



November 2022

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**

In observance of
Veteran's Day
Friday, November 11

In observance of
Thanksgiving Holiday
Thursday November 24
Friday November 25

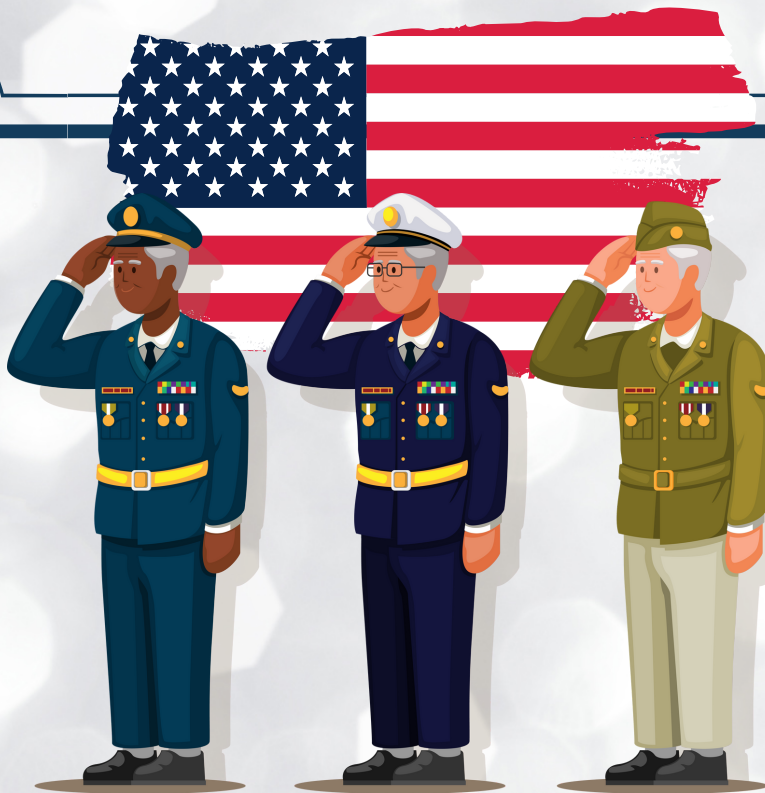


★ & ★
**PROTECTING
OUR
Freedom**

Celebrating our
VETERAN'S

here at Palo Duro
Wednesday, November 9, 2022
1:30 pm - 4:00 pm

Entertainment by Shirlette Weathersby



PALO DURO SENIOR CENTER THANKSGIVING LUNCHEON

THURSDAY, NOVEMBER 24, 2022

11:00 AM - 1:00 PM

\$4.00 per person

Menu

Turkey
Gravy
Buns
Salad
Pumpkin Pie with whip cream
Drinks

Mashed Potatoes
Corn
Cranberry Sauce
Dressing

Entertainment by
Paul Pino &
The Tone Daddies



5221 PALO DURO DR., NE 505.888.8102

ONE
ALBUQUE
RQUE

Things Going on at Palo Duro Senior Center



Holiday Craft Fair at Palo Duro every Friday

Starts November 4th - December 16th

8:30 - 12:00pm

Come purchase unique items for all your gift giving needs.

Sign up for a Table - \$2 to reserve your table

DSA Special Events... Something to DO!!

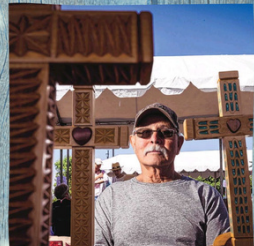
Ageless Artisan Craft Fair Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM

**MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123**



**ONE
ALBUQUE
ROQUE** senior affairs

FOOD TRUCKS | ARTS & CRAFTS KIDS CORNER | CLASSIC CAR SHOW
cabq.gov/seniors

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 - 11:00	Lapidary Beginning
9:00-4:30	Billards
9:00-11:00	Quilting
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	Visiting Artists Series
1:00-4:00	Hand & Foot Canasta (no 2nd Tuesday)
1:30-3:30	Investment Club (3rd Tuesday)
1:30-2:30	Mystery Book Club (2nd Tuesday)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

8:00-9:00	Breakfast
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd)
9:00-6:30	Billards
9:30-11:30	Open Computer Lab
11:30-1:00	Lunch
12:00-3:00	Busy Bees - Crochet & Knit
12:00-3:00	Metal/Silver Smithing
12:00-3:00	Mexican Train Dominoes

Monday

Thursday

8:00-9:00	Breakfast
8:30-10:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-10:30	German, Intermediate
9:30-10:30	Friendship Coffee
9:30-10:30	Strengthening Class
9:30-12:30	Ceramics
11:30-1:00	Lunch
12:00-1:00	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

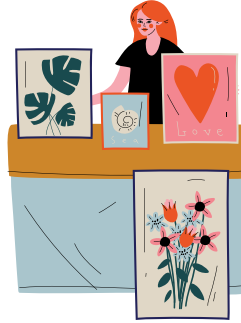
AARP Defensive Driving

Take the AARP SmartDriver classroom course and you could save on your car insurance!
1st Friday of the month - November 4th
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.



Flea Market

(Every 2nd Monday of the month)

Due to Craft Fair - Jan 14th,
8:30am- 12:30pm

-Cost: \$2.00 per table.

-Sign up for January will be;
December 27th 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

November 3 --
November 10 --
November 17 --



Tuesday

November 1 --
November 8--
November 15 --
November 22 --



Holiday Craft Fair at Palo Duro every Friday

Starts November 4th - December 16th

8:30 - 12:00pm

Come purchase unique items for all your gift giving needs.

Sign up for a Table - \$2 to reserve your table



Presentation 9:00 - 11:00am

November 9th - Senior Citizen's Law Office - General Law Clinic

2nd Wednesday of the month.
Call SCLO to sign up -Limited Spots Available. (505.265.2300)



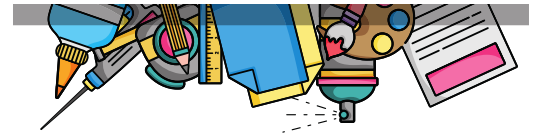
Art, Computer, Language Classes, Etc.

Arts & Crafts

- Busy Bees Crochet & Knitting—Wednesday 12:00 - 3:00 pm
- Ceramics—Monday & Thursday 9:30 - 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— Tuesday 9:00 - 11:00 & 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



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 - November 15th (Every 3rd Tuesday)



Loaner Tablet Program

Tablets Still Available

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.



Please call for more details 505-888-8102





Dances & Music



Music Classes

Palo Duro Singers—Mondays 9:00 - 11:00am



Games

Please remember to check in with the front desk before heading to the Game Room.

Current membership card is needed to participate in activities.

Billiards - Monday, Tuesday, Thursday & Friday 9:00am—4:30pm

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

Billiards/Golf (Snooker) - Monday, Wednesday & Friday 12:00—4:30pm

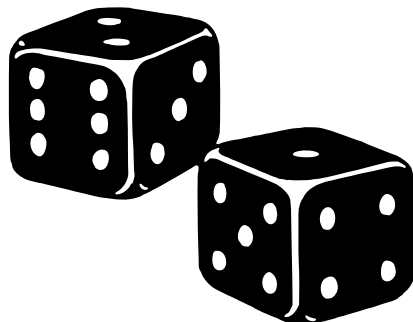
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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 and Wellness

Blood Pressure Screenings and Wellness Clinics

PDSC Volunteers— Thank you for your dedication to Palo Duro Senior Center and to the Seniors. You dedicated your time and services, touching so many hearts. We appreciate you. You will definitely be missed.

GEHM CLINIC— Tuesday, November 1st - 8:30 - 12:00pm

Senior Affairs COVID-19 and Flu Vaccination Clinics, Friday, November 18th —2:00-5:00 pm

City of Albuquerque is encouraging families to stay up to date on vaccinations by offering free vaccination clinics at Senior Affairs center locations. All brands of COVID-19 vaccines & omicron



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

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



Palo Duro Features



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

Bingo

Tuesdays 2:00 – 4:00 p.m.



Mayor Tim Keller



Anna Sanchez
Director

Angel Montoya
Division Manager



Birthday Party

Join us for our monthly birthday treat.

1st Monday, November 7th

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, November 15th

11:30 - 12:30 p.m.



Pie Social

2nd Tuesday, November 8th

11:30 - 12:30 p.m.



Antoinette Sigala
Center Manager

Amber Rose Maestas
Program Coordinator

Vacant
Office Assistant

Dave Ellis
Program Assistant II

Vacant
Program Assistant II

Manuel Ibuado
General Services

Vacant
Cook

Movies at Palo Duro

Join us at 1:30 p.m. for these movies! Popcorn will be provided. Movies will be shown every Thursday in November for our Holiday Movie Marathon

*Movie Titles are Subject to Change

**Celebrate with us every
Thursday in November
for Palo Duro's Holiday
Movie Marathon**

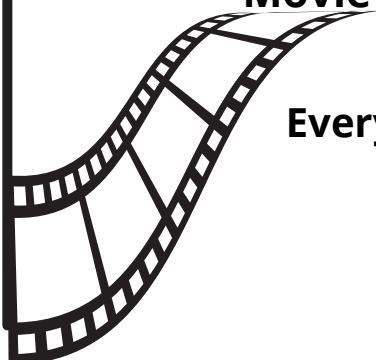


Every Thursday in November starting at 1:30 pm

November 3

November 10

November 17



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!



November 8th "A Legacy of Spies" By John LeCarre



Palo Duro Singers

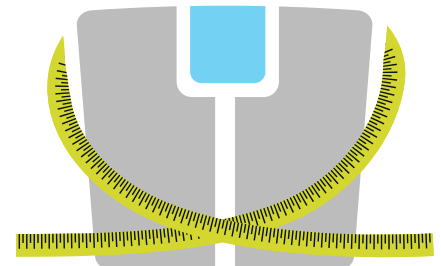
Mondays 9:00 - 11:00am

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.

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.

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

DSA Features

Ageless Artisan Fair-Winter Edition

Just in time for holiday shopping! Come shop & support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

November 19, 2022 | 9 AM - 1:00 PM
Manzano Mesa Multigenerational Center
501 Elizabeth, SE 87123



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 - October

All About Medicare, Every other Monday, starting October 3 thru December

Movies at Palo Duro, every Thursday for the month of November —1:30 - 3:00pm

Celebrate with us every Thursday in November for Palo Duro's Holiday Movie Marathon

Veteran's Day Celebration - Wednesday November 9 - 1:30pm—4:00pm.

Entertainment TBA

Ice Cream Social, Tuesday, November 17—11:30am - 12:30pm - 3rd Tuesday of the month

Senior Affairs COVID-19 and Flu Vaccination Clinics, Friday, November 18— 2:00 - 5:00 pm -

City of Albuquerque is encouraging families to stay up to date on vaccinations by offering free vaccination clinics at Senior Affairs center locations. All brands of COVID-19 vaccines & omicron



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 October if you were selected to attend class.



Session 1 & 2 Begin Monday 11/7/2022

Session 3 begins Tuesday 11/1/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



Strengthening Class

Mondays & Thursdays 9:30 - 10:30am

A fun strengthening class, performed primarily in a chair. The focus is on resistance training to build strength.

Equipment needed per person. Must Bring your own.



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.

\$3.00 per class





Trips (Must Sign Up at Front Desk)



Wednesday, October 5 — Hatch, NM

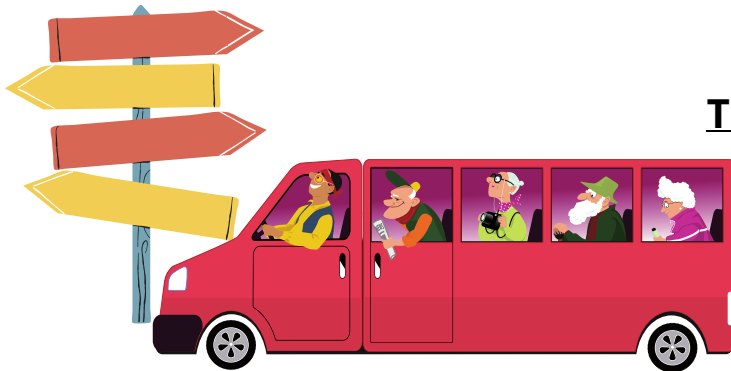
All expenses on your own.
Check in - 8:15am-4:00pm

Friday, October 7 — McCall's Pumpkin Patch

All expenses on your own.
Check in - 9:15am-4:30pm

Tuesday, October 11 — Prime Time Expo

All expenses on your own.
Details and sign up at the front desk.



Tuesday, October 18 — Ojo Caliente

All expenses on your own.
Check in - 8:45am-5:00pm

Up Coming Trips (Must Sign Up at Front Desk)

Saturday, December 3 — Christmas In Madrid

All expenses on your own.
Check in - 2:30pm-8:00pm

Saturday, December 6 — Lunch & More Group: Church Street Café

All expenses on your own.
Check in - 11:15am-1:30pm

Thursday, December 15 — River of Lights

All expenses on your own.
Check in - 4:30pm-8:00pm





Volunteer Opportunities

Become a Palo Duro Senior Center Volunteer We are looking for Volunteers

No Experience is necessary, training is provided,
with the exception of instructors.

- Drivers
- Instructors
- Wiping tables before & after meals.
- Wiping of counters in Arts & Crafts rooms

Learn how you can make a difference!

RSVP Advisory Council

Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms.

The council meets once a month at the Highland Senior Center.

Call 505-767-5225 for more information.





Volunteer Opportunities -- Continued

Retired Senior Volunteer Program (RSVP)

Volunteers work throughout the Albuquerque/Bernalillo County community by providing support services to more than 220 public & nonprofit agencies including schools, hospitals, museums, senior centers, frail elderly programs, police departments, juvenile programs, social services, homeless facilities, child abuse & neglected shelters, environmental projects & disaster relief programs. Volunteers also work on one-time special event projects, such as Daffodils for Hospice & Make A Difference Day.
Program Supervisor: Cristina Romero, 767-5223



RSVP Benefits include

- Mileage & Meal Reimbursement
- Supplemental accident & liability coverage while on duty
- Assistance with volunteer placement

Foster Grandparent Program (FGP)

Volunteers work with children who are at-risk or have special needs. Volunteers are placed in schools, hospitals, correctional institutions, Head Start and day care centers. The heart of the program is the one-to-one daily attention that Foster Grandparents provide and the sense of hope they foster in the hearts of children. Call 764-6413 for more information or to volunteer.

Program Supervisor: Bianca Olona-Elwell, 764-6412

- Willing to donate 20 hours a week
- Love children

Foster Grandparent benefits include

- Stipend for those who are income-eligible
- Transportation/Mileage reimbursement
- Meals while on duty
- Supplemental accident and liability coverage while on duty



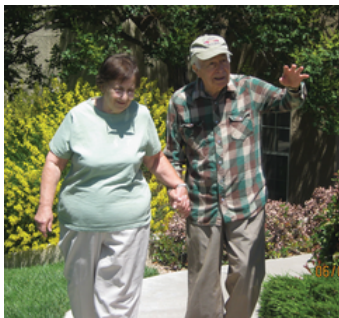
Senior Companion Program (SCP)

Volunteers work one-on-one with the homebound frail elderly & assist clients with paying bills, grocery shopping, transportation to medical appointments, & light housekeeping. Most importantly, they develop friendships with their clients.

The Senior Companions oftentimes allow recipients to stay at home rather than being institutionalized, resulting in major health care cost-savings for seniors, their families, & communities.

Call 764-1612 for more information or to volunteer.

Program Supervisor: Triston Lovato, 764-1612



- Willing to donate 20 hours a week
- Work with frail, at-risk, and homebound elderly

Senior Companion benefits include

- Stipend for those who are income-eligible
- Transportation/mileage & meals reimbursement
- Supplemental accident and liability coverage while on duty



Other Centers, Fitness Opportunities

Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

Exercise Classes

• **Aerobics:** This low-impact class combines energizing music with a fun routine to strengthen the cardiovascular system. For beginners to the advanced; work at your own level. Burn calories & get a great work out! (50¢ suggested donation).

- **Monday/Wednesday/Friday – 8:00am-9:00am**

• **Gentle Exercise:** Easy aerobics routine done in or out of a chair. This class is designed to help you gain strength, endurance, flexibility, balance, and bone density. (50¢ suggested donation)

- **Monday/Wednesday/Friday – 9:15am-10:15am**

• **QiGong for Health and Aging:** Together we will explore various healing arts and modalities to relax tension areas, breathe, move, and share in cultivating our Life Force Qi Energy with attention and trust. We will be in seated, standing, lying down, and moving positions to facilitate mindful awareness, and well-being. This class is especially designed for anyone with the following issues: stiff joints, tight muscles, arthritic conditions, and various body and mind stressors, and aging.

Instructor: Diane Chase (\$5.00 per class)

- **Wednesday – 12:00pm-1:00pm**

• **Flex & Tone:** Stretch and strengthen your entire body. Exercises are designed to improve flexibility, agility, range of motion, posture and muscle tone. (50¢ suggested donation)

- **Tuesday/Thursday – 8:00am-9:00am**

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

- **All classes are held in the Palo Duro Sports & Fitness Center Aerobics room.**

- **Please check in at the front desk to attend classes.**

- **More information, please contact Palo Duro Sports & Fitness Center**

Phone: 505-880-2800 | Address: 3351 Monroe St. NE



NOTICE

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY.

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

If you have any questions regarding regulations and guidelines, please call **Senior Affairs Nutrition and Transportation Division Manager Tim Martinez at 505-764-6450** for further clarification.

Thank you in advance for your cooperation.

The Honeycomb Cafe

Menu items subject to change.



Breakfast and Lunch Menu

Breakfast Menu

Served 8:00 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

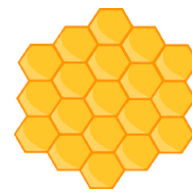
Bowl of Soup (daily selection varies) .50



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



November 2022



We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet & Sour Chicken W/Stir Fry Vegetables ◆ Seasonal Vegetables ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit W/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Watermelon ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk 	<p>Closed</p> <p>Veterans Day</p>
14	15	16	17	18
<ul style="list-style-type: none"> ◆ Lemon Garlic Salmon/ Ancient Grain Blend ◆ Green Beans ◆ Succotash ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatballs W/Marinara Sauce ◆ Steak Fries ◆ Seasonal Vegetables ◆ Banana ◆ Whole Grain Hoagie Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Seasoned Chicken W/Rice Pilaf ◆ Diced Beets ◆ Roasted Brussel Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach & Onions ◆ Pinto Beans ◆ Flour Tortilla ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera W/Stir Fry Vegetables & Alfredo Sauce ◆ Steamed Zucchini ◆ Breadstick ◆ Seasonal Fruit ◆ Yogurt ◆ 1% Milk 
21	22	23	24	25
<ul style="list-style-type: none"> ◆ Breaded Cod W/ Tartar Sauce over Brown Rice ◆ Spinach W/Onions ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Hash Browns ◆ Whole Grain Biscuit W/Margarine ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roasted Turkey W/ Combread Stuffing & Gravy ◆ Seasoned Green Beans ◆ Bake Yams W/ Marshmallows ◆ Dinner Roll W/ Margarine & Cranberry Sauce ◆ Pumpkin Empanada & Pumpkin Pie 	<p>Holiday Closed</p> <p>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.</p> 	<p>Holiday Closed</p> <p>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.</p> 
28	29	30	Dec. 1	Dec. 2
<ul style="list-style-type: none"> ◆ Breaded Catfish W/ Tatar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Collard Greens ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti W/Meat Sauce ◆ Sliced Mushrooms ◆ Italian Blend Vegetables ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop W/ Roasted Sweet Potatoes ◆ Green peas ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Diced Tomatoes ◆ Bell Peppers W/ Onions ◆ Mixed Fruit ◆ Whole Grain Hamburger Bun ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Baked Chicken W/Ancient Grains ◆ Green Beans ◆ Corn ◆ Croissant W/ Margarine ◆ Grapes ◆ 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.



***Happy Thanksgiving Day
to all our members!
November 24, 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