



### Palo Duro

#### Senior Center

5221 Palo Duro NE  
Albuquerque, NM 87110  
505-888-8102  
Fax: 505-888-8107

#### Hours of Operation

Mon-Fri 8:00-5:00  
Wed 8:00-7:00  
Sat 9:00-1:00

#### Desert Willow

##### Gift Shop

Mon-Fri 9:00-2:00  
505-888-8105

#### Open Computer Lab

Mon, Tue, Fri 1:00-3:00  
Thu 9:30-11:30

#### Free Wi-Fi every day!

COA Free Wireless

#### Senior Information

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6400

#### RSVP Office

505-767-5225

Looking for the gym?  
It's next to McKinley  
Community Center by  
the Middle School on  
Monroe at Comanche.



### Palo Duro

#### Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
505-880-2800

#### Hours of Operation

Mon-Fri 7:00-7:00  
Sat 8:00-2:00

# APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center



## HAPPY THANKSGIVING!

### Luncheon at Palo Duro

Thursday, November 17  
11:30-11:45a seating  
\$4 Ticket in advance

Live Performance by  
*Swing Shift*

Our planned menu: salad, turkey,  
mashed potatoes, green bean  
casserole, roll and pumpkin pie  
*No regular breakfast or lunch today.*  
*Continental Breakfast for \$1.50*

### Changes at Palo Duro

- No **Aquatics** on November 11 or 25
- Our Apache Plume Newsletter is online! Visit <http://www.cabq.gov/seniors> and find us under *Locations & Centers*
- No **Flex & Tone** on November 3
- No **Table Tennis** on November 5
- Our **Special Luncheons** move to 2<sup>nd</sup> Thursdays beginning February 9
- **Movies at PDSC** will move to 1<sup>st</sup> and 3<sup>rd</sup> Thursdays beginning in January.

### Movies at PDSC

**Harvey** (1950) 1 hour & 45 min  
with Jimmy Stewart  
Thursday, November 10, 1:30-4:00p  
*Free refreshments at intermission*  
What movies would you like to see?

November 2016



### Veterans Wall of Honor Unveiling Ceremony

Thursday, November 3, 9:30-11:00a



### United Way Fundraisers

- \$1.00 Blanket Raffle
- \$1.00 Doughnut & Coffee 10/31
- \$.25 min. for popcorn or donate any amount you like!

- "Keep the Change" Jar at the Front Desk

*Additional activities and details can be found on page three.*

### Silver Horizons

#### Food Pantry (FREE!)

On these Tuesdays:

Nov 22, Dec 27

3:00-4:30p



Bring your own bags if you like. Choose from a variety of meats, fruits and vegetables, bread, dairy and sundry items, all at no cost. The selection varies each month.



*Veterans Day*

Friday, November 11

*Thanksgiving Holiday*

Thursday & Friday, November 24-25



City of  
Albuquerque

**Richard J. Berry**  
Mayor



**Department of Senior Affairs**

**Jorja Armijo-Brasher**  
Director

**Rhonda Methvin**  
Recreation Division  
Manager



**Palo Duro Senior Center**

**Natasha Montoya**  
Center Manager

**Clarissa Gonzales**  
Program Coordinator

**Joe Zivny**  
Office Assistant

**Dave Ellis**  
Program Assistant

**vacant**  
Program Assistant

**Manuel Ibuado**  
General Services

**Ted Casey**  
Cook

**Wanda Valdez**  
Assistant Cook

Articles must be submitted by the 15<sup>th</sup> of the month to be considered for next month, subject to editing, available space and approval of the Center Manager.

**Visiting Artist Program**

**Tuesdays 1:00–3:00p**

There are many creative activities offered this month by outstanding local artists. This series of art activities is suitable for beginners as well as those with art experience. *Free and open to all Senior Center members.*

Date	Program	Artist
1	Fused Glass (\$3-\$5 material fee)	Sue Copus
8	Fused Glass finishing session	Sue Copus
15	Watercolor	Depy Adams
22	More Zentangles	Linda & Missy Stevens
29	Calligraphy	Maggi Kitts

**Adapted Aquatics**

Monthly program  
at UNM Pool

Register on the 15<sup>th</sup>  
at PD Fitness Center  
3351 Monroe NE  
or call 505-880-2800

M, W, F 8:30–10:45a  
M & F 12:30–2:45p

**OPEN COMPUTER LAB**

Monday, Tuesday & Friday 1:00–3:00p  
Thursdays 9:30–11:30a



Windows 10 PCs  
Scanner is available  
Printing per page:  
B&W: \$0.15  
Color: \$0.20

*Bring a USB Flash Drive to save your work.*

**Bingo**

Tuesdays 1:15–4:00p

- 1 - Relay NM
- 8 - Heritage Home Healthcare
- 15 - Atria
- 22 - ABQ Grand
- 29 - Koala Dentistry



**Friendship Coffee**

Wednesdays 9:15–10:15a

- 2 - Blue Cross/Blue Shield
- 9 - Legal Shield
- 16 - Walgreens
- 23 - TBA
- 30 - Lovelace



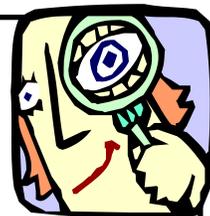
**MYSTERY BOOK CLUB**

2<sup>nd</sup> Tuesdays  
1:30–2:30p

The books we read are available at the public library. Everyone is welcome. Please join us!

**November 8**  
*One Drop of Blood*  
by Thomas Holland

**December 13**  
*Spiderman's Daughter*  
by Anne Hillerman



# United Way of Central New Mexico



Thank you to everyone that participated in our Donuts and Coffee Sale on Halloween! We appreciate all the support. Please remember that your support helps non-profit organizations in Central New Mexico. If you are still interested in donating to the United Way we are raffling off a hand-made throw blanket for \$1.00 in addition to selling popcorn to a raise money for this great organization.



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## News from Elenor at the Desert Willow Gift Shop

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### Let's get ready for the holiday season!

We are accepting handmade items for this Holiday Season now through November 30. We are also in need of items for **babies** and for **men**, as well as a **variety of other crafts**.

All items are handmade by seniors with 90% going to the crafter. Your holiday items may be submitted or picked up when the Shop is open Monday thru Friday, *9:00a-2:00p*.

### Lending Library Book Donations

Perhaps you have some gently-used books that you would like to pass on for others to enjoy? Our book exchange library is an active program. Thanks to all of you!

For more information, call Elenor at 505-888-8105.

**We will be closed November 23rd  
& December 23-26th**

### Holiday Marketplace

Tuesdays only,  
Nov. 1 thru Dec. 20  
*8:30a-noon*

*Come purchase  
unique items for all  
your gift giving  
needs.*



### T.O.P.S. Treasure Sale

**Monday, November 7**  
*11:30a-12:45p*  
in the Aspen Room



Our club meets  
weekly on  
Mondays  
*11:45a-1:00p*

TAKE OFF POUNDS SENSIBLY

## Presentations / Classes / Clinics

*Please reserve your seat by telephone or stop by the front desk—Thank you!*

### GEHM Clinic

Wed 11/2, 8:00–11:00a - UNM Nursing Staff

### Pluto: A Visit by New Horizons Spacecraft

Wed 11/2, 9:30a - with Len Duda

### Essential Oils: Stress Management

Wed 11/9, 5:30p - with Carmen Good

### EFT / Tapping (held on 2<sup>nd</sup> Mondays)

Mon 11/14, 1:00–2:30p - \$5 per session

### So You Want To Volunteer?

Thu 12/1, 10:00a - with Jo Felder

### GEHM Clinic

Wed 12/7, 8:00a–noon - UNM Nursing Staff

### EFT / Tapping (held on 2<sup>nd</sup> Mondays)

Mon 12/12, 1:00–2:30p - \$5 per session

### Essential Oils: Medicine Cabinet

Wed 12/14, 5:30p - with Carmen Good

## Last Call for Trips!

*Only a few seats remain. Register at front desk!*

#### A Fare to Remember:

**El Parasol** - Santa Fe

Monday, November 14 Check-in: 9:45–10:00a

Transportation: \$6.50 Return: 4:00p

#### Ride and Roam with Ron—Mystery Trip

Wed, November 23 Check-in: 8:00–8:15a

Transportation: \$6.50 + mileage Return: 4:00p

### Sculpted Paper Ornaments

Saturdays Nov 5 & 12, 9:00–11:00a

\$25 for both days (pens for sale)



Hosted by Nancy Hays, this 2-day workshop will have you creating 3-D globes of folded paper with hand-drawn or colored patterns.

## Coming in 2017

- **Signup for January–March Trips**

begins Wednesday, January 4 at 9:00a.

- **Acting/Theater Workshop**

by Sandia Performing Arts Company

- **Santa Fe Opera Trip:  
Lucia di Lammermoor**

Based on a novel by Sir Walter Scott, this is the story of a desperate woman who is caught between her duty to her family and her love for the man who is her family's enemy. She is conspired against, betrayed, bullied, and blackmailed, finally taking refuge in her own madness, set to one of Donizetti's most powerful and provocative arias.

**Wednesday, August 16**

Check In: 4:30pm • Return 12:00am

\$69.50 Transportation & Ticket (non-refundable)

## News from Our Members

### The Busy Bees of Palo Duro

*Knitting & Crocheting: Wednesdays noon–3:00*

Thank you to all of the people who have donated yarn, needles, etc., to our group. Your contributions go to help many organizations, including Linus Project, Ambercare, cancer patients, the homeless, Hospice of New Mexico, NICU and hospitals.

### Cribbage at Palo Duro

*Fridays 1:00–3:00p*

Have you ever played? We're a no-stress group of first-timers, "professionals" and everyone in between. FUN is the real name of the game for us.

What is Cribbage? It's a card counting game played by two or more people. A pegboard, called *The Crib*, is used to keep score. Stop in and see how it's done. We know you'll be hooked!

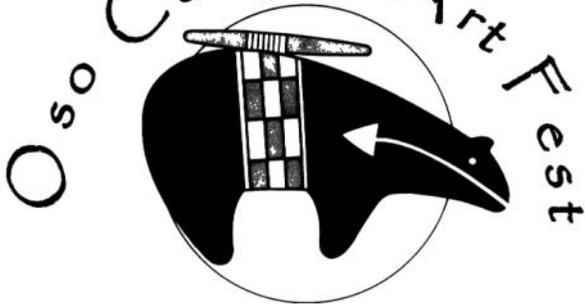


## On-going Daily Activities Schedule

Monday	Monday	1:00–3:00	Palo Duro Palettes
8:15–9:15	Aerobics	1:00–3:00	Square Dancing
8:30–11:00	Lapidary	3:15–4:15	Nia Technique
9:00–10:00	Yoga, Belts and Blocks	3:15–4:15	Tai Chi Chih, Beginning
9:00–11:00	Choralaires	4:30–5:30	Tai Chi Chih, Continuing
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks
9:30–10:30	Gentle Exercise	Thursday	Thursday
11:00–1:00	<i>Lujan Grisham Mobile Office (3<sup>rd</sup> Qtrly: 12-19)</i>	8:00–9:00	Flex & Tone
11:00–3:00	Ceramics ( <b>NEW TIME!</b> )	8:15–4:30	<i>Rockhound Trip (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
11:15–2:30	Philatelic Society	8:30–12:00	Deaf Seniors
11:30–1:00	Jug Band Practice	8:30–11:30	Lapidary
11:45–1:00	T.O.P.S.	9:00–11:30	German, Intermediate
12:15–4:00	Duplicate Bridge	9:00–1:00	Ceramics ( <b>NEW TIME!</b> )
1:00–3:00	French, Advanced	9:30–11:30	Open Computer Lab
1:00–3:00	Open Computer Lab	12:00–1:00	<i>Rockhound Meeting (1<sup>st</sup> &amp; 3<sup>rd</sup>)</i>
1:30–3:15	Line Dancing, Advanced	12:00–3:30	<i>Mah Jongg (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
2:45–4:30	Retired Physicians	12:30–4:00	<i>Senior Men's Bridge (1<sup>st</sup> only)</i>
3:00–4:00	French Language Book Club	1:00–4:30	Metalcasting
3:15–4:30	Line Dancing, Beginning	1:00–3:00	Discussion Group, Open Topic
Tuesday	Tuesday	1:30–3:30	<i>Movies (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
8:00–9:00	Flex & Tone	Friday	Friday
8:00–12:30	Quilting (and more!)	8:15–9:15	Aerobics
8:15–4:00	Hiking (every other) - reservation required	8:30–12:30	<i>Defensive Driving (1<sup>st</sup> only)</i>
8:30–11:30	Tuesday's Angels	9:00–12:00	Accordion Group
8:30–11:30	Lapidary	9:00–11:30	Pottery
10:00–12:30	Sewing & Alterations	9:30–10:30	Gentle Exercise
12:00–2:00	Leathercraft	9:30–10:30	Tai Chi, drop-in ( <i>no 1<sup>st</sup></i> )
1:00–3:00	<i>ABQ Travel Partners (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>	9:30–11:30	Stained Glass
1:00–3:00	Open Computer Lab	12:00–2:00	Get It Done
1:00–3:00	Visiting Artists	12:15–4:00	Duplicate Bridge
1:15–4:00	Bingo	1:00–3:00	Spanish, Beginning
1:30–2:30	<i>Mystery Book Club (2<sup>nd</sup> only)</i>	1:00–3:30	Cribbage
2:15–4:30	Rio Grande Players	1:00–3:00	Open Computer Lab
Wednesday	Wednesday	2:15–4:30	Swedish Weaving
8:00–11:30	Pottery Lab	Saturday	Saturday
8:15–9:15	Aerobics	9:00–3:00	Hiking - reservation required
9:00–10:00	Gentle Yoga	9:00–10:30	Line Dancing, Beginning
9:15–10:15	Friendship Coffee	9:00–1:00	Quilting
9:30–10:30	Gentle Exercise	9:30–11:30	Table Tennis ( <i>till 10:30 on 1<sup>st</sup> only</i> )
10:00–12:00	<i>Investment Club (BCIC) (3<sup>rd</sup> only)</i>	10:00–11:30	ABQ Recorder Orchestra
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–12:00	<i>Accordion Group (3<sup>rd</sup> only)</i>
12:00–3:00	Busy Bees - Crochet & Knit	10:00–12:00	<i>Essential Tremors (3<sup>rd</sup> only)</i>
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:00–11:00	<i>NARFE Board Meeting (1<sup>st</sup> only)</i>
12:30–2:45	Bridge Group	10:30–12:00	<i>Line Dancing, Advanced (no 1<sup>st</sup>)</i>
		11:00–12:30	<i>Red Hat Society (1<sup>st</sup> only)</i>
		11:00–12:45	<i>NARFE Chapter 80 Meeting (1<sup>st</sup> only)</i>

**Note: Days and Times are subject to change.**

**26th Annual**  
**Oso Canyon Art Fest**



**Saturday, November 5, 2016**  
**Bear Canyon Senior Center**  
4645 Pitt, NE Albuquerque, NM 87111  
(505) 767-5959

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**Food Trucks! 9am–3pm Silent Auction!**

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Bear Canyon's 26th annual arts and crafts event features  
one-of-a-kind creations by talented local artists and crafters.

**Find the perfect holiday gift!**

Sponsored by the Friends of Bear Canyon

Richard Berry, Mayor  DEPARTMENT OF SENIOR AFFAIRS  Jorja Armijo-Brasher, Director, DSA



## Being Mortal

### Film Screening & Discussion

Choose from two locations this month:

- **Palo Duro Senior Center**  
Wednesday, November 9, 9:00–11:00a
- **Manzano Mesa Multigenerational Center**  
Monday, November 21, 9:30–11:30a

Based on the bestselling book by Dr. Atul Gawande, this PBS FRONTLINE documentary film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them.

See the film and be part of a national conversation taking place in our community that asks “Have you and your family had these important conversations and planned ahead.”

This event is a program of Ambercare Hospice Care and Daniels Family Funeral Services.

## Centers and 2017 Cleaning Dates

### **Barelas Senior Center**

714 Seventh St SW, 87102

505-764-6436

*Closed for cleaning Jan 9–13 and Sep 18–22*

### **Bear Canyon Senior Center**

4645 Pitt NE, 87111

505-767-5959

*Closed for cleaning Mar 27–31 and Sep 11–15*

### **Highland Senior Center**

131 Monroe NE, 87108

505-767-5210

*Closed for cleaning Jan 23–27 and Jul 10–14*

### **Los Volcanes Fitness Center**

6500 Los Volcanes NW, 87121

505-767-5990

*Closed for cleaning Feb 6–10 and Jul 24–28*

### **Los Volcanes Senior Center**

6500 Los Volcanes NW, 87121

505-767-5999

*Closed for cleaning Jan 30–Feb 3 and Jul 17–21*

### **Manzano Mesa Multigenerational Center**

501 Elizabeth SE, 87123

505-275-8731

*Closed for cleaning Feb 13–17 and Jul 31–Aug 4*

### **N. Domingo Baca Multigenerational Center**

7521 Carmel Ave NE, 87113

505-764-6475

*Closed for cleaning Feb 27–Mar 3 and Aug 14–18*

### **North Valley Senior Center**

3825 Fourth St NW, 87107

505-761-4025

*Closed for cleaning Mar 6–10 and Aug 7–11*

### **Palo Duro Fitness Center**

3351 Monroe NE, 87110

505-880-2800

*Closed for cleaning Mar 20–24 and Aug 28–Sep 1*

### **Palo Duro Senior Center**

5221 Palo Duro NE, 87110

505-888-8102

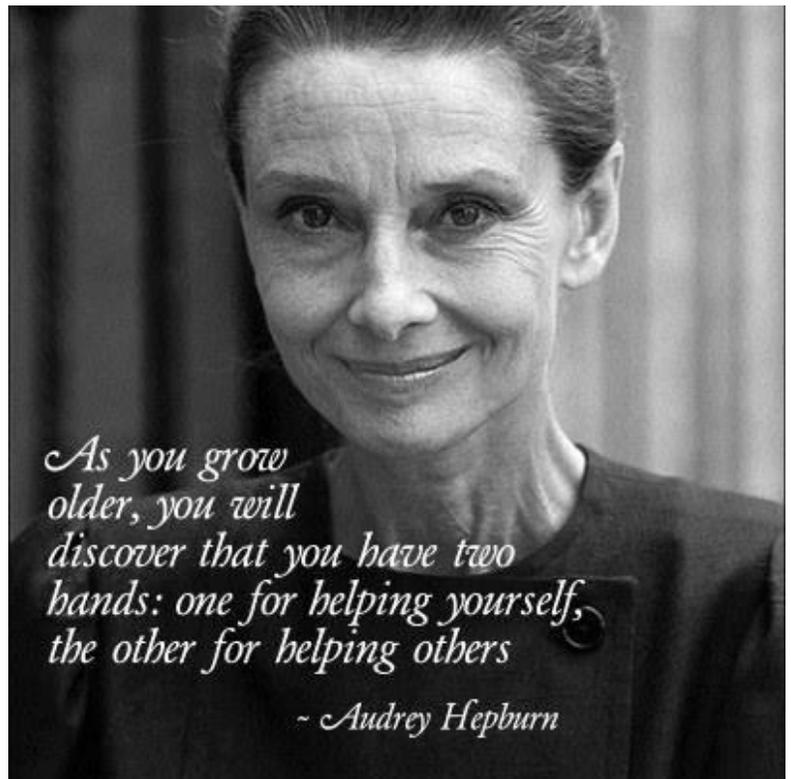
*Closed for cleaning Mar 13–17 and Aug 21–25*

## Tips to Prepare for Fall

Source: nutritionstudies.org

All living creatures on earth are tied to and affected by the cycles of the days, the months and the seasons. As humans, our bodies are also affected by light and darkness, dryness and humidity, warmth and cold, all of which represent the passage of time. Since we are approaching the colder months, you may wonder how to adapt your lifestyle to the upcoming season in accordance with the natural rules of nature. During fall and early winter, our digestion gets a bit sluggish, we tend to need more sleep, our skin and airways get dryer and we become more prone to infections and airborne diseases. Here are recommendations for how to honor the natural changes in your body that come with this change of season:

- Add warming spices like cinnamon, nutmeg, ginger and garlic to your dishes.
- Shift your workout to include less vigorous activities like Yoga, stretching and brisk walking.
- Use natural oils (coconut, jojoba, Shea) to hydrate the skin and a dry brush to get rid of dead cells at least 2x per week.
- Practice sleep hygiene by going to bed a bit earlier, keeping the room cool and dark and maintaining consistency with your sleep schedule.
- Consume fewer cold foods and less ice or cold water. Instead, drink tea as often as possible, ideally using bitter herbs like dandelion, sage, gentian, turmeric and chamomile.
- Check with your doctor and consider adding supplementation that would aid in the prevention of toxic buildup. Herbs like Milk Thistle or Goldenseal come to mind.
- Consume more root vegetables and other seasonal vegetables. This will help maintain a healthy gut and aid in the natural detox process that's common at this time of the year.
- A strong, healthy digestive system is key, as it is responsible for many of the nutritional, detoxification, immune and metabolic processes in the body.



## The Senior Companion Program needs YOU

Senior Companion volunteers are “Seniors Helping Seniors.” They provide other seniors with friendly visits, companionship and activities to promote independence and help maintain involvement in their community. Senior Companions can also provide the following:

- respite to family caregivers
- assistance with bill paying and light housekeeping
- limited transportation for light grocery shopping, errands and medical appointments

Senior Companions may receive a tax-free stipend if income eligible, mileage reimbursements, supplemental accident and liability insurance while on duty, possible meal reimbursement, pre-service and monthly trainings, paid holidays, birthday and vacation as well as recognition throughout the year.

Senior Companions must volunteer a minimum of 20 hours a week Monday thru Friday, 8 to 5pm and commit to 6 months in the program.

*If you earn \$1,980 or less a month, are 55 or older you may qualify to receive a monthly, non-taxable stipend of \$200 - \$400/month for your volunteer service.*

**Call today for more information  
Heath Barkley at (505) 764-1612**

# The Mesquite Diner

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 31</b> Low-Sodium Ham w/ Pineapple	<b>Nov 1</b> Chicken Tortilla Stew	<b>2</b> Loaded Potato	<b>3</b> Turkey Ziti	<b>4</b> Salisbury Steak
<b>7</b> Shepherd's Pie	<b>8</b> Catfish	<b>9</b> Green Chile Pork & Bean Stew	<b>10</b> Chicken-Fried Steak Fingers	<b>11 Closed</b> Veterans Day
<b>14</b> Omelet w/ Peppers & Onions	<b>15</b> Chicken Pot Pie	<b>16</b> Turkey Corndog	<b>17 Special Luncheon</b> Giving Thanks \$4 Ticket in advance	<b>18</b> Pork Chop
<b>21</b> Open-Faced Mushroom Burger	<b>22</b> Vegetable Soup	<b>23</b> Herb-Roasted Turkey	<b>24 Closed</b> Thanksgiving Holiday 	<b>25 Closed</b> Thanksgiving Holiday
<b>28</b> Liver & Onions	<b>29</b> Chicken Alfredo	<b>30</b> Carne Adovada Enchiladas	<b>Dec 1</b> Beef Tips w/ Parmesan Rice	<b>Dec 2</b> Salmon

## Ice Cream Social

75¢ Sundaes  
4<sup>th</sup> Wednesdays  
November 23  
11:30-12:30



## Popcorn

25¢ Bag  
Tuesday thru  
Thursday  
We're popping 10:30-1:30



## Thanksgiving Day Luncheon

at North Valley Senior Center  
505-761-4025 3825 4th St. NW



## Christmas Day Luncheon

at Manzano Mesa Multigenerational Center  
505-275-8731 501 Elizabeth SE

### Other options without a reservation — Monday thru Friday

#### Breakfast 8:00-9:00

- 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 or Friday Waffle.. \$1.00
- Oatmeal with Milk, raisins optional..... \$0.70
- French Toast or Pancake or..... \$0.25
- Side of Chile (Red and Green, every morning)

#### Lunch 11:30-1:00

- 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

#### **Beverages during all meals**

- Milk or Juice..... \$0.25
- Coffee or Tea..... \$0.30