

**February 2023**

**LOOKING FOR A CLUB  
TO JOIN?  
MAKE NEW FRIENDS  
JOIN THE MYSTERY  
BOOK CLUB**

Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

**Center Hours**

Monday, Tuesday,  
Thursday, Friday  
8 a.m.- 5 p.m.

Wed: 8 a.m.- 7 p.m.

Sat: 9 a.m.- 1 p.m.

Sunday Closed

Make everyday  
a good day



**Center will be  
closed**  
**Monday, February 20**

**★ HAPPY ★  
PRESIDENTS DAY**



# On-going Daily Schedule

## Monday

8:00-9:00	Breakfast
8:30-11:30	Lapidary, Beginning
9:00-4:30	Billards
9:00-11:00	Blood Pressure Check
9:00-11:00	Palo Duro Singers
9:30-10:30	Strengthening Class
9:30-11:30	Open Computer Lab
9:30-12:30	Ceramics
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
12:30-4:00	Duplicate Bridge
1:00-3:00	French
1:30-3:00	Line Dancing, Improver
2:45-4:30	Retired Doctors Group
3:15-4:30	Line Dancing, Beginning

## Tuesday

8:00-9:00	Breakfast
8:30 - 11:30	Lapidary Intermediate
9:00-4:30	Billards
9:00-11:00	Quilting
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
10:00-12:00	Investment Club (3rd Tuesday)
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	Visiting Artists Series
1:30-2:30	Mystery Book Club (2nd Tuesday)
2:00-4:00	Bingo (\$3 minimum to play)

## Wednesday

8:00-9:00	Breakfast
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd )
9:00-6:30	Billards
9:30-11:30	Open Computer Lab
11:30-1:00	Lunch
12:00-3:00	Busy Bees - Crochet & Knit
12:00-3:00	Metal/Silver Smithing
12:00-3:00	Mexican Train Dominoes

## Monday

## Thursday

8:00-9:00	Breakfast
8:30-10:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-10:30	German, Intermediate
9:30-10:30	Friendship Coffee
9:30-10:30	Strengthening Class
9:30-12:30	Ceramics
11:30-1:00	Lunch
12:30-2:30	Open Computer Lab
12:30-3:30	Bridge- Senior Men's (1st Thursday only)
1:00-3:00	Discussion Group

## Thursday

## Friday

8:00-9:00	Breakfast
9:00-12:00	Lapidary Open Studio
9:00-4:30	Billards
9:00-12:00	Pottery
9:30-10:30	Energy Yoga
9:30-11:30	Open Computer Lab
11:30-1:00	Lunch
1:00-3:30	Cribbage
2:15-4:15	Swedish Weaving \$10 materials fee

## Friday

## Saturday

9:15-11:15	Quilting
9:00-12:30	Billards
9:00-10:15	Line Dancing, Beginning
10:30-12:00	Line Dancing, Intermediate (no 1st Sat.)

## Saturday

Note: Days and Times are subject to change.



# Activities/ Things Going on at Palo Duro Senior Center

## AARP Defensive Driving

Take the AARP SmartDriver classroom course and you could save on your car insurance!

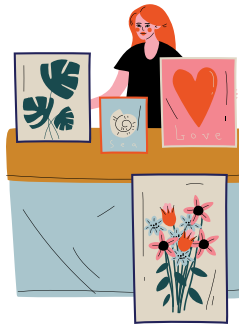
**1st Friday of the month - February 3rd from 8:30am - 12:30pm**

- Sign up for the March course starting February 3rd, 2023



Come see what you can find at our Flea Market!

Make sure to check out all the vendors to find those last minute treasures and special bargains.



## Flea Market (Every 2nd Monday of the month)

**February 13 th,**

**8:30am- 12:30pm**

-Cost: \$2.00 per table.

-Sign up for March will be; February 23rd, 2023 at 1:00 pm.

## Friendship Coffee

**Thursdays 9:30 - 10:30am**

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

### Thursday

- February 2 --
- February 9 --
- February 16 --
- February 23 --



## AARP Tax-Aide



AARP will be returning to Palo Duro this year for Tax-Aide Assistance. Appointments will be once a week on Thursday's. Starts on Thursday February 2nd 2023.

Appointments can be made by calling 311



## Presentation 9:00 - 11:00am

**February 8th - Senior Citizen's Law Office - General Law Clinic**

2nd Wednesday of the month  
Call SCLO to sign up -Limited Spots Available (505.265.2300)



# Art, Computer, Language Classes, Etc.

## Arts & Crafts

- Busy Bees Crochet & Knitting—Wednesday 12:00 - 3:00pm
- Ceramics—Monday & Thursday 9:30am - 12:30pm
- Lapidary I—Monday 8:30 - 11:30am
- Lapidary Studio—Friday 9:00am - 12:00pm
- Lapidary Intermediate — Tuesday 8:30 - 11:30am
- Leather—Tuesday 12:00 - 2:00pm
- Metal/Silver Smithing—Wednesday 12:00 - 3:00pm
- Quilting— Tuesday 9:00 - 11:00am & Saturday 9:15 - 11:15am
- Pottery— Wednesday & Friday 9:00am - 12:00pm
- Sewing & Alterations—Tuesday 10:00am - 12:00pm
- Swedish Weaving—Friday 2:15 - 4:15pm
- Tuesday's Angels—Tuesday 9:00 - 11:00am
- Visiting Artist Program—Tuesday 1:00 - 3:00pm



arts & crafts



## Computer Corner

**Open Computer lab** (With exception of when computer classes are going on)

- Monday, Wednesday & Friday - 9:30 - 11:30am
- Tuesday & Thursday - 12:30 - 2:30pm

**Investment Club - February 21st** (Every 3rd Tuesday)



## Loaner Tablet Program

Tablets Still Available

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.



Please call for more details 505-888-8102





## Dances & Music



### Music Classes

Palo Duro Singers—Mondays 9:00 - 11:00am

## Games

Please remember to check in with the front desk before heading to the Game Room.

Current membership card is needed to participate in activities.

Billiards — Monday, Tuesday, Thursday, & Friday 9:00am—4:30pm

Wednesday 9:00am—6:30pm & Saturday 9:00am—12:30pm

Billard's/Golf (Snooker) — Monday, Wednesday & Friday 12:00—4:30pm

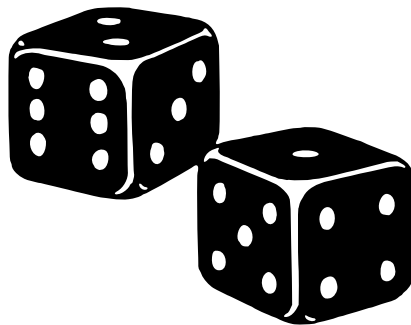
B-I-N-G-O—Every Tuesday 2:00—4:00pm

Bridge (Senior Men's) —1st Thursday of the month ONLY

Thursday 12:30—3:30pm

Cribbage—Friday 1:00—3:00pm

Mexican Train on Dominoes—Wednesday 12:00—3:00pm

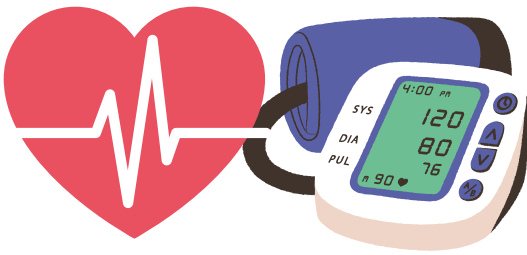




# Health and Wellness

**GEHM CLINIC— March 7th**

**BOOSTER CLINIC— February 22nd 9 am - 12 pm**



## Wellness Classes

- Line Dance Improver—Monday 1:30—2:45pm
- Line Dance Beginning—Monday 3:00—4:30pm
- Line Dance Beginning—Saturday 9:00—10:15am
- Line Dance Intermediate—Saturday 10:30am—12:00pm
- Yoga—Friday 9:30—10:30 am
- Strengthening Class —Mondays & Thursdays 9:30—10:30am



## Language Classes



- French—Monday 1:00 - 3:00pm
- German—Thursday 9:00 - 10:30am

## Legal

### Legal Clinic: Senior Citizen Law Office

Provides general legal information. Divorces, wills & criminal issues are not included.

For Information & to sign up 265.2300

**February 8th, 2022 - 9:00 - 11:00am**





Mayor Tim Keller



Anna Sanchez  
Director

Angel Montoya  
Division Manager



**Antoinette Sigala**  
Center Manager

**Amber Rose Maestas**  
Program Coordinator

**Vacant**  
Office Assistant

**Vacant**  
Program Assistant II

**Dave Ellis**  
Program Assistant II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

# Palo Duro Features



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

## Bingo

Tuesdays 2:00 — 4:00pm



## Birthday Party

Join us for our monthly birthday treat.

**1st Monday, February 6th**

**11:30am — 12:30pm**

Sponsored by: Palo Duro Philatelic Society

## Ice Cream Social

3rd Tuesday, February 21st

11:30am — 12:30 p.m.



## Pie Social

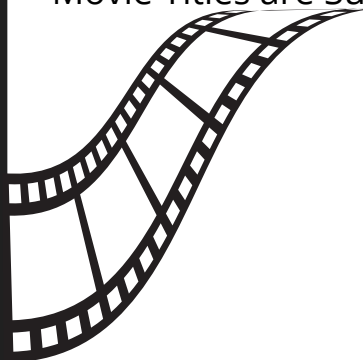
2nd Tuesday, February 14th

11:30am — 12:30pm

## Movies at Palo Duro

Join us at 1:30pm for these movies! Popcorn will be provided.

\*Movie Titles are Subject to Change



Starting at 1:30pm

**February 9th — Australia**  
**February 23rd — The Expendables**

# Palo Duro Features



## Cribbage

**Fridays 1:00 — 3:30pm**

Join friends as we play a great game in groups and strengthen our minds. Great for all Beginner, intermediate and advanced levels!

## Mystery Book Club

**2nd Tuesdays 1:30 — 2:30pm**

Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

**February 14th** - *Left Handed Twin* by Thomas Perry

**March** - *Nothing Bundt Trouble* by Ellie Alexander

**April** - *The Devil and the Dark Water* by Stuart Turton



## Palo Duro Singers

**Mondays 9:00 — 11:00am**

Formerly known as Choralaires and Jug band, Palo Duro Singers are looking for more singers to join the fun group, singing popular songs we all know.



## Creative Arts Group (AKA "Visiting Artist Program")

**Tuesdays 1:00 — 3:00pm**

Creative Arts Group is Open Studio for the time being. Come join us and participate in your artistic journey! Make new friends and have fun.

WE WELCOME ALL MEDIA

## LET US PICK YOU UP!

**Are you 60+ and enjoy visiting** our Senior and Multigenerational Centers?

The Department of Senior Affairs offers **FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center** within a 5-mile radius of each site. Visit with your center staff for details.





# Sports & Fitness



## 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 January if you were selected to attend class in February.

**Session 1 & 2 Begin Monday 2/1/2023**

**Session 3 begins Tuesday 2/2/2023**

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



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## Strengthening Class Mondays & Thursdays 9:30 - 10:30am



A fun strengthening class, performed primarily in a chair. The focus is on resistance training to build strength.



Equipment needed per person. Must bring your own.  
Broom Stick, Hand Towel, Water Bottle w/ water, and a "Good Attitude!"



## Yoga Friday 9:30 — 10:30am \$3.00 per class

Improve posture & core strengths, as well as reduce lower back pain & increase muscle flexibility.



## Trips (Must Sign Up at Front Desk)

TBA



# Volunteer Opportunities

## **Become a Palo Duro Senior Center Volunteer We are looking for Volunteers**

No Experience is necessary, training is provided,  
with the exception of instructors.

- Drivers**
- Instructors**
- Wiping tables before & after meals.**
- Wiping of counters in Arts & Crafts rooms**

**Learn how you can make a difference!**

### **RSVP Advisory Council**

**Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms.**

**The council meets once a month at the Highland Senior Center.**

**Call 505-767-5225 for more information.**





# Volunteer Opportunities -- Continued

## Retired Senior Volunteer Program (RSVP)

Volunteers work throughout the Albuquerque/Bernalillo County community by providing support services to more than 220 public & nonprofit agencies including schools, hospitals, museums, senior centers, frail elderly programs, police departments, juvenile programs, social services, homeless facilities, child abuse & neglected shelters, environmental projects & disaster relief programs. Volunteers also work on one-time special event projects, such as Daffodils for Hospice & Make A Difference Day.  
Program Supervisor: Cristina Romero, 767-5223



### RSVP Benefits include

- Mileage & Meal Reimbursement
- Supplemental accident & liability coverage while on duty
- Assistance with volunteer placement

## Foster Grandparent Program (FGP)

Volunteers work with children who are at-risk or have special needs. Volunteers are placed in schools, hospitals, correctional institutions, Head Start and day care centers. The heart of the program is the one-to-one daily attention that Foster Grandparents provide and the sense of hope they foster in the hearts of children. Call 764-6413 for more information or to volunteer.

Program Supervisor: Bianca Olona-Elwell, 764-6412

- Willing to donate 20 hours a week
- Love children

### Foster Grandparent benefits include

- Stipend for those who are income-eligible
- Transportation/Mileage reimbursement
- Meals while on duty
- Supplemental accident and liability coverage while on duty



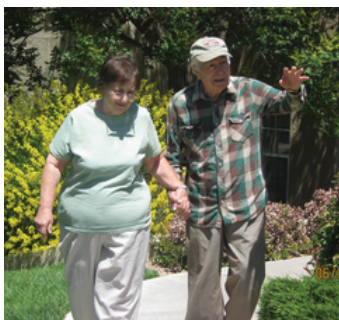
## Senior Companion Program (SCP)

Volunteers work one-on-one with the homebound frail elderly & assist clients with paying bills, grocery shopping, transportation to medical appointments, & light housekeeping. Most importantly, they develop friendships with their clients.

The Senior Companions oftentimes allow recipients to stay at home rather than being institutionalized, resulting in major health care cost-savings for seniors, their families, & communities.

Call 764-1612 for more information or to volunteer.

Program Supervisor: Triston Lovato, 764-1612



- Willing to donate 20 hours a week
- Work with frail, at-risk, and homebound elderly

### Senior Companion benefits include

- Stipend for those who are income-eligible
- Transportation/mileage & meals reimbursement
- Supplemental accident and liability coverage while on duty



# Other Centers, Fitness Opportunities

## Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

### Exercise Classes

• **Aerobics:** This low-impact class combines energizing music with a fun routine to strengthen the cardiovascular system. For beginners to the advanced; work at your own level. Burn calories & get a great work out! (50¢ suggested donation).

- **Monday/Wednesday/Friday — 8:00am — 9:00am**

• **Gentle Exercise:** Easy aerobics routine done in or out of a chair. This class is designed to help you gain strength, endurance, flexibility, balance, and bone density. (50¢ suggested donation)

- **Monday/Wednesday/Friday — 9:15am — 10:15am**

• **QiGong for Health and Aging:** Together we will explore various healing arts and modalities to relax tension areas, breathe, move, and share in cultivating our Life Force Qi Energy with attention and trust. We will be in seated, standing, lying down, and moving positions to facilitate mindful awareness, and well-being. This class is especially designed for anyone with the following issues: stiff joints, tight muscles, arthritic conditions, and various body and mind stressors, and aging.

Instructor: Diane Chase (\$5.00 per class)

- **Wednesday — 12:00pm — 1:00pm**

• **Flex & Tone:** Stretch and strengthen your entire body. Exercises are designed to improve flexibility, agility, range of motion, posture and muscle tone. (50¢ suggested donation)

- **Tuesday/Thursday — 8:00am — 9:00am**

- **Department of Senior Affairs Membership required.**

- **All classes are held in the Palo Duro Sports & Fitness Center Aerobics room.**

- **Please check in at the front desk to attend classes.**

- **More information, please contact Palo Duro Sports & Fitness Center**

**Phone: 505-880-2800 | Address: 3351 Monroe St. NE**



# **NOTICE**

## **ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY.**

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, **meals cannot be removed from the meal site designated dining area**, however whole fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

If you have any questions regarding regulations and guidelines, please call **Senior Affairs Nutrition and Transportation Division Manager Tim Martinez at 505-764-6450** for further clarification.

**Thank you in advance for your cooperation.**

# The Honeycomb Cafe

Menu items subject to change.



## Breakfast and Lunch Menu

### **Breakfast Menu**

Served 8:00am to 9:00am

Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito .....	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

#### A-la-Carte

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Oatmeal .....	.70
Side of Chile .....	.25

Huevos Rancheros (Wednesdays) .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Waffle Friday:	
Plain .....	1.00
With Strawberries & Whipped Cream.....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Coffee or Hot Tea.....	.30



### **Lunch A-la-Carte**

Lunch is served from 11:30am to 1:00pm.

**NO reservation is required for**

**A-la-carte menu items.**

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Sandwich of the day .....	1.50
Grilled Cheese .....	1.25
½ Sandwich .....	.75

#### Drinks

Milk .....	.25
Juice .....	.25
Coffee or Hot Tea.....	.30

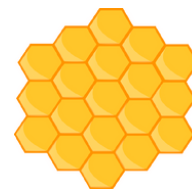
Slice of Pie (daily selection varies) .50

Bowl of Soup (daily selection varies) .50



# The Honeycomb Cafe

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



**Daily Hot Lunch- \*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 888-8102

**ONE  
ALBUQUE  
RQUE**

## February 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
6 ♦ Baked Ziti ♦ Seasonal Vegetable ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk 	7 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	8 ♦ BBQ Pork Chop ♦ Baked Beans ♦ Collard Greens ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	9 ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk 	10 ♦ Breaded Cod ♦ Buttered Pasta ♦ Spinach ♦ Seasonal Fruit ♦ 1% Milk 
13 ♦ Swedish Meatballs ♦ Brown Rice ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	14 ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk 	15 ♦ Catfish ♦ Sweet Potatoes ♦ Seasonal Vegetables ♦ Chocolate Pudding ♦ 1% Milk 	16 ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	17 ♦ Spinach Lasagna ♦ Steamed Carrots ♦ Garlic Breadsticks ♦ Seasonal Fruit ♦ 1% Milk 
20 <b>Closed</b> 	21 ♦ Egg Omelet ♦ Stewed Tomatoes ♦ Seasoned Potatoes ♦ Orange ♦ 1% Milk 	22 ♦ Red Chile Pork Posole ♦ Pinto Beans ♦ Spinach ♦ Tortillas ♦ Seasonal Fruit ♦ 1% Milk 	23 ♦ Cheeseburger ♦ Tater Tots ♦ Coleslaw ♦ Cherry Cobbler ♦ 1% Milk 	24 ♦ Salmon ♦ Angel Hair Pasta ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
27 ♦ Salisbury Steak ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	28 ♦ Beef Fajitas ♦ Tortilla ♦ Spinach ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Seasoned Baked Chicken ♦ Mashed Potato ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	2 ♦ Chile Dog w/Cheese ♦ Tatar Tots ♦ Seasoned Roasted Corn ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Cajun Garlic Butter Tilapia ♦ Orzo w/ Diced Tomatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 

# Palo Duro Announcements



Per recommendation from the Albuquerque Police Dept. and for the safety of all please enter building through the FRONT DOORS. The NW door and social hall doors are EMERGENCY EXIT ONLY doors.

Classroom doors are emergency exit only doors.



Thank you.



♡  
Hello  
February





# Palo Duro Announcements

## **Participant Code of Conduct** **(Section 2.9: B-C; Revised March 2020)**

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Do not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

**All Memberships will be done during  
the following hours**

**Monday thru Friday  
9:00 am thru 11:00 am**

**Thank you for patience during this transition**



**Just a reminder Palo Duro is  
eliminating paper attendance  
forms. Please remember to bring  
your membership cards with  
you. Thank you for your  
patience and understanding**