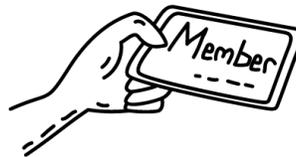


May 2022



MEMBERSHIP DRIVE

Beat the rush, no need to wait till June 30th to renew membership!



Tuesday, May 17th
Tuesday, May 24
9:00am - 11:00am

**DEPARTMENT OF
SENIOR AFFAIRS**

New Members Sign Up Today!

- Become a member of Department of Senior Affairs and take advantage of services at 6 Senior Centers, 2 Multigenerational Centers and 3 Fitness Centers

**Get Your
Membership!**

In Addition You Will Enjoy:

Classes, Presentations, Special Events, Trips and so much more...



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

**Monday May 30th
in observance of
Memorial Day**

A Message from the Director

Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults.

Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!

Best,

Anna Sanchez, Director
Department of Senior Affairs



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
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	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
1:30-2:30	Mystery Book Club (2nd)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

8:00-9:00	Breakfast
9:00-12:00	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
5:00-6:30	Tango Jam

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

Thursday

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

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

Saturday

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

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)

May 9th, 8:30am- 12:30pm

-Cost: \$2.00 per table.

-Sign up for June will be; May 26th 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

- May 5 --Klarus Homecare/Hospice (Sponsor)
- May 12 --Sandia Vista Senior Living (Sponsor)
- May 19 --A Place At Home (Sponsor)
- May 26 --Edward Jones (Sponsor)

Tuesday

- May 3 --Neptune Society (Sponsor)
- May 10 -- Med-care Senior Insurance Solution (Sponsor)
- May 17 -- BeeHive (Sponsor)
- May 24 -- Senior Health Resource Center (Sponsor)



Presentation 9:00 - 11:00am

May 11th - Senior Citizen's Law Office - General Legal 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—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





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

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 - May 17th (Every 3rd Tuesday)

Adelante Computer Class -

Wednesday, May 11, 2022 9:00am - 11:00am

Topic:

Making social media work for you!



Call 505-888-8102 to Register

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 in our computer lab or bring your own laptop, smartphone or tablet.

One on one mentoring for personal devices will be available.

Gone Phishing: Avoiding Scams

Barelas Senior Center

May 5, 2022

10am-12pm



Unsubscribe Me

Barelas Senior Center

May 19, 2022

• 10am-12pm

Fact vs. Fiction: What's Real on the Internet

Barelas Senior Center

May 12, 2022

10am-12pm

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

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



Wednesday May 4 , 2022
Band: Chile Beans Express

Music Classes

Palo Duro Singers—Mondays 9:00 - 11:00am
Tango Jam—Wednesdays 5:00 - 6:30pm



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 & Wellness



Blood Pressure Screenings

PDSC Volunteers—Monday's 9:00 - 11:00am
GEHM CLINIC— Tuesday, May 3rd - 8:30 - 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 10:30—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

May 11th, 2022 - 9:00 - 11:00am





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

Amber Rose Maestas
Program Assistant II

Manuel Ibadó
General Services

Joe Riboni
Cook

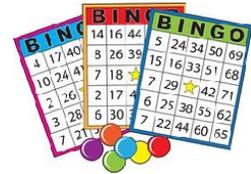
Palo Duro Features



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

Bingo

Tuesdays 2:00 - 4 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, May 2nd

11:30 - 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Shot Clinic

Wednesday, May 18th

9:00 - 12:00 p.m.

Covid & Booster Shots
Please Bring Vaccination Card.



Ice Cream Social

3rd Tuesday, May 17th

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.

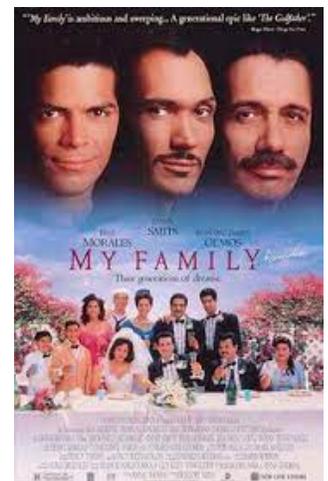


*Movie Titles are Subject to Change

Thursday May 19th -- My Family

(PG) 1 hr 35 min

A second-generation Mexican immigrant narrates his family history, beginning with the journey of his father, Jose (Jacob Vargas), across Mexico to Los Angeles where he meets Maria (Jennifer Lopez) and starts a family. Each subsequent generation contends with political and social hardships, ranging from illegal deportations in the 1940s to racial tensions and gang fights in the '60s and '70s. Yet through it all, or perhaps because of it, the family remains strong.



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!



May 10th "The Girl Before" By P.J Delaney



Palo Duro Singers

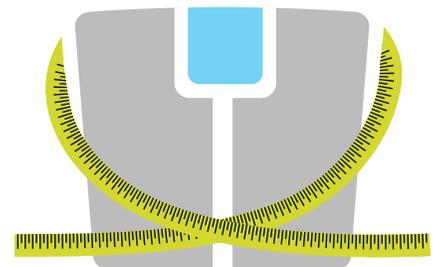
Mondays 9:00 - 12:00pm

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.

Palo Duro Features



Visiting Artist Program

Tuesdays 1:00 - 3:00pm

Visiting Artist is Open Studio for the time being. Please join us for painting, drawing, make new friends and lots of fun.

ALL ARE WELCOME

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



Ageless Artisan Craft Fair

May 21, 2022 from 9am-1pm



The first annual Ageless Artisan Craft Fair will feature works of Albuquerque's talented senior center community members at North Domingo Baca Multigenerational Center on May 21, 2022 from 9am-1pm. Older adult artists will have an opportunity to showcase their many talents such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites.

Admission is free and open to the general public

Transportation from Palo Duro Senior Center to North Domingo Baca.

Space is Limited.

Please sign up at the front desk.

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 - May



Birthday Party, Monday, May 2—11:30am—12:30pm

1st Monday of the month

Cinco De Mayo Dance, Wednesday, May 4—1:30 - 4:00pm

\$3 per person Band: Chile Beans Express

Tarde De Oro Trip, Thursday, May 12—11:45am - 4:45pm

Event at Kimo Theatre

Ice Cream Social, Tuesday, May 15—11:30am - 12:30pm

3rd Tuesday of the month

Movies at Palo Duro, Thursday, May 19—1:30 - 3:00 pm

Movie every 3rd Thursday

Ageless Artisan Fair May 21—9:00am—1:00pm

North Domingo Baca Multigenerational Center, Free Admission

Popcorn Days, Thursday All day

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



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 May if you were selected to attend class.



Session 1 & 2 Begin Monday 6/6/2022

Session 3 begins Tuesday 6/5/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990

Hikes of the Month

Tecolote- Balsam Glade- Capulin

May 10th , 2022

Oat- Hay Canyons to Bottom Short

May 24th , 2022



Check In: 8:15am
Depart: 8:30am

Sign Up at the front desk for all trips and hikes.
All hike sign ups are available 2 weeks in advance



Sports & Fitness -- Continued



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.



Senior Health and Fitness Day

May 25, 2022 from 9am-12pm



In observance of National Senior Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults.

Join us on May 25, 2022 from 9am-12pm at the ABQ Bio Park Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden.

- Free admission for the first 500 adults 50 years or older, including one caregiver per adult.
- Pre-registration encouraged to reserve your spot and expedite registration on event day.
- Space is limited.
- Having Trouble Registering? Please dial 311 for assistance.

Transportation from Palo Duro Senior Center to ABQ Bio Park.

Space is Limited.

Please sign up at the front desk.





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

Thursday, May 12 — Trip- Tarde De Oro

Event at Kimo Theatre

Check in - 11:45am

Depart - 12:00pm

Return - 4:45pm



Saturday, May 21 — Trip- Ageless Artisan Craft Fair

North Domingo Baca Multigenerational Center

Check in - 9:15am

Depart - 9:30am

Return - 12:45pm

Wednesday, May 25 — Trip- Senior Health and Fitness day

ABQ Bio Park Botanic Gardens

Check in - 8:15am

Depart - 8:30am

Return - 12:30pm



Up Coming Trips (Must Sign Up at Front Desk)



Trips for July - December

TBA



Volunteer Opportunities

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 rooms

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



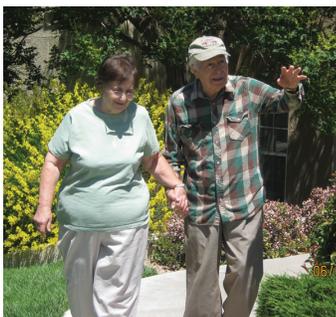
Senior Companion Program (SCP)

Volunteers work one-on-one with 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 (50¢ suggested donation)

- **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 – 8:15am-9:15am**

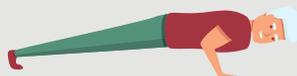
- **Department of Senior Affairs Membership required.**

- **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



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

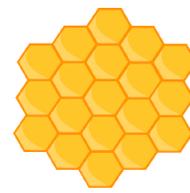
Slice of Pie (daily selection varies) .50

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



May 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> ◆ Chicken Tender with BBQ Sauce ◆ Green Beans ◆ Sweet Potatoes ◆ Diced Peaches ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Salmon with Garlic Butter Sauce ◆ Vegetables ◆ Brown Rice ◆ Vanilla Pudding ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions ◆ Steamed Carrots ◆ Orzo ◆ Banana ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Turkey Pot Pie: Turkey/Mixed Vegetables ◆ Diced Beets with Onions ◆ Biscuit ◆ Cantaloupe ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Southwest Omelet with Red Chile ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Applesauce ◆ 1% Milk 
9 <ul style="list-style-type: none"> ◆ Ground Beef/Diced Tomato/Cheese ◆ Calabacitas ◆ Pinto Beans ◆ Yogurt ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Cheese Tortellini with Meat Sauce ◆ Breadstick ◆ Vegetables ◆ Apple ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork with Pineapple ◆ Brown Rice ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Cajun Tilapia ◆ Vegetables ◆ Cornbread ◆ Strawberries ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Chicken Breaded Patty with White Gravy ◆ Mashed Potatoes ◆ Vegetables ◆ Orange ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Red Chile Beans with Beef ◆ Cornbread ◆ Peach Cobbler ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Baked Cod with Tartar Sauce ◆ Brown Rice ◆ Vegetables ◆ Pear ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Salisbury Steak with Mushroom/Gravy ◆ Vegetables ◆ Mashed Potatoes ◆ Chocolate Pudding ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Collard Greens ◆ Succotash ◆ Pineapple Chunks ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Sweet Potato ◆ Vegetables ◆ Watermelon ◆ 1% Milk 
23 <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Stewed Tomatoes ◆ Green Beans ◆ Jell-O ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Spaghetti with Meat Sauce ◆ Spinach with Onions ◆ Warm Sliced Apples ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Corn with Peppers ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Sliced Turkey and Gravy ◆ Stuffing ◆ Vegetables ◆ Yogurt ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mini Corn Dog with Mustard ◆ Steamed Potato ◆ Vegetables ◆ Cantaloupe ◆ 1% Milk 



The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

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 Mother's Day
to all our Members!

May 8th, 2022



Honoring all our
Fallen Heroes

May 30th, 2022



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