

December 2021



## A Message from the Director

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,  
Anna Sanchez



### 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,  
Friday Dec. 24th**

**Saturday Dec. 25th**

**Friday Dec. 31st &**

**Saturday Jan. 1st**



# Things/ Activities Going on at Palo Duro Senior Center

## AARP Defensive Driving

AARP national office extended its nationwide in-person event closure until at least January 1st. If we are allowed to resume in-person events in January, the cost of the class will become \$20 for AARP members, and \$25 for non-members.



A special 25% off discount for the on-line course is available through December 31st for those who may want to take it now to get a discount on their auto insurance. That website is: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
People can use promo code: DRIVINGSKILLS for the 25% discount.



## Holiday Craft Fair at Palo Duro every Friday

Starts November 19th - December 17th  
8:30 - 12:00pm

Come purchase unique items for all your gift giving needs.  
**Sign up for a Table - \$2 to reserve your table**

## 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.

- December 9 -- Klarus Homecare/Hospice (Sponsor)
- December 16--Sandia Vista Senior Living (Sponsor)
- December 23--Edward Jones (Sponsor)



## Presentation 9:00 - 11:00am

December 8th - Senior Citizen's Law Office - Power of Attorney Clinic

2nd Wednesday of the month. Call SCLO to set up appointments  
(505.265.2300)

# Art, Computer, Language Classes, Etc.

## Arts & Crafts

- Busy Bees Crochet & Knitting—Wednesday 12:00 - 2:00 pm
- Ceramics—Monday & Thursday 9:30 - 12:30pm
- Lapidary I—Monday & Friday 8:30 - 11:30am
- Lapidary Studio—Thursday 8:30 - 11:30am
- Leather—Tuesday 12:00 - 2:00pm
- Metal/Silver Smithing—Wednesday 12:00 - 3:00pm
- Quilting—Saturday 9:15 - 11:15am
- Pottery— Wednesday & Friday 9:00 - 12:00pm
- Sewing & Alterations—Tuesday 10:00 - 12:00pm
- Swedish Weaving—Friday 2:15 - 4:15pm
- Tuesday's Angels—Tuesday 9:00 - 11:00am (will not be meeting Dec 21st & 28th)
- Visiting Artist Program—Tuesday 1:00 - 3:00pm



arts & crafts





# Art, Computer, Language Classes, Etc. -- Continued

## Computer Corner

All computer activities and Computer Room are being revamped to accommodate the need of the Palo Duro Senior Center Community.

Your cooperation and patience with us during this time is deeply appreciated.

### Investment Club

Tuesday 1:30 - 3:30pm

### Open Computer Lab

Tuesday & Thursdays 9:30 - 11:30am (Currently under Renovation)



## Dances & Music

### Afternoon Dances 1:30 - 4:00 pm \$3 per person



Wednesday, December 8, 2021 - Tino's Band

## Music Classes

Choralaires & Jug Band—Mondays 9:00 - 11:00am

Tango Jam—Wednesdays 5:00 - 6:45pm



## 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

Billiards/Golf (Snooker) - Monday, Wednesday & Friday 12:00—4:30pm

B-I-N-G-O—Every Tuesday 2:00—4:00pm

Bridge (Duplicate) - Monday 12:45—4:00pm

Bridge (Senior Men's) -1st Thursday of the month ONLY) —Thursday 12:30—3:30pm

Cribbage—Friday 1:00—3:00pm

Hand & Foot Canasta—Tuesday 1:00—4:00pm

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

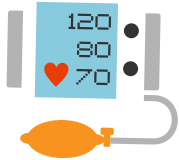


# Language Classes

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



# Health & Wellness



## Blood Pressure Screenings

PDSC Volunteers—Monday 9:00 - 11:00am  
GEHM CLINIC (See you in January) - 8:30 - 12:00pm

## Wellness Classes

Line Dance Improver—Monday 1:30—2:45pm  
Line Dance Beginning—Monday 3:00—4:30pm  
Saturday 9:00—10:15am  
Line Dance Intermediate—Saturday 10:30—12:00pm  
Yoga—Friday 9:30—10:30 am  
Zineng/Chi-Lel QiGong—Wednesday 2:30—4:30pm



## Something to think about

### **SNOOZE OR LOSE—Study finds the sleep deprived age faster**

A good night's sleep isn't just refreshing: New research shows that lack of sleep ages the brain. Researchers asked study participants how much sleep they were getting—first as a baseline then five years later. Those whose sleep decreased during the five years showed an accelerated mental decline during cognitive testing that was equal to an extra four to seven years of aging. "Sleep regenerated neurons that enable the brain to function optimally," says lead author Jane Ferrie, Ph.D, senior researcher at University College London Medical School. Intriguingly, the study found that those whose sleep increased during the five years also exhibited cognitive decline, possibly due to depression, heart disease, or some other illness.

So what's optimal? Six to eight hours—consistently.

## Legal

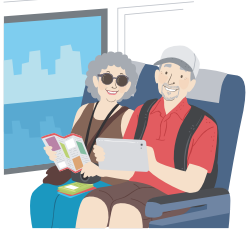
### Legal Clinic: Senior Citizen Law Office

December 8th 2021 - 9:00 - 10:00am  
Provides general legal information. Divorces, wills & criminal issues are not included.  
For Information & to 265.2300





# Trips



## Wednesday, December 1 - River of Lights -

Check in 4:45pm - 7:30pm Cost TBA admission lunch on your own expense

## Wednesday, December 8 - Barel's Coffee House

Check in 10:15am - 12:45pm lunch on your own expense

## Friday, December 3 - In Old Town Holiday Stroll/Lighting of Christmas Tree

Check in 4:30 - 8:00pm All expenses on your own

# December Special Events

## Popcorn Days, Thursday All day

Grab your bag at the front desk. \$.25 a bag

## Christmas Dance—Wednesday, December 8—1:30 - 4:30pm

\$3 per person, Band- Tino's Band

## Birthday Celebrations, Monday, December 13—11:30 - 12:30pm

Join us for our monthly birthday treat. 1st Monday of the month.

## Movies at Palo Duro, Thursday, December 16—1:30 - 3:00 pm

Movie every 3rd Thursday

## Ice Cream Social, Tuesday, December 21—11:30 - 12:30pm

3rd Tuesday of the month

## Christmas Eve Day —Friday, December 24, 2021 & Saturday, December 25, 2021

In observance of Christmas day, City of Albuquerque,  
Department of Senior Affairs will be closed.

## New Year's Eve— Friday, December 31 & Saturday January 1

In observance of New Year's Eve, City of Albuquerque,  
Department of Senior Affairs will be closed.



# Up Coming Special Events



## New Year's Eve— Friday, December 31 & Saturday January 1

In observance of New Year's Eve, City of Albuquerque,  
Department of Senior Affairs will be closed.

## Martin Luther King Jr. Day— Monday, January 17

In observance of Martin Luther King Jr. Day, City of Albuquerque,  
Department of Senior Affairs will be closed.



# 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!



**TBA**

Palo Duro Sports & Fitness 880-2800

## Zineng/Chi-Lel QiGong

Wednesday 2:30 - 4:30pm

Qigong is an ancient Chinese art and science which, with consistent practice, allows one to transform all levels of energetic blockages within the body, mind and spirit to promote

Healing, Happiness and Peace



## Yoga

Friday 9:30 - 10:30 am

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



# Volunteer Opportunities

## Palo Duro Senior Center

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

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

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



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



# 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: Angel Gomez, 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

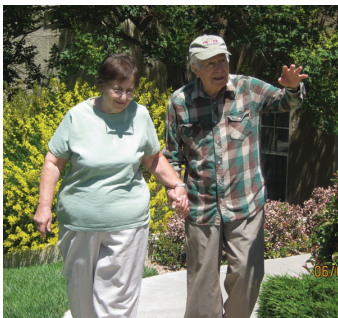


## Senior Companion Program (SCP)

Volunteers work one-on-one with 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 provide their clients 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



Mayor Tim Keller



Anna Sanchez  
Director

Nikki Peone  
Division Manager



**Antoinette Sigala**  
Center Manager

**Carl Corona**  
Program Coordinator

**Depriese Frias**  
Office Assistant

**Dave Ellis**  
Program Assistant II

**Vacant**  
Program Assistant II

**Manuel Ibadó**  
General Services

**David Martinez**  
Cook

# What's The Buzz?



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

## Bingo

**Tuesdays 2:00 – 4 p.m.**

Sponsored by - Oak Street Health



## Birthday Party

Join us for our monthly birthday treat.

**1st Monday, December 13th**

**11:30 – 12:30 p.m.**

Sponsored by: Palo Duro Philatelic Society



## Booster Shot Clinic

**Monday December 20th**

**9:00 – 11:00 a.m.**

Sponsored by: Presbyterian



## Ice Cream Social

**3rd Tuesday, December 21**

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

## Movies at Palo Duro

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

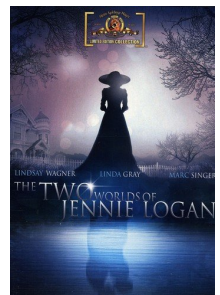
\*Movie Titles are Subject to Change



### Thursday December 16

(PG) 1 hr 32 min

Hoping it will help them get over a rough patch in their marriage, Michael and Jennie Logan (Alan Feinstein, Lindsay Wagner) move into a classic Victorian home together. While digging around in the attic, Jennie finds a vintage dress that, when she puts it on, transports her back to the year 1899. There she meets David (Marc Singer), an artist for whom she develops strong feelings. She begins spending more and more time in the past as her husband eventually starts to doubt her sanity.





# What's The Buzz?-- Continued



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

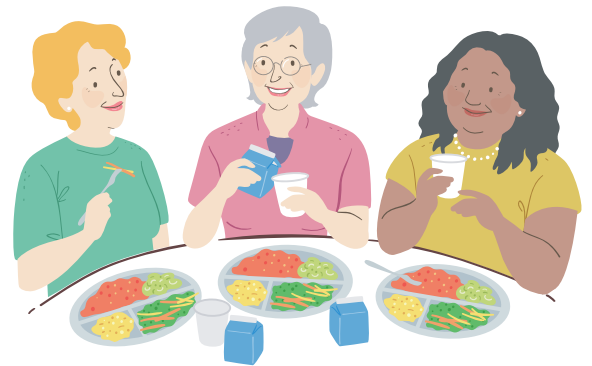
## LET US PICK YOU UP!



**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.

## Holiday Luncheon 2021

With much excitement, we are looking forward to hosting our annual Holiday Luncheon in-person on Saturday, December 25, 2021 at our Highland Senior Center. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, please visit with Highland Senior Center staff to reserve your space and purchase your meal ticket today. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!



## Annual Senior Holiday Donation Drive 2021

As we enter into the season for giving, Senior Affairs is collecting **NEW UNOPENED** donations for the Annual Senior Holiday Donation Drive. The annual drive provides critical needs for Albuquerque's homebound older adult population.

Examples of items needed are new towels, toiletries, personal hygiene products, adult diapers, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off donations at any of our senior or multigenerational centers during center operating hours until December 31, 2021.

For more information regarding locations and hours, please call 505-764-6400.



# Palo Duro Features



## Mystery Book Club

**2nd Tuesdays 1:30 - 2:30pm**



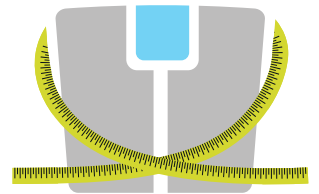
Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

**December 14th** "The Sixth Idea" by P.J. Tracy.

## T.O.P.S Take Off Pounds Sensibly

**Mondays 11:45 - 1:00pm**

(TOPS) is an organization whose focus is on promoting a healthy lifestyle through realistic weight loss and long term weight maintenance. Through weekly weigh-ins members are encouraged to reach their goal weight in a friendly and non judgemental setting. Come Check us out and discover how T.O.P.S can help you.



## Visiting Artist Program

**Tuesdays 1:00 - 3:00pm**

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.

## Yoga

**Fridays 9:30 - 10:30am**

Relaxation and Peace of Mind,  
Get back into the rhythm of a happy, healthy life.

-Gentle Stretching -Breathing -Meditation

**\$3.00 per class**



## Zineng/Chi-Lel QiGong

**Wednesdays 2:30 - 4:30pm**

Qigong is an ancient Chinese art and science which, with consistent practice, allows one to transform all levels of energetic blockages within the body, mind and spirit to promote

Healing, Happiness and Peace



# 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
9:00-12:00	Choralaires & Jug band
9:30-12:30	Ceramics
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
12:45-4:00	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
9:00-4:30	Billards
9:00-11:00	Tuesday's Angels (Will not be meeting Dec. 21st & 28th)
9:30-11:30	Computer Lab (Open)
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
1:00-3:00	Mesquite Smokin' Swing Jam
1:00-3:00	Visiting Artists Series
1:00-4:00	Hand & Foot Canasta (no 2nd Tuesday)
1:30-3:30	Investment Club
1:30-2:30	Mystery Book Club (2nd )
2:00-4:00	Bingo (\$3 minimum to play)

## Wednesday

8:00-9:00	Breakfast
9:00-11:00	RSVP Volunteer Training
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd )
9:00-6:30	Billards
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
2:30-4:30	Zineng/Chi-Lel QiGeng

## 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
9:30-12:30	Ceramics
11:30-1:00	Lunch
12:00-1:00	Rock Hound Club
12:30-3:30	Bridge- Senior Men's
1:00-3:00	Discussion Group

## Friday

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

## Saturday

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

## Thursday

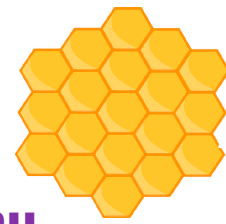
## Friday

## Saturday

Note: Days and Times are subject to change.

# The Honeycomb Cafe

Menu items subject to change.



## Breakfast and Lunch Menu

### Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.

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

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

### Drinks

Milk .....	.25
Juice .....	.25
Coffee or tea .....	.30



### Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

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 tea .....	.30

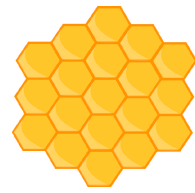
Slice of Pie (daily selection varies) .50

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- \$3.25 \*Reservations Required**

Lunch is served from 11:30 a.m. to 1:00 p.m.

Reservations for daily specials must be made by 1 p.m. the previous day - Call 888-8102

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29 <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/Green Chile Gravy</li> <li>◆ Corn</li> <li>◆ Mashed Potatoes</li> <li>◆ Dinner Roll/Margarine</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>◆ Turkey Tetrazzini</li> <li>◆ Brussel Sprouts</li> <li>◆ Peach Cobbler</li> <li>◆ Breadstick</li> <li>◆ 1% Milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>◆ Baked Tilapia w/Lemon and Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Green Beans</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>◆ Chicken Parmesan w/Mozzarella</li> <li>◆ Carrots</li> <li>◆ Breadsticks</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Diced Pork w/Gravy</li> <li>◆ Brown Rice</li> <li>◆ Oriental Blend</li> <li>◆ Dinner roll w/Margarine</li> <li>◆ Jell-O</li> <li>◆ 1% Milk</li> </ul> 
6 <ul style="list-style-type: none"> <li>◆ Beef Stir -Fry</li> <li>◆ Butter Noddle</li> <li>◆ Baked Apples w/Raisins</li> <li>◆ 1% Milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Omelet Peppers &amp; Onions</li> <li>◆ Stewed Tomatoes</li> <li>◆ Spinach</li> <li>◆ Apple Sauce</li> <li>◆ 1% Milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>◆ Tamales Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Steamed Cabbage</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>◆ Lemon Baked Salmon</li> <li>◆ White Rice</li> <li>◆ California Blend</li> <li>◆ Dinner roll w/Margarine</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Spaghetti w/Mushrooms</li> <li>◆ Peas &amp; Carrots</li> <li>◆ Breadstick</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul> 
13 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Chuck Wagon</li> <li>◆ Pudding</li> <li>◆ 1% Milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Turkey and Brown Rice</li> <li>◆ Green Beans</li> <li>◆ Cauliflower</li> <li>◆ Wheat Crackers</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>◆ Buffalo Baked Chicken</li> <li>◆ Mac &amp; Cheese</li> <li>◆ Diced Beets</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>◆ Sloppy Joe: Hamburger Bun</li> <li>◆ Roasted Green &amp; Red Bell Peppers</li> <li>◆ Rosemary Potato</li> <li>◆ Fruit cup</li> <li>◆ 1% Milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Green Chile Cheeseburger</li> <li>◆ Baked Beans</li> <li>◆ Normandy Blend Vegetables</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 
20 <ul style="list-style-type: none"> <li>◆ Macaroni &amp; Broccoli: Pasta/Broccoli/Cheese</li> <li>◆ Sweet Potato</li> <li>◆ Cherry Cobbler</li> <li>◆ Dinner Roll W/Margarine</li> <li>◆ 1% Milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ BBQ Chicken</li> <li>◆ Rice Pilaf</li> <li>◆ Carrots</li> <li>◆ Jell-O w/Mixed Fruit</li> <li>◆ 1% Milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>◆ Green Chile Chicken Tamale</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>◆ Ham w/Pineapple Glaze</li> <li>◆ Mash Potato</li> <li>◆ Mixed Vegetables</li> <li>◆ Holiday Dessert</li> <li>◆ 1% Milk</li> </ul> 	24 <p style="text-align: center;"><b>Closed Holiday Christmas Day</b></p>

# 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.

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

**Monday thru Friday**  
**9:00 am thru 11:00 am**  
**1:00 pm thru 3:00 pm**



**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**