

May 2023

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 May 29th
in observance of
Memorial 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
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 - May 5th from 8:30am - 12:30pm

- Sign up for the June course starting May 5th, 2023



Flea Market

(Every 2nd Monday of the month)

May 8th, 2023

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 June will start; May 25th, 2023 from 9am-11 am

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

May 4th --
May 11th --
May 18th --
May 25th --



In observance of
Memorial Day
PALO DURO SENIOR CENTER



Closed Monday May 29, 2023
Memorial Day



Presentation 9:00 - 11:00am

May 10th - 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

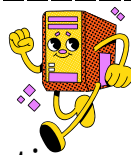
- Busy Bees Crochet & Knitting—Wednesday 12:00 - 3:00pm
- Ceramics—Monday & Thursday 9:30am - 12:30pm
- Lapidary I—Monday 8:30 - 11:30am
- Lapidary Studio—Friday 9:00am - 12:00pm
- Lapidary Intermediate — Tuesday 8:30 - 11:30am
- Leather—Tuesday 12:00 - 2:00pm
- Metal/Silver Smithing—Wednesday 12:00 - 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



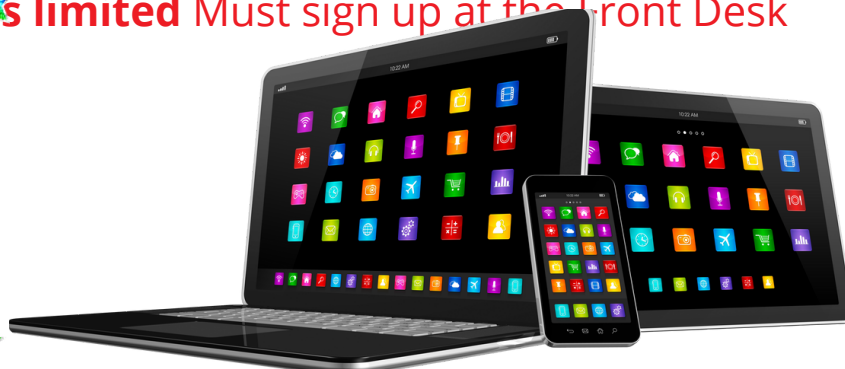
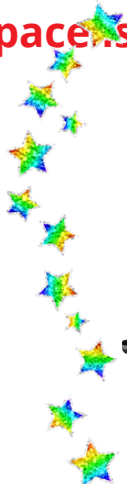
Open Computer lab (With exception of when computer classes are going on)
 Monday, Wednesday & Friday - 9:30 - 11:30am
 Tuesday & Thursday - 12:30 - 2:30pm

Investment Club - May 16th (Every 3rd Tuesday)



Teeniors will be here on May 2, 4, 9 & 11, TO HELP WITH ALL YOUR DEVICES

Spaces limited Must sign up at the Front Desk





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.

Unsubscribe

North Domingo Baca Multigenerational Center

May 3 2023

9am-10am

Gone Phishing

North Valley Senior Center

May 10, 2023

9am-10am

Connectivity @ Your Fingertips

PALO DURO SENIOR CENTER

May 17, 2023

9am-10am

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

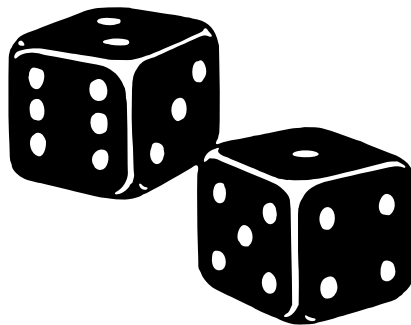
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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

Thursday 12:30—3:30pm

Cribbage—Friday 1:00—3:00pm

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

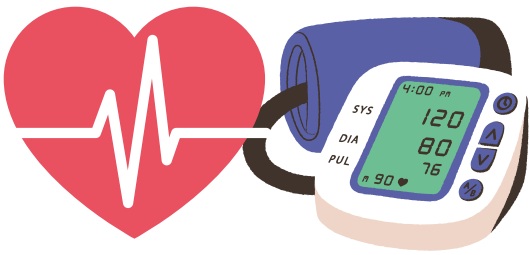




Health and Wellness

**GEHM CLINIC— Tuesday, May 2
Tuesday June 6**

BOOSTER CLINIC— TBA



Wellness Classes

- Line Dance Improver—Monday 1:30—3:00pm
- Line Dance Beginning—Monday 3:15—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

May 10th, 2023 - 9:00 - 11:00am





Mayor Tim Keller



Anna Sanchez
Director

Angel Montoya
Division Manager



Antoinette Sigala
Center Manager

Vacant
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 — 4:00pm



Birthday Party

Join us for our monthly birthday treat.

1st Monday, May 1st

11:30am — 12:30pm

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, May 16th

11:30am — 12:30 p.m.



Pie Social

2nd Tuesday, May 9th

11:30am — 12:30pm

Movies at Palo Duro

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

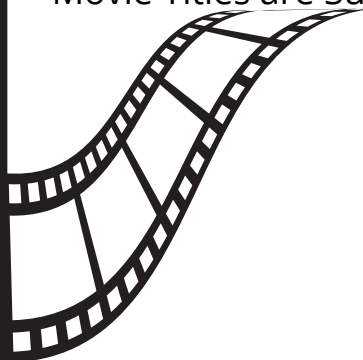
*Movie Titles are Subject to Change



Starting at 1:30pm

May 11th — CATCH THE BULLET

May 25th — SNAKE EYES



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 9th *What Happened to the Bennetts* by Lisa Scottoline

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



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.

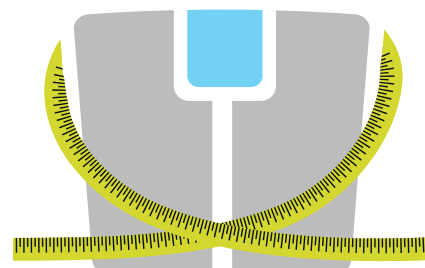
WE WELCOME ALL MEDIA

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



Save the Date



Free Admission!
Must sign up

Senior Health & Fitness Day

North Domingo Baca

Multigenerational Center

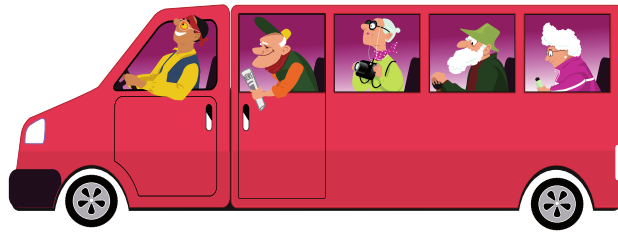
Wednesday, May 31, 2023

9:00 am - 12:00 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

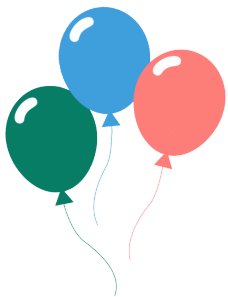
PALO DURO SENIOR CENTER

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 9am-10am

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

Session 3 - Tuesday, Thursday 9am-10am



Palo Duro Sports & Fitness 880-2800
Los Volcanes Sports & Fitness 767-5990

Sports & Fitness - Senior Health & Fitness Day



In observance of National Senior Health and Fitness Day, the Department of Senior Affairs along with amazing sponsors want to encourage staying active as a way of life for Albuquerque's older adults.

Join us on Wednesday May 31, 2023
9am-12pm at the
North Domingo Baca Multigenerational Center

**Transportation from Palo Duro Senior Center to North Domingo Baca will be provide
Please sign up at the front desk.**



- Group Exercise Demonstrations
- Health Screenings
- Mini-Health Fair



Sports & Fitness

Hikes of the Month

TBA

Working on new schedule

Hikes are moving to Wednesday at Palo Duro Senior Center



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 - 10:30am



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 Fridays 9:30 — 10:30am

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



Thursday, May 11 — Manana de Orory

.Featuring Shelley Morningsong & Fabian, Fontenelle, Antonio Reyna, Ray Lucero, Ray Avila Sal Garcia, Los Tapatios de Frances Lujan, Explosive Dance/Jazz, Hip-Hop Team and Travis Davis, MC
Check in 8:15 am.

Thursday, May 11 — Tarde de Orory

.Featuring Shelley Morningsong & Fabian, Fontenelle, Antonio Reyna, Ray Lucero, Ray Avila Sal Garcia, Eva Torrez, Los Tapatios de Frances Lujan, Los Bailadores de Oro and Tom Frouge, MC
Check in 11:45 am.

Wednesday, May 17 — Santa Fe National Cemetery

Sack Lunches will be provided. All other expenses on your own.
Check in 8:15 am.





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



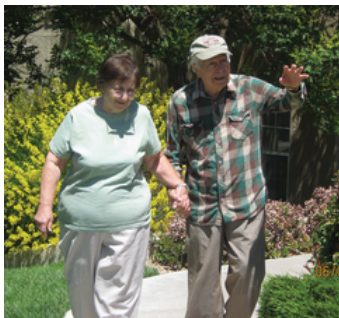
Senior Companion Program (SCP)

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

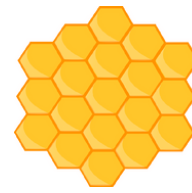
Bowl of Soup (daily selection varies) .50



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



May 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
1 ♦ Bake Ziti w/ Spinach ♦ Green Beans ♦ Garlic Breadstick ♦ Diced Peaches ♦ 1% Milk 	2 ♦ Salmon w/Garlic Butter Sauce ♦ Steamed Carrots ♦ Seasoned Orzo ♦ Banana ♦ 1% Milk 	3 ♦ Beef/Broccoli/Pepper/ Onions ♦ Stir Fry Vegetable ♦ Brown Rice ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Chicken Salad ♦ Baked Potato Chips ♦ Coleslaw ♦ Sliced Wheat Bread ♦ Grapes ♦ 1% Milk 	5 ♦ Carne Adovada: Diced Pork/Red Chile ♦ Roasted Street Corn ♦ Pinto Beans ♦ Flour Tortilla ♦ Tapioca Pudding ♦ 1% Milk
8 ♦ Baked Lemon Pepper Chicken ♦ Brown Rice ♦ Seasoned Beets ♦ Cantaloupe ♦ 1% Milk 	9 ♦ Diced Beef/Green Chile ♦ Calabacitas ♦ Pinto Beans ♦ Flout Tortilla ♦ Pear ♦ 1% Milk 	10 ♦ Sweet and Sour Pork ♦ Noodles ♦ Oriental Blend ♦ Orange ♦ 1% Milk 	11 ♦ Tilapia w/Cajun Buttered Sauce ♦ Seasonal Potatoes ♦ Roasted Brussels Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Sliced Turkey w/Gravy ♦ Cranberry Cornbread Stuffing ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk
15 ♦ Baked Cod w/Tarter Sauce ♦ Ancient Grains ♦ Steamed Green Peas ♦ Diced Peaches ♦ 1% Milk 	16 ♦ Green Chile Chicken Alfredo w/Pasta ♦ Normandy Blend ♦ Whole Grain Dinner Roll w/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Salisbury Steak w/Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetables ♦ Fresh Seasonal Fruit ♦ 1% Milk 	18 ♦ Eggs Salad Sandwich ♦ Carrot Raisin Salad ♦ Watermelon ♦ Sliced Wheat Bread ♦ 1% Milk 	19 ♦ BBQ Pulled Pork ♦ Macaroni and Cheese ♦ Spinach w/Diced Tomatoes & Onions ♦ Grapes ♦ 1% Milk
22 ♦ Swedish Meatballs w/Gravy ♦ Brown Rice ♦ Garlic Brussel Sprout ♦ Blueberries ♦ 1% Milk 	23 ♦ Baked Garlic Tilapia ♦ Mashed Sweet Potatoes ♦ Seasoned Vegetables ♦ Yogurt ♦ 1% Milk 	24 ♦ Bean/Cheese Burrito ♦ Diced Potatoes w/ Onions ♦ Spinach ♦ Applesauce ♦ 1% Milk 	25 ♦ Chicken Tetrzzini ♦ Green Peas ♦ Garlic Breadstick ♦ Mixed Fruit ♦ 1% Milk 	26 ♦ Roast Beef/Sliced Cheese/Hoagie ♦ Lettuce/Tomatoes ♦ Potato Salad ♦ Watermelon ♦ 1% Milk
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/Salas ♦ 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

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.



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**