



Palo Duro

Senior Center

5221 Palo Duro NE
Albuquerque, NM 87110
505-888-8102
Fax: 505-888-8107

Hours of Operation

Mon-Fri 8:00-5:00
Wed 8:00-7:00
Sat 9:00-1:00

Desert Willow

Gift Shop

Mon-Fri 9:00-2:00
505-888-8105

Open Computer Lab

Mon, Tue, Fri 1:00-3:00
Thu 9:30-11:30

Free Wi-Fi every day!

COAFreeWireless

Senior Information

www.cabq.gov/seniors
505-764-6400

RSVP Office

505-767-5225

Looking for the gym?
It's next to McKinley
Community Center by
the Middle School on
Monroe at Comanche.



Palo Duro

Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
505-880-2800

Hours of Operation

Mon-Fri 7:00-7:00
Sat 8:00-2:00

APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center

September 2016

Fabulous Fifties! Luncheon

Thursday, September 15

11:30-11:45a seating

\$4 Tickets on sale now



Live Performance by *The 45's of NM*

We're taking it back to the good old days with poodle skirts, bobby socks and rock & roll! We'll start with lunch and end with a sock hop.

No regular breakfast or lunch menus today—Continental Breakfast only

Changes at Palo Duro

- **No Popcorn** the week of September 27
- **Afternoon Movies** on 2nd & 4th Thursdays
- **Palo Duro Fishing Club** discontinued
- **Windows 10 Computer Class** date change: Fridays, Oct 14, 21, 28 and Nov 4
- **Sewing and Alterations** will meet in the Pinon Room on Tuesday, October 4
- **Reminder: Continental Breakfast only** will be available on Special Luncheon Days (3rd Thursdays of the month) which includes Thursday, September 15, for our Fabulous Fifties Luncheon

Sign Up for Autumn Trips and Presentations

Tuesday, September 6
after breakfast at 9:00a

See pages 3 & 4

Doors open at 8:00a for breakfast. Stop at the front desk for a number to reserve your spot in the registration line.

Holiday Marketplace

Nov. 1 thru Dec. 20
Tuesdays, 8:30a-noon



Senior vendors can reserve a table for \$2 beginning Tuesday, Sep. 6

Movies at PDSC

Willy Wonka & the Chocolate Factory

Thursday, September 8, 1:30-3:30p

* *Gene Wilder, the original Willy Wonka, passed away in August 2016.*

Salt of the Earth

Thursday, September 22, 1:30-3:30p

Free refreshments at intermission.

sorry We're
CLOSED

Labor Day

Monday, September 5

Staff Training Retreat

Friday, October 7



City of
Albuquerque

**Richard J.
Berry**
Mayor



**Department of
Senior Affairs**

**Jorja
Armijo-Brasher**
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center

Natasha Montoya
Center Manager

Clarissa Gonzales
Program Coordinator

Joe Zivny
Office Assistant

Dave Ellis
Program Assistant

vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Wanda Valdez
Assistant Cook

Visiting Artist Program

Tuesdays 1:00–3:00p

Each week a different professional artist will demonstrate their skills and guide participants in creative activities. The artistic opportunities offered by our guest artists are suitable for everyone, from beginners to those with art experience. *Free and open to all Senior Center members.*

Date	Program	Artist
6	Introduction	Pat Quintana
13	Journaling on Hang Tags	Kathleen Schweizer
20	Acrylic	Eva Sieben
27	Zentangles	Linda and Missy Stevens

Adapted Aquatics

Monthly at UNM Pool

Register on the 15th
at PD Fitness Center
or call 505-880-2800

M, W, F 8:30–10:45a
M & F 12:30–2:45p

OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p
Thursdays 9:30-11:30a



Windows 10 PCs
Scanner is available
Printing per page:
B&W: \$0.15
Color: \$0.20

Bring a USB Flash Drive to save your work.

Weekly Sponsored Events

Bingo

Tuesdays 1:15–4:00p

- 6 - Relay NM
- 13 - TBA
- 20 - Atria
- 27 - ABQ Grand

Friendship Coffee

Wednesdays 9:15–10:15a

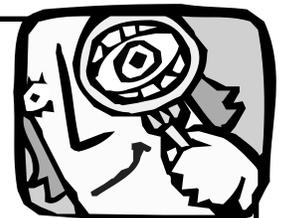
- 7 - TBA
- 14 - Presbyterian
- 21 - Walgreens
- 28 - Lovelace

Does your group have something to include in the newsletter? Submit your article by the 15th of the month to be considered for next month, subject to editing, available space and Center Manager approval.

MYSTERY BOOK CLUB

2nd Tuesdays, 1:30–2:30p

The books we read are available at the public library. Everyone is welcome. Please join us!



September 13

White Heat
by M.J. McGrath

October 11

A Corpse in the Koryo
by James Church

From the Desk of the Center Manager

I recently read *Still Alice* by Lisa Genova, a fictional novel about a successful Harvard Professor who receives the devastating diagnosis of Early Onset Alzheimer's Disease. The plot chronicles Alice's life from her perspective; as the novel progresses, so does the disease. Being in the mind of Alice allows you to see how the people around her respond to her episodes of disorientation, repetitive questioning, and general confusion.

Albeit this story is sad, it brought on awareness and empathic understanding that I may not have tapped into. The book not only reveals the struggles for those with the disease but their family and friends as well. It made me realize how important our memories are to our very essence and what being stripped of them does to us. Our memories make us who we are, who we are not, and remind us of what we love. They tell me I have a love for mint chocolate chip ice cream and so much more. So let us not take for granted the simple pleasures in life and live in the moment.

I am sure some of you have friends and family who suffer from Alzheimer's disease. Please know that there are resources for caregivers. Although there is no cure as of yet, there are drugs that have been approved to treat symptoms. I believe our community owes it to one another to be aware of the symptoms and not alienate those with this disease or disabilities, but offer understanding and acceptance.

The New Mexico Chapter of the Alzheimer's Association provides a variety of local caregiver programs, support groups, educational presentations and additional resources. Discover more at this free presentation:

The Basics of Alzheimer's Disease, Wednesday, September 21. Choose from 1:00–2:30p or 5:30–7:00p at 9500 Montgomery NE, Suite 121, Albuquerque, NM 87111 **505-266-4473 or 800-272-3900** <http://alz.org>

Presentations / Classes / Clinics

Marie Antoinette

Thu 9/1, 10:00a - with Carol Venturini

GEHM Clinic

Wed 9-7, 8:00a–noon - UNM Nursing Staff

Heart Failure

Thu 9/8, 10:00a - with Patti Hill

Essential Oils: Cleaner Home

Wed 9/14, 5:30p - with Carmen Good

Medicare

Wed 9/21, 9:30a - with Bobby Joe White

Project Heart Start

Wed 9/28, 9:30a - with David Grossman

GEHM Clinic

Wed 10/5, 8:00a–noon - UNM Nursing Staff

Fall is for Planting

Thu 10/6, 10:00a - Osuna Nursery

Essential Oils: Origins of Essential Oils

Wed 10/12 5:30p - with Carmen Good

Identity Theft: Prevention & Remedies

Wed 10/26, 9:30a - Senior Citizens' Law Office

Keep Albuquerque Beautiful

Thu 10/27, 10:00a - Mila Romero

GEHM Clinic

Wed 11/2, 8:00–11:00a - UNM Nursing Staff

Pluto: A Visit by New Horizons Spacecraft

Wed 11/2, 9:30a - with Len Duda

Essential Oils: Stress Management

Wed 11/9 5:30p - with Carmen Good

So You Want To Volunteer?

Thu 12/1, 10:00a - with Jo Felder

GEHM Clinic

Wed 12/7, 8:00a–noon - UNM Nursing Staff

Essential Oils: Medicine Cabinet

Wed 12/14 5:30p - with Carmen Good

To ensure you have a seat, please register at the front desk if you wish to attend.

Trips: October thru December 2016

*Sign up begins on Tuesday, September 6 at 9:00am after breakfast.
Numbers to reserve your spot in line will be handed out starting at 8:00am.*

NM Mineral Museum - Socorro

Friday, October 14 Check-in: 8:00–8:15a
Transportation: \$9.50 Return: 4:00p

Punkin Chunkin - Estancia

Saturday, October 15 Check-in: 9:00–9:15a
Transportation: \$8.00 Return: 3:30p
Admission: \$5.00

A Fare to Remember:

WOW Diner - Milan

Thursday, October 20 Check-in: 9:30–9:45a
Transportation: \$10.00 Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Tuesday, October 25 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

KRQE Studio Tour - Albuquerque

Tuesday, November 1 Check-in: 8:30–8:45a
Transportation: \$2.00 Return: 2:30p

A Fare to Remember:

El Parasol - Santa Fe

Monday, November 14 Check-in: 9:45–10:00a
Transportation: \$6.50 Return: 4:00p

Emotional Freedom Technique

2nd Mondays, 1:00–2:30p

Beginning September 12

(Fee to be announced)

EFT, or Tapping, is a self-healing tool for stress relief. Easy to learn, it's used to promote calm, ease anxiety and sometimes helps to alleviate physical pain. Provides tools to make empowered decisions.

Changes to the Activities Catalog

- **Silversmithing II**
Wednesdays, Sep 28, Oct 5, 12, 19 - \$160 Fee
- **Blood Pressure**
Mondays, 9:15–11:15a

Bonanza Creek Ranch - Santa Fe

Tuesday, November 22 Check-in: 8:00–8:15a
Transportation: \$6.50 Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Wed, November 23 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Wednesday, December 7 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

Holiday Shopping &

Gertrude Zachary Tour - Albuquerque

Thursday, December 8 Check-in: 9:15–9:30a
Transportation: \$2.00 Return: 4:00p

A Fare to Remember:

Green House - Los Lunas

Wed, December 14 Check-in: 9:45–10:00a
Transportation: \$4.50 Return: 4:00p

Montgomery Park Prescription Trail Walkers

Would you like to be part of a morning walking group here at our Center? Stop by the Front Desk to add your name to our Interest List.

<https://prescriptiontrails.org/>



News from Elenor at the Desert Willow Gift Shop

It's that time again! We're getting ready for the Holiday Season which means your handmade Holiday-Themed items will be accepted during September, October and November ONLY. (No holiday items after November 30.) Items may be submitted or picked up when the Shop is open Monday thru Friday, 9:00a–2:00p.

For more information, call 888-8105.

On-going Daily Activities Schedule

Monday		Monday	
8:00–12:00	Ceramics	1:00–3:00	Palo Duro Palettes
8:15–9:15	Aerobics	1:00–3:00	Square Dancing
8:30–11:00	Lapidary	3:15–4:15	Nia Technique
9:00–10:00	Yoga, Belts and Blocks	3:15–4:15	Tai Chi Chih, Beginning
9:00–11:00	Choralaires	4:30–5:30	Tai Chi Chih, Continuing
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks
9:30–10:30	Gentle Exercise	Thursday	
11:00–1:00	<i>Lujan Grisham Mobile Office (4-18, 8-22, 12-19)</i>	8:00–9:00	Flex & Tone
11:15–2:30	Philatelic Society	8:00–12:00	Ceramics
11:30–1:00	Jug Band Practice	8:15–4:30	<i>Rockhound Trip (2nd & 4th)</i>
11:45–1:00	T.O.P.S.	8:30–12:00	Deaf Seniors
12:15–4:00	Duplicate Bridge	8:30–11:30	Lapidary
1:00–3:00	French, Advanced	9:00–11:30	German, Intermediate
1:00–3:00	Open Computer Lab	9:30–11:30	Open Computer Lab
1:30–3:15	Line Dancing, Advanced	12:00–1:00	<i>Rockhound Meeting (1st & 3rd)</i>
2:45–4:30	Retired Physicians	12:00–3:30	<i>Mah Jongg (2nd & 4th)</i>
3:00–4:00	French Language Book Club	12:30–4:00	<i>Senior Men's Bridge (1st only)</i>
3:15–4:30	Line Dancing, Beginning	1:00–4:30	Metalcasting
Tuesday		1:00–3:00	Discussion Group, Open Topic
8:00–9:00	Flex & Tone	1:30–3:30	<i>Movies (2nd & 4th)</i>
8:00–12:30	Quilting (and more!)	Friday	
8:15–4:00	Hiking (every other) - reservation required	8:15–9:15	Aerobics
8:30–11:30	Tuesday's Angels	8:30–12:30	<i>Defensive Driving (1st only)</i>
8:30–11:30	Lapidary	9:00–12:00	Accordion Group
10:00–12:30	Sewing & Alterations	9:00–11:30	Pottery
12:00–2:00	Leathercraft	9:30–10:30	Gentle Exercise
1:00–3:00	<i>ABQ Travel Partners (2nd & 4th)</i>	9:30–10:30	Tai Chi, drop-in (no 1 st)
1:00–3:00	Open Computer Lab	9:30–11:30	Stained Glass
1:00–3:00	Visiting Artists	12:00–2:00	Get It Done
1:15–4:00	Bingo	12:15–4:00	Duplicate Bridge
1:30–2:30	<i>Mystery Book Club (2nd only)</i>	1:00–3:00	Spanish, Beginning
2:15–4:30	Rio Grande Players	1:00–3:30	Cribbage
Wednesday		1:00–3:00	Open Computer Lab
8:00–11:30	Pottery Lab	2:15–4:30	Swedish Weaving
8:15–9:15	Aerobics	Saturday	
9:00–10:00	Gentle Yoga	9:00–3:00	Hiking - reservation required
9:15–10:15	Friendship Coffee	9:00–10:30	Line Dancing, Beginning
9:30–10:30	Gentle Exercise	9:00–1:00	Quilting
10:00–12:00	<i>Investment Club (BCIC) (3rd only)</i>	9:30–11:30	Table Tennis (<i>till 10:30 on 1st only</i>)
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–11:30	ABQ Recorder Orchestra
12:00–3:00	Busy Bees - Crochet & Knit	10:00–12:00	<i>Accordion Group (3rd only)</i>
12:00–5:00	Game Time: Scrabble, Mexican Train & more	10:00–12:00	<i>Essential Tremors (3rd only)</i>
12:30–2:45	Bridge Group	10:00–11:00	<i>NARFE Board Meeting (1st only)</i>
		10:30–12:00	<i>Line Dancing, Advanced (no 1st)</i>
		11:00–12:30	<i>Red Hat Society (1st only)</i>
		11:00–12:45	<i>NARFE Chapter 80 Meeting (1st only)</i>

Note: Days and Times are subject to change.



Coming next month!

Palo Duro Senior Veterans Wall of Honor

Palo Duro Senior Center will commemorate our veterans on a permanent wall displaying past and current photos along with a short biography and summary of service for each senior.

To reserve a place on the Veterans Wall for yourself or a family member who is or was a member at our center:

1. Sign up at the front desk for an appointment to have your picture taken on 10/4.
2. Provide a past photo from the time of service.
3. Provide a short (5-10 sentences) biography and summary of what you did, typed or handwritten.
4. Come to the photo shoot to have a current photo taken wearing business casual attire (no T-shirts, please.)
Or, if our Veteran has since passed, please provide the most recent photo available.

Photo Shoot

Tuesday, October 4, 9:00–noon
Please bring past photo and bio.

Unveiling Ceremony

Thursday, October 27, 9:30–11:00a

How are we doing?

Our suggestion box is located at the bulletin board by the front desk. Please include your name to get a response.

Visit Our Other Centers, too

Barelas Senior Center

714 Seventh St SW, 87102
505-764-6436
Closed for cleaning: July 11–15

Bear Canyon Senior Center

4645 Pitt NE, 87111
505-767-5959
Closed for cleaning: July 25–29

Highland Senior Center

131 Monroe NE, 87108
505-767-5210
Closed for cleaning: August 8–12

Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121
505-767-5990
Closed for cleaning: September 12–16

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121
505-767-5999
Closed for cleaning: September 12–16

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123
505-275-8731
Closed for cleaning: August 29–September 2

N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113
505-764-6475
Closed for cleaning: August 1–5

North Valley Senior Center

3825 Fourth St NW, 87107
505-761-4025
Closed for cleaning: August 22–26

Palo Duro Fitness Center

3351 Monroe NE, 87110
505-880-2800
Closed for cleaning: September 19–23

All Centers will be closed for Staff Training on
Friday, October 7, 2016

CASA Nutrition Tip

Best Foods to Eat for More Energy

The types and the amount of food you eat play an important role in your daily energy levels. To stay alert all day, start by making smarter choices about what you're using to fuel your body.

Brown Rice—Rich in manganese, the mineral that helps produce energy from protein and carbs, it will help you maintain high energy all day. A versatile ingredient, brown rice can be served as a side dish with your favorite lean proteins.

Sweet Potato—High in carbohydrates and loaded with beta-carotene (vitamin A) and vitamin C, these will help fight off midday fatigue. Try them mashed or cut into strips, tossed with a little oil and baked for a healthier alternative.

Honey—A spoonful of honey is nature's equivalent of an energy drink. Low on the glycemic index, this natural sweetener acts as a time-released muscle fuel during exercise and helps replenish muscles post-

workout. Add a sweet drizzle to anything from breakfast yogurt to afternoon tea.

Bananas—Because they are composed mostly of sugars (glucose, fructose and sucrose) and fiber, bananas are a foolproof energy food. Top them with peanut or almond butter for a well-rounded snack

Apples—High in fiber, apples take longer to digest, so they'll give you a more prolonged lift than many other fruit picks. Apples can be eaten with any snack item.

Salmon—Salmon has been receiving a lot of hype lately for its high content of omega-3 fatty acids, which can lower cholesterol and reduce your risk of heart disease. But this pink fish also contains protein and vitamin B6, niacin and riboflavin—all of which help convert the food you eat into energy.

Source: healthydaily.com

26th Annual
Osso Canyon Art Fest



Art Fest Show Date:
Saturday, November 5, 2016
9:00 - 3:00

---Sign up now---

Reserve your table: \$40

Bear Canyon Senior Center
4645 Pitt, NE Albuquerque, NM 87111
767-5959

Sponsored by the Friends of Bear Canyon




Second Annual Event

September 20, 2016
10am-1pm

Grandparents Raising Grandchildren

Come meet other Grandparents Raising Grandchildren and celebrate with us!

North Domingo Baca Multigenerational Center
7521 Carmel Ave NE

Call 255-8740 to Register
Registration will be open until Friday, September 2nd...Call Today!

Speaker

Resource Fair



Light Meal

Childcare Provided

Interested in being a vendor? - Contact Tamie Gregg
tgregg@mch.org

The Mesquite Diner

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

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

Monday	Tuesday	Wednesday	Thursday	Friday
August 29 Bratwurst w/ Sauerkraut	30 Shredded Chicken Tacos	31 Egg Salad Sandwich	September 1 Meatloaf	2 Loaded Baked Potato
5 All Centers Closed—Holiday	6 Red Chile Cheeseburger	7 Chicken Tenders	8 Sweet & Sour Pork	9 Salmon
12 Pork Chop	13 Cheesesteak	14 Chopped Salad w/Turkey	15 Special Luncheon Fabulous 50s \$4 Ticket in advance	16 Red Chile Cheese Enchiladas
19 Chili Cheese Dog	20 Spinach Omelet	21 Strawberry Salad	22 Turkey & Swiss Sandwich	23 Green Chile Chicken Alfredo
26 Catfish	27 Cheesy Taco Pasta	28 Orange Chicken	29 Stuffed Potato	30 BBQ Brisket

Ice Cream Social

75¢ Sundaes

4th Wednesdays
September 28
11:30–12:30



Popcorn

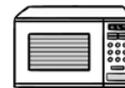
25¢ Bag

Tuesday thru
Thursday

We're popping 10:30–1:30



Microwave Oven



by the Ice Machine

Mid-morning Fruit Smoothies

\$2.00

2nd & 4th Thursdays
September 8 & 22
9:30–10:30

Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini.... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30