firing fee		
8:30–11:30	Tuesday's Angels			9:00-12:00	Lapidary Open Studio		
9:00-12:00	Lapidary, Intermediate			9:30–10:30	Gentle Exercise		
9:30-11:30	Complimentary hand massages (2 nd)			9:30–10:30	Tai Chi Ch'uan drop-in (no 1 st Friday) \$5		
10:00–12:30	Sewing & Alterations			9:30–11:30	Stained Glass		
12:00–2:00	Leathercraft \$1/month; \$5 new student fee			10:30-12:00	Alzheimer's Caregiver Support (1 st & 3 rd)		
1:00–3:00	ABQ Travel Partners (2 nd & 4 th)			11:00-12:30	English Learning Class (2 nd & 4 th)		
1:00–3:00	Visiting Artists Series			12:15–4:00	Duplicate Bridge		
1:00-3:00	Mesquite Smoking Swing Jam (No 2 nd)			1:00–3:00	Spanish, Intermediate		
1:15–4:00	Bingo \$3 minimum to play			1:00–3:30	Cribbage		
1:30–2:30	Mystery Book Club (2 nd)			1:00–3:00	Open Computer Lab		
1:30-4:00	Watercolor II			2:00–4:30	Swedish Weaving \$10 materials fee		
2:15–4:30	Rio Grande Players			Saturday		Saturday	
3:00-4:30	Essential Oils Presentation Various Topics (2 nd)			9:00-3:00	Hiking (every other)		
Wednesday		Wednesday		9:00-10:30	Food Addicts in Recovery Anonymous		
8:00–11:30	Pottery Lab; firing fee			9:00–10:30	Line Dancing, Beginning		
8:15–9:15	Aerobics			9:00–1:00	Quilting		
9:15–10:15	Friendship Coffee			10:00–11:30	ABQ Recorder Orchestra		
9:30–10:30	Gentle Exercise			10:00–11:00	NARFE Board Meeting (1 st)		
10:00–12:00	Investment Club (BCIC) (3 rd)			10:30–12:00	Line Dancing, Advanced (no 1 st Sat.)		
11:30–4:00	Metalsmithing/Jewelry Lab \$1/week			11:00–12:30	Red Hat Society (1 st only)		
12:00–3:00	Busy Bees - Crochet & Knit			11:00–12:45	NARFE Chapter 80 Meeting (1 st)		
12:00– 5:00	Game Time: Scrabble, Mexican Train, etc.						
12:30-2:45	Bridge Group						

Note: Days and Times are subject to change.

The Honeycomb Cafe



Menu items subject to change. Please arrive before 12:30 p.m.

Daily Hot Lunch- \$3.25 *Reservations Required

Please call before 1 p.m. by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta Primavera	4 Taco Soup	5 Memphis Dry Rub Chicken	6 Beef Tips & Bow tie Pasta	7 Pork Chop w/ Apples
10 Oven Fried Chicken	11 Turkey w/ Gravy	12 Breaded Pollock	13 Queen of Hearts \$4 in Advance	14 Spinach Lasagna
17 Closed for President's Day	18 Ham & Potato Soup	19 Italian Chicken	20 Meatloaf	21 Red Chile w/ Beans & Beef
24 Roasted Pork w/ Onions	25 Soft Chicken Tacos	26 Red Chile Cheese Omelet	27 Meatball Sub w/ Provolone	28 Salmon w/ Garlic Sauce
				
Other options without a reservation — Monday thru Friday				
				

Breakfast 8 a.m. -9 a.m.



- Regular Combination.....\$1.50.....Mini.... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla
- Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile
- English Muffin Sandwich..... \$1.00
- Oatmeal with Milk, raisins optional..... \$0.70
- French Toast or Pancake or..... \$0.25
- Waffles served on Fridays.....\$1.00

- Biscuit w/gravy on Wednesday.....\$1.00
- Huevos Rancheros on Thursdays.....\$1.50

Lunch 11:30 a.m. -1 p.m.

- Salad.....Large....\$2.00.....Small.... \$1.00
- Soup or Pie of the Day..... \$0.50
- Sandwich of the Day..... \$1.50
half sandwich..... \$0.75
- Grilled Cheese..... \$1.25



Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102

2020 Census

Presented by: US Government

Wednesday, February 5 • 10 a.m.



Fall Recovery

Presented by: Albuquerque Fire Dept.

Thursday, February 6 • 10 a.m.

Real ID & Driver's License

Presented by: Senior Citizen Law Office

Wednesday February 12 • 10 a.m.



Medicare 101

Presented by: MedCare

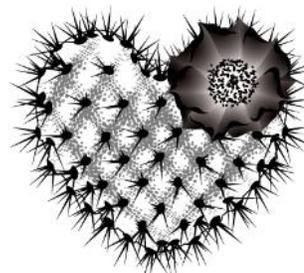
Thursday, February 20 • 10 a.m.

Hand's Across Time NM

Intergenerational solutions for issues facing our residents

Presented by: Hands Across Time

Wednesday, February 26 • 10 a.m.



HandsAcrossTimeNM.org



Missing Pieces of Medicare

Presented by: Loreen & Lane Co.

Thursday, February 27 • 10 a.m.

Check out our bulletin board to see what other presentations are available!



Palo Duro Features

Diabetic Self-Management (DSMP) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life. *This session will be a Diabetes Self-Management Program.*

Thursdays:

January 30 through March 5

1 p.m. – 3:30 p.m.

To enroll, please call 505-880-2800.



Mystery Book Club

Love a good mystery join our monthly meeting.

2nd Tuesdays: 1:30 – 2:30 p.m.

February 11 “Ripper” By Isabel Allende

Visiting Artist Program

Tuesdays: 1 p.m. – 3 p.m.

There are many exciting and creative activities offered in November by outstanding artists from our community. This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides a different art activity each week.



Date	Program	Artist
February 4	Open Studio	---
February 11	Show & Tell: bring in work and share how you achieved an effect and/or ask your fellow artists for their input.	
February 18	“Cultural Exchange” an opportunity to trade your art with your fellow artists.	
February 25	Open Studio	---



Bee sure to check these out!

Beginning Spanish Discussion

ESPAÑOL

Students will learn at a beginning level and will practice through music, writing and speaking.

Session II March 3- April 8

Tuesday, 3:00-4:00p.m.

Instructor: Carlos Johnson \$45 Materials Included

Essential Oils: Nutrition & Cellular Health

Presented By: DoTerra

Tuesday, February 11 • 3 p.m.



READ to Me ABQ

Collects new or gently used children's books for distribution to children in our community. The book drive begins February 11, 2020 - March 11, 2020.

The goal of the program is to provide children with a personal book.
Please bring your donations to your nearest Senior Center.

Important Notice: All members must enter through front doors

Per recommendation from the Albuquerque Police Dept. and for the safety of all *Please* enter building through the FRONT DOORS. The NW door is an EXIT ONLY door. Classroom doors are emergency exit only doors. Thank you.





Palo Duro Announcements

Silver Horizons Senior Food Market

Friday, February 7

- Numbers will be given out at 1 p.m.
- Waiting Room opens at 1 p.m.
- Market begins at 2:30 p.m.
- Please keep hallways clear



For any further questions, please contact: 505-884-3881



Farewell Natasha!

As you may know I've accepted the position as the Manager of Manzano Mesa Multigenerational Center. I feel fortunate to be part of the Palo Duro Community. I have gotten to know so many of you and cannot express my gratitude for all you do. Without your

support Palo Duro would not be able to offer such wonderful programming.

I'm excited to get started in my new position but will always cherish our achievements together. Lastly, I would like to thank my amazing staff for all their hard work and commitment to making PDSC a great place to work. I look forward to keeping in contact and hearing updates from you. Please don't hesitate to get in touch or swing by Manzano Mesa to say hello.—

Natasha

Participants Conduct:

In order that all users may have a pleasant experience at the center, all participants are expected to respect the rights of others and use the center for the purposes of the center only, and adhere to the following behaviors: Maintain personal hygiene that is not offensive or unhealthy. Use voice and behavior that will not disturb other participants. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive. Show courtesy to other participants and staff. Respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution. Show consideration for the diversity of staff and fellow participants. Treat the center material, equipment, furniture, grounds and facility with respect. Use the center and center equipment in a safe and appropriate manner. Keep the building and grounds neat, clean and litter free. All participants need to be able to: Function without one-on-one assistance (staff) or have the help of a caregiver. Walk safely and independently in the center or use assistive devices independently.