

January 2023

A Message from the Director



Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs. Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

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



ncoa
National Council on Aging

**Center will be
closed**

**Monday, January 2
Monday, January 16**

Happy
New Year

MARTIN
LUTHER
KING
JR. 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
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
12:30-2:30	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 - (Due to holiday) January 13th
8:30am - 12:30pm



Flea Market

(Every 2nd Monday of the month)

January 9th,

8:30am- 12:30pm

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.



-Cost: \$2.00 per table.

-Sign up for February will be; January 26th 2022 at 1:45pm.

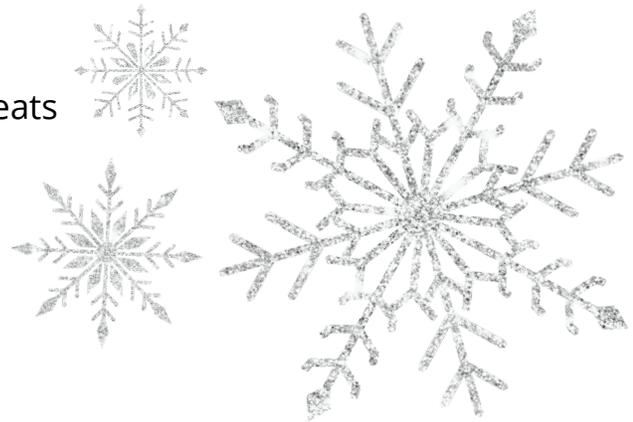
Friendship Coffee

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

January 5 --
January 12 --
January 19 --
January 26



Hello
WINTER



Presentation 9:00 - 11:00am

January 11th - 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 - January 17th (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

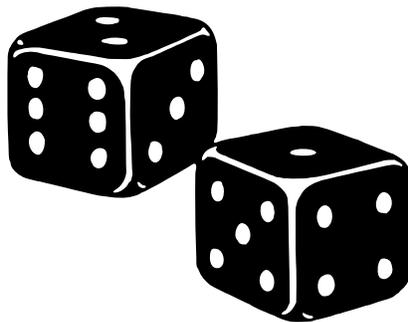
Bridge (Senior Men's) —1st Thursday of the month ONLY

Thursday 12:30—3:30pm

Cribbage—Friday 1:00—3:00pm

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

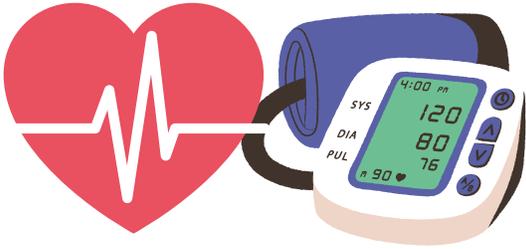
Mexican Train on Dominoes—Wednesday 12:00—3:00pm





Health and Wellness

GEHM CLINIC— Tuesday, January 3rd - 8:30am - 12:00pm
Tuesday, January 31st - 8:30am - 12:00pm



BOOSTER CLINIC—TBD
Tuesday, January 3rd — 9:00am - 12:00pm

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

January 11th, 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 — 4:00pm



Birthday Party

Join us for our monthly birthday treat.

1st Monday, January 9th (due to holiday)

11:30am — 12:30pm

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, January 17th

11:30am — 12:30 p.m.



Pie Social

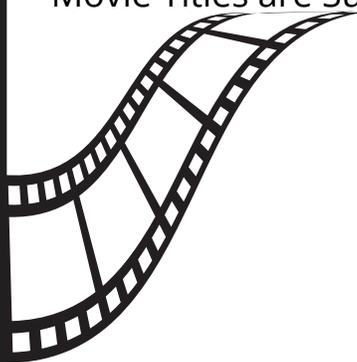
2nd Tuesday, January 10th

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

January 12 — The Call of Wild
January 26 — CONAIR

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!



January 10th The Flapper, the Scientist and the Saboteur By Christine Bell Dietz



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 end of December if you were selected to attend class.

Session 1 & 2 Begin Monday 1/9/2023

Session 3 begins Tuesday 1/10/2023

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.
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)

Thursday, January 5 — Senior Forum watch party at North Domingo Baca - Join Lt. Governor Morales, Cabinet Secretary Katrina Hotrum-Lopez and state legislators to discuss the important issues coming up in this year's Legislative Session. Forum will be hosted via Webinar from the following in-person location.

All expenses on your own.

Check in — 9:00am Return 12:00pm



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 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 11:30am to 1:00pm.

NO reservation is required for

A-la-carte menu items.

Salad

Small Garden Salad1.00

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

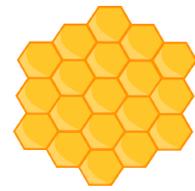
Slice of Pie (daily selection varies) .50

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- *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
ROQUE**

January 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



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed in Observance of New Year's Day	<ul style="list-style-type: none"> ♦ Beef Tips w/Gravy/Pasta ♦ Green Peas ♦ Bread Stick ♦ Greek Yogurt ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Omelet w/Cheese/Veggies ♦ Diced Red Potatoes ♦ Peach Cobbler ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Turkey Pot Pie ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Pork chop with Rice ♦ Seasonal Vegetable ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
9	10	11	12	13
<ul style="list-style-type: none"> ♦ Baked Tilapia ♦ Collard Greens ♦ Corn Bread ♦ Cookie ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Chicken Alfredo w/Green Chile ♦ Sliced Carrot ♦ Steamed Broccoli ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Roast Beef w/Brown Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Sweet and Sour Pork ♦ Brown Fried Rice ♦ Stir Fry Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 
16	17	18	19	20
Closed for Martin Luther King Day	<ul style="list-style-type: none"> ♦ Green Chile Chicken Posole ♦ Fajita Blend ♦ Cabbage ♦ Vanilla Pudding ♦ Flour Tortilla ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ziti ♦ Green Beans ♦ Breadstick ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Roasted Pork Loin ♦ Seasonal Vegetable ♦ Brussel Sprouts ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Sloppy Joes ♦ Tater Tots ♦ Broccoli ♦ Seasonal Fruit ♦ 1% Milk 
23	24	25	26	27
<ul style="list-style-type: none"> ♦ Chicken Parmesan ♦ Ancient Grain ♦ Cauliflower ♦ Mandarin Orange ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Mixed Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ French Fries ♦ Bell Pepper & Onions ♦ Banana ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Cod ♦ Lemon Butter Orzo ♦ Spinach & Onions ♦ Applesauce ♦ Dinner Roll ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Cheese Omelet & Hash Browns ♦ Stewed Tomatoes ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
30	31	1	2	3
<ul style="list-style-type: none"> ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Green Chile Beef Enchiladas ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	<ul style="list-style-type: none"> ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 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.



*Wishing
you a
Happy New
Year
from the
Palo Duro
Senior
Center staff*



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**