



Department of Senior Affairs

Palo Duro Senior Center Newsletter

5221 Palo Duro, NE

505.888.8102

August 2021

A Message from the Director

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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





Department of Senior Affairs



Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Palo Duro Senior Center



Antoinette Sigala
Center Manager

Vacant
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant

Vacant
Program Assistant

Manuel Ibuado
General Services

Joe Riboni
Cook

David Martinez
Assistant Cook

Popcorn Days

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

\$0.25 Bag



Open Computer Lab

Tuesday & Thursday
9:30 a.m. -11:30 a.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!

TBA

Palo Duro Sports & Fitness 880-2800



Bingo

Tuesdays 2:00 p.m. - 4 p.m.
(Starting Tuesday, August 24)

Friendship Coffee

Thursdays 9:30 a.m. - 10:30 a.m.

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

August 5—Hamilton Relay

August 12—Affinity at Albuquerque

August 19—Sandia Vista Senior Living





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 Monday, September 13

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

Sponsored by: TBA



Ice Cream Social

3rd Tuesday, September 21

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

Movies at Palo Duro Starting in October

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



The Department of Senior Affairs remains committed in celebrating our Veterans for their legacy of honorable service and dedication with our digital display of the Veteran's Wall of Honor in our Senior and Multigenerational center facilities. If you are a current member and a Veteran who would like to add your photo to our display please join us for our upcoming Veteran's Wall of Honor Photoshoot.

There will be two opportunities to have your complimentary photo taken for our digital display:

- North Valley Senior Center: August 11, 2021 between the hours of 2:00pm – 4:00pm
- Bear Canyon Senior Center: August 13, 2021 between the hours of 1:00pm – 3:00pm

No appointment necessary. Current membership required. Please see your senior center site staff for an application or for more details.





Palo Duro Features



Mystery Book Club

Love a good mystery join our monthly meeting.
2nd Tuesdays: 1:30 - 2:30 p.m.

Visiting Artist Program

Tuesdays: 1 p.m. - 3 p.m.

There are many exciting and creative activities offered 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.



Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102



Power of Attorney Clinic

Call SCLO to set up appointments (265.2300)

Presented by: Senior Citizen's Law Office

2nd Wednesday, August 11 • 9:00—11:00 a.m.

SMART DRIVING (AARP)

Presented by: AARP

Friday, August 6 • 8:30 a.m.—12:30 p.m.

\$20

\$15 (AARP Members)

On-going Daily Schedule

Monday

8:00–9:00	Breakfast
8:30–11:00	Lapidary, Beginning
9:00–4:30	Billards
9:00–11:00	Blood Pressure Check
11:30–1:00	Lunch
12:00–2:00	Philatelic Society
12:30–3:30	Duplicate Bridge
1:30–3:00	Line Dancing, Advanced
3:00–4:00	New Member Orientation (1 st)
3:15–4:30	Line Dancing, Beginning

Monday

Thursday

8:00–9:00	Breakfast
8:30–10:30	Deaf Seniors
9:00–4:30	Billards
8:30–11:30	Lapidary Studio
9:00–10:45	German, Intermediate
9:30–10:30	Friendship Coffee
9:30–11:30	Computer Lab
11:30–1:00	Lunch
1:00–3:00	Discussion Group

Thursday

Tuesday

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

Tuesday

Friday

8:00–9:00	Breakfast
8:30–12:30	Defensive Driving (1 st) \$20, \$15 AARP
8:30–11:30	Lapidary Open Studio
9:00–4:30	Billards
9:00–12:00	Pottery
11:30–1:00	Lunch
1:00–3:30	Cribbage
2:15–4:15	Swedish Weaving \$10 materials fee

Friday

Wednesday

8:00–9:00	Breakfast
9:00–12:00	Power of Attorney Clinic (2 nd)
9:00–11:00	Pottery
9:00–6:30	Billards
10:00–12:00	Investment Club (BCIC) (3 rd)
11:30–1:00	Lunch
12:00–3:00	Busy Bees - Crochet & Knit
12:00–3:00	Metal/Silver Smithing

Wednesday

Saturday

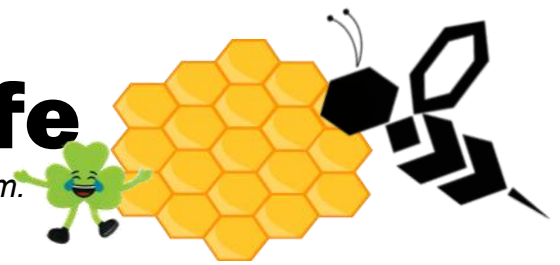
9:00–12:30	Billards
9:00–10:30	Line Dancing, Beginning
10:30–12:00	Line Dancing, Advanced (no 1 st Sat.)

Saturday


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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf	3 Philly Cheese Steak	4 Green Chili Chicken Enchilada	5 Cheese Tortellini	6 Hawaiian Salmon
9 Sweet and Sour Pork	10 Cheeseburger	11 Lime Fish Tacos	12 Beef Tips w/ Gravy	13 Chicken Alfredo
16 Omelet w/ Red Chile	17 Spaghetti w/ meat sauce	18 Pork Chop	19 Pollock Fish	20 Chicken Stir Fry
23 Salisbury Steak	24 BBQ Pork	25 Baked Seasoned Chicken	26 Spinach Lasagna	27 Beef Stew
30 Sliced Ham	31 Asian Beef Stir Fry			
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
- Biscuit w/gravy on Wednesdays.....\$1.00
- Huevos Rancheros on Thursdays.....\$1.50

Waffles served on Fridays.....\$1.00

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
- Beverage**  **all meals** 
- Milk or Juice..... \$0.25
- Coffee or Tea.....\$0.30



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 EXIT ONLY doors. Classroom doors are emergency exit only doors. Thank you.

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. Does 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.



Bee sure to check these out!

Share a book—Palo Duro's Little Library

Collect and/or share a new or gently used books for with the community. The goal of the program is to provide books anyone interested with a personal book.