



December 2022



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**

**Thursday, December 8
Saturday, December 24
Monday, December 26
Monday, January 2**

20th Annual AmeriCorps Seniors
RSVP Appreciation Breakfast &
Palo Duro Station of the Year.



THERE'S
SNOWBODY
LIKE
YOU!



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 - 11:00	Lapidary Beginning
9:00-4:30	Billards
9:00-11:00	Quilting
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	Visiting Artists Series
1:00-4:00	Hand & Foot Canasta (no 2nd Tuesday)
1:30-3:30	Investment Club (3rd Tuesday)
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
12:00-1:00	Rock Hound Club
12:30-2:30	Open Computer Lab
12:30-3:30	Bridge- Senior Men's (1st Thursday only)
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
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

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.)
11:00-12:00	Red Hat Society

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

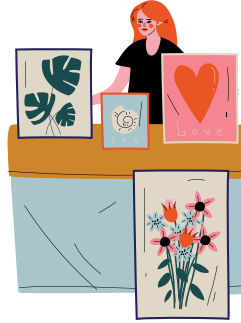
AARP Defensive Driving

Take the AARP SmartDriver classroom course and you could save on your car insurance!
1st Friday of the month - December 4th
8:30 am - 12:30 pm



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)

Due to Craft Fair - Jan 14th,
8:30am- 12:30pm

-Cost: \$2.00 per table.

-Sign up for January will be;
December 27th 2022 at 1:45pm.

Friendship Coffee

Thursdays & Tuesdays 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

- December 1 --
- December 15 --
- December 22 --
- December 29



Tuesday

- December 6 --
- December 13--
- December 20 --
- December 27 --



Holiday Craft Fair at Palo Duro every Friday

Starts November 4th - December 16th

8:30 - 12:30pm

Come purchase unique items for all your gift giving needs.

Sign up for a Table - \$2 to reserve your table



Presentation 9:00 - 11:00am

December 14th - 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 - 3:00 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— Tuesday 9:00 - 11:00 & 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
- 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 - December 19th (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

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

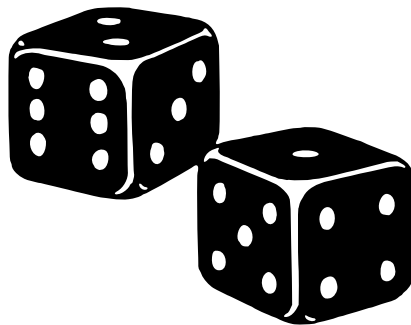
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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

Cribbage—Friday 1:00—3:00pm

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

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





Health and Wellness

Blood Pressure Screenings and Wellness Clinics

PDSC Volunteers— Thank you for your dedication to Palo Duro Senior Center and to the Seniors. You dedicated your time and services, touching so many hearts. We appreciate you. You will definitely be missed.



GEHM CLINIC— Tuesday, December 6th - 8:30 - 12:00pm

Senior Affairs COVID-19 and Flu Vaccination Clinics, Wednesday, December 21st —9:00am-12:00 pm

City of Albuquerque is encouraging families to stay up to date on vaccinations by offering free vaccination clinics at Senior Affairs center locations. All brands of COVID-19 vaccines & omicron

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 10:30—12:00pm
- Yoga—Friday 9:30—10:30 am
- Strengthening Class —Mondays & Thursdays 9:30—10:30 am



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

December 14th, 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

Dave Ellis
Program Assistant II

Vacant
Program Assistant II

Manuel Ibuado
General Services

Vacant
Cook

Palo Duro Features



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

Bingo

Tuesdays 2:00 – 4:00 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, December 5th

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, December 20th

11:30 - 12:30 p.m.



Pie Social

2nd Tuesday, December 13th

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 will be shown every Thursday in November for our Holiday Movie Marathon

*Movie Titles are Subject to Change

**Celebrate with us every
Thursday in December
for Palo Duro's Holiday
Movie Marathon**



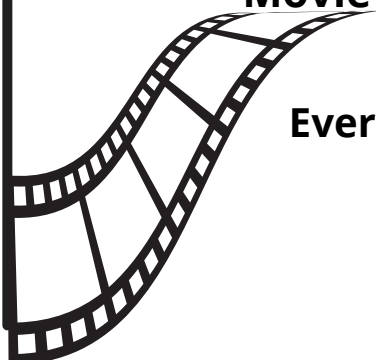
Every Thursday in December starting at 1:30 pm

December 1

December 15

December 22

December 29



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!



November 8th "A Legacy of Spies" By John LeCarre



Palo Duro Singers

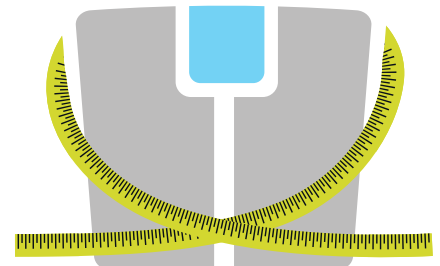
Mondays 9:00 - 11:00am

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.

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 judgmental setting.



Come Check us out and discover how T.O.P.S can help you.

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

DSA Features

DEPARTMENT OF SENIOR AFFAIRS
ANNUAL

Festive Holiday Luncheon

Sunday, December 25, 2022
11 AM -1 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch at

Los Volcanes Senior Center
6500 Los Volcanes NW 87121

\$4
Per Person

Call for Reservation & Pre-Payment Details:
505-767-5999

cabq.gov/seniors

ONE ALBUQUE RQUE

ONE ALBUQUE RQUE



NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

Senior Affairs

cabq.gov/seniors

505-764-6400

'Tis The Season For Giving

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults.

Help spread some holiday cheer with your generous donations.

Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Cenral Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

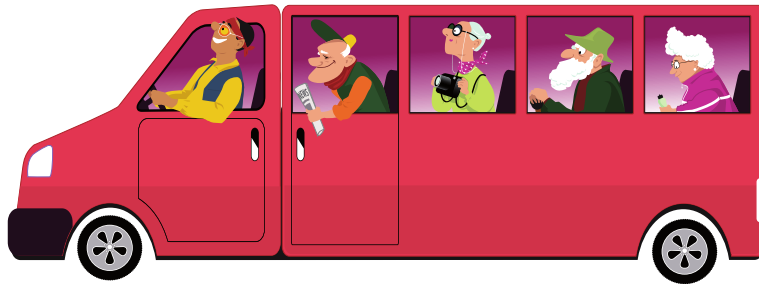
cabq.gov/seniors

DSA Features



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.



Special Events - October

All About Medicare, every other Monday, starting October 3 thru December



Movies at Palo Duro, every Thursday for the month of December —1:30 - 3:00pm

Celebrate with us every Thursday in November for Palo Duro's Holiday Movie Marathon

Ice Cream Social, Tuesday, December 20—11:30am - 12:30pm - 3rd Tuesday of the month

Senior Affairs COVID-19 and Flu Vaccination Clinics, Wednesday, December 21—9:00am - 12:00 pm -

City of Albuquerque is encouraging families to stay up to date on vaccinations by offering free vaccination clinics at Senior Affairs center locations. All brands of COVID-19 vaccines & omicron



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 end of November if you were selected to attend class.



Session 1 & 2 Begin Monday 12/5/2022

Session 3 begins Tuesday 12/6/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



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.



1. Broom Stick
2. Hand Towel
3. Water Bottle w/ water
4. "Good Attitude"

Yoga

Friday 9:30 - 10:30 am

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

\$3.00 per class





Trips (Must Sign Up at Front Desk)

Saturday, December 3 — Christmas in Madrid

All expenses on your own.

Check in - 2:30pm-8:00pm

Tuesday, December 6 — Lunch & More Group: Church Street Café

All expenses on your own.

Check in - 11:15am-1:30pm

Thursday, December 15 — River of Lights

All expenses on your own.

Check in - 4:30pm-8:00pm



Up Coming 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



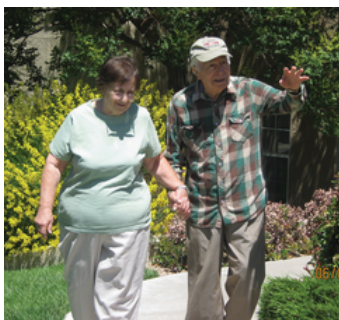
Senior Companion Program (SCP)

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 8:00 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 Breakfast75
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

Egg25
2 Pieces of bacon or sausage50
Pancake25
French Toast25
Egg Muffin Sandwich	1.00
Toast or Tortilla20
Hash Browns30
Oatmeal70
Side of Chile25

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

Drinks

Milk25
Juice25
Coffee or Hot 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 Sandwich75

Drinks

Milk25
Juice25
Coffee or Hot Tea.....	.30

Slice of Pie (daily selection varies) .50

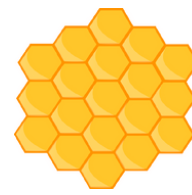
Bowl of Soup (daily selection varies) .50



The Honeycomb Cafe

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

Daily Hot Lunch- \$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

**ONE
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December 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <ul style="list-style-type: none"> ◆ Salisbury Steak/Mashed Potatoes w/Gravy ◆ Sliced Carrots ◆ Diced Beets ◆ Apricots ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Stewed Tomatoes ◆ Greek Yogurt ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Tamales ◆ Pinto Beans ◆ Calabacitas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>8</p> <p>CLOSED</p>	<p>9</p> <ul style="list-style-type: none"> ◆ Sesame Beef w/Pepper & Onions ◆ Chow Mein Noodles ◆ Stir Fry Vegetables ◆ Fortune Cookie ◆ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ◆ Seasoned Baked Salmon/Rice Pilaf ◆ Succotash ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion ◆ Brown Rice ◆ Okra w/Diced Tomatoes ◆ Orange ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Beef Tips w/Gravy/ Bowtie Pasta ◆ Garlic Brussel Sprouts ◆ Peach Crisp ◆ Croissant/Margarine ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes ◆ Seasonal Vegetable ◆ Warmed Sliced Apples ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Broccoli ◆ Garlic Breadstick ◆ Pear ◆ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Crinkle Cut Fries ◆ Steamed Spinach ◆ Mixed Fruit ◆ Whole Grain Dinner Roll w/Margarine ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Chicken Pot Pie ◆ Ancient Rice ◆ Steamed Broccoli ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Red Chile Pork Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Pineapple ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Peas w/Carrots ◆ Strawberries w/ Pound Cake ◆ Dinner Roll w/ Margarine ◆ 1% Milk 
<p>26</p> <p>Closed for Christmas</p> 	<p>27</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Roasted Potatoes ◆ Stewed Tomatoes ◆ Whole Grain Biscuit ◆ Mandarin Oranges ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Breaded Cod over Brown Rice ◆ Green Beans ◆ Caluliflower w/ Red Peppers ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Calabacitas ◆ Steamed Cabbage ◆ Flour Tortilla ◆ Rice Pudding ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes ◆ Collard Greens and Black eyed Peas ◆ Cornbread ◆ Grapes and a Fortune Cookie ◆ 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.



Happy Holidays



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
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