

June 2023



**AND HELLO TO OUR PROGRAM COORDINATOR.
When you see him, make sure to introduce yourself.**

**Congratulations!
Matthew Montoya**

**WELCOME TO
Palo Duro Senior Center**

Center Hours

Monday, Tuesday,
Thursday, Friday
8 am- 5 pm

Wed: 8 am- 7 pm

Sat: 9 am- 1 pm

Sunday Closed

Make everyday
a good day



Center will be closed

**Monday, June 19
In observance of
Juneteenth**

Message from the our Director



Summer



It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health & Fitness Day event at North Domingo Multigenerational Center, to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time.

We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center.

Or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone.

We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,
Director Anna Sanchez



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

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

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 - June 2nd from 8:30 am - 12:30 pm

- Sign up for the July course starting June 2nd, 2023



Flea Market

(Every 2nd Monday of the month)

June 12th, 2023

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.



-Cost: \$2.00 per table.

-Sign up for July will start; June 29th, 2023 from 9am-11am

Friendship Coffee

Thursdays 9:30 - 10:30 am



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

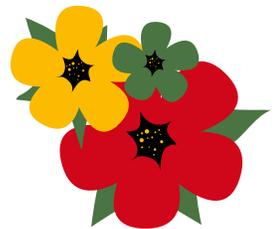


Thursday

June 1st--
June 8th--
June 15th--
June 29th--



In observance of
Juneteenth
City of Albuquerque, Department of Senior Affairs
Palo Duro Senior Center



Closed Monday, June 19, 2023

Juneteenth

Presentation 9:00 - 11:00 am

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



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 - 2:30 pm

Investment Club - June 20th (Every 3rd Tuesday)





Art, Computer, Language Classes, Etc.

Free Computer Classes



Technology Learning Opportunities for Local Seniors

The Department of Senior Affairs in partnership with Adelante DiverselT is excited to offer a series of FREE digital literacy group classes designed to teach the benefits of technology.

Reserve a spot and register today!

Visit diverselT.org to see our full class schedule.

Fact vs Fiction

Highland Senior Center

June 7, 2023

9 am-10 am

Gone Phishing

Tijeras Senior Center

June 14, 2023

10:00 am

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 - 11:00 am

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 9:00 am—4:30 pm

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

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

B-I-N-G-O—Every Tuesday 2:00—4:00 pm

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

Thursday 12:30—3:30 pm

Cribbage—Friday 1:00—3:00 pm

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

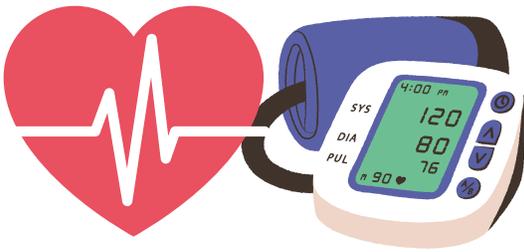




Health and Wellness

GEHM CLINIC— Tuesday June 6th

BOOSTER CLINIC— TBA



Wellness Classes

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



Language Classes



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

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

June 14th, 2023 - 9:00 - 11:00 am





Mayor Tim Keller



Anna Sanchez
Director

Angel Montoya
Division Manager



Antoinette Sigala
Center Manager

Matthew Montoya
Program Coordinator

**Juan Carlos
Camp-Arias**
Office Assistant

Amanda Simplicio
Program Assistant II

Vacant
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 — 4:00 pm



Birthday Party

Join us for our monthly birthday treat.

1st Monday, June 5th

11:30 am — 12:30 pm

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, June 20th

11:30 am — 12:30 pm.



Pie Social

2nd Tuesday, June 13th

11:30 am — 12:30 pm

Movies at Palo Duro

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

*Movie Titles are Subject to Change



Starting at 1:30 pm



June 8th — A Man Called Otto



June 22nd — ALOHA

Palo Duro Features



Cribbage

Fridays 1:00 — 3:30 pm

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 — 2:30 pm

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!



June 13th *The Ghosts of Paris* by Tarra Moss



Palo Duro Singers

Mondays 9:00 — 11:00 am

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 — 3:00 pm

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.

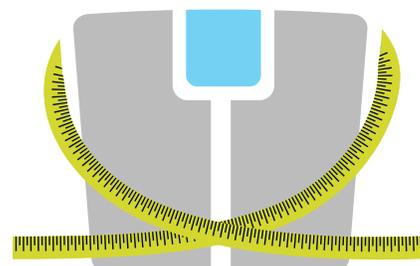
WE WELCOME ALL MEDIA

T.O.P.S take Off Pounds Sensibly

Mondays 11:45 - 1:00 pm

(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.



Palo Duro Features



Save the Date



4TH OF JULY DANCE

AT Palo Duro Senior Center Wednesday, July 5 1:30 pm - 4:00 pm

More information to come soon

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.



CONGRATULATIONS

PALO DURO SENIOR CENTER

BEST OF THE CITY TOP 5

Adult Educational Classes

SHOUT OUT TO ALL INSTRUCTORS !!!



MAKE SURE TO THANK ALL THE INSTRUCTORS

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 February if you were selected to attend class in March.

Session 1 - Monday, Wednesday, Friday 9-10 am

Session 2 - Monday, Friday 1:15 -2:15 pm

Session 3 - Tuesday, Thursday 9-10 am

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



Hikes of the Month

Wednesday, June 14th — La Vega Meadow

Check in 8:15 am - Depart 8:30 am - Return 6:00 pm

Wednesday, June 28th — Santa Barbara CG to Santa Barbara Middle Fork

Check in 8:15 am - Depart 8:30 am - Return 6:30 pm

Sign Up at the front desk for all trips and hikes.

All hike sign ups are available 2 weeks in advance



Strengthening Class

Mondays 9:30 - 10:30 am



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 Fridays 9:30 — 10:30 am

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



Trips (All Expenses on Your Own Must Sign Up at Front Desk)

Up Coming Trips

Wednesday, June 14th — Santa Fe National Cemetery

Sack Lunches will be provided. All other expenses on your own.

Check in 8:30 am

Depart 8:45 am

Return 4:30 pm





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.

Introducing DSA's New Volunteer Program VOLUNTEER IN ACTION

Volunteer in Action is an ALL-AGES volunteer program
with the Department of Senior Affairs.

Volunteer in Action is program for anyone interested in lending a hand,
corporate groups that want to give back, and seniors hoping
to get more involved in our community.

Volunteers may assist with existing programming,
teach a new skill, enhance special events, participate in a service project,
or support ongoing activities. The possibilities are endless!

Visit oneabqvolunteers.com, select "Serve with Seniors",
and click "Respond" to sign-up now!





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



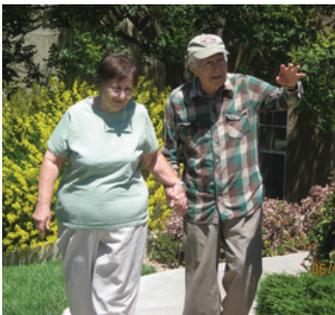
Senior Companion Program (SCP)

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**

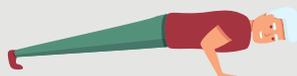
- **Department of Senior Affairs Membership required.**

- **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.

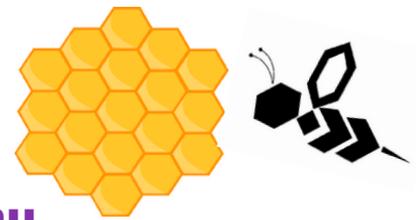
In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, **meals cannot be removed from the meal site designated dining area,** however whole fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

If you have any questions regarding regulations and guidelines, please call **Senior Affairs Nutrition/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 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- *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
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June 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
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk	31 ♦ Soft Tacos/Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk
5 ♦ Salisbury Steak ♦ Scaloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk	6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk	7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk	8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk	9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk
12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk	13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll /Margarine ♦ 1% Milk	*Cold Meal* 14 ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk	15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk
19 CLOSED In Observance of Juneteenth	20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Combread ♦ Peaches ♦ 1% Milk	21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk	23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ JellO ♦ Flour Tortilla ♦ 1% Milk
26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk	27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk	*Cold Meal* 28 ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk	29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk	30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 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.



City of Albuquerque
Department of Senior Affairs
**Advisory Council
Monthly Meeting**



Bear Canyon Senior Center
4645 Pitt, NE
June 26, 2023

Highland Senior Center
131 Monroe, NE
July 17, 2023



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**