



October 2022

DSA Announcements



Annual Thanksgiving Luncheon is back!!

This year the **Annual Thanksgiving Luncheon** will be hosted by **Palo Duro Senior Center**. Tickets go on-sale **October 24th**



Mark your calendars  
**Palo Duro Senior Center**  
**Thursday, November 24, 2022**  
**11:00 AM - 1:00 PM**



**Entertainment: Paul Pino & Tone Daddies**  
**\$4 per person**

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

Want to sell your works at the fair?

Artisan and Crafter applications available at front desk.

**Application submission deadline is Monday, October 17, 2022.**

Are you a crafter or artist and want to learn how to strategically showcase your work to entice customers? Senior Affairs is offering two FREE training opportunities that can help artisans and crafters level up sales and enhance displays.

**Pre-Registration Required**

**North Domingo Baca Multigenerational Center**  
7521 Carmel NE 87113  
**October 5, 2022 | 9am**  
Call 505-764-6475



**Los Volcanes Senior Center**  
6500 Los Volcanes, NW 87121  
**October 5, 2022 | 1:30pm**  
Call 505-767-5999



**Congratulations!**  
**Amber Rose Maestas**  
**New Program Coordinator of**  
**Palo Duro Senior Center**



Center Hours

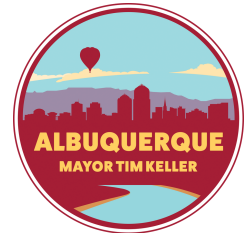
Monday, Tuesday,  
Thursday, Friday  
8 a.m.- 5 p.m.

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 October 10th**  
**in observance of**  
**Indigenous People Day**



**Happy**  
**Halloween**

**COME DANCE AND SHAKE IT UP  
AT  
PALO DURO SENIOR CENTER  
PUMPKIN DANCE**



**Wednesday October 19**

**PUMPKIN RAFFLE**

**Entertainment by**

**Tino's Band**

**1:30—4:00 pm**




**\$3.00 per person**

**ONE  
ALBUQUE  
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PALO DURO SENIOR CENTER'S  
**2ND ANNUAL**  
**SPOOKTACULAR BALL**



All Ages !

Dress in your  
Favorite  
Halloween Costume

1:30 - 4:00 pm

Monday, October 24th

**EVENTS:**

Dance \$3

Chile Beans Express

Nacho Bar

Lots of FUN

Questions? Call PDSC: 888.8102

or

Citizen Contact Line: 311

ONE  
ALBUQUE  
RQUE

5221 Palo Duro, NE

# 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

## 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

## 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

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 - October 7th  
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 Holiday - October 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

- October 6 --
- October 13 --
- October 20 --
- October 27 --



### Tuesday

- October 4 --
- October 11 --
- October 18 --
- October 25 --



## 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 (starting Friday October 21)**



## Presentation 9:00 - 11:00am

October 12th - 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** - October 18th (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

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

**Wednesday, October 12 - TBA**

**Wednesday, October 19 - Tino's Band**

**Monday, October 24 - Chili Bean Express**

### Music Classes



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

Lunchtime performance Friday, October 28

11:30 am - 1:00 pm

## 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

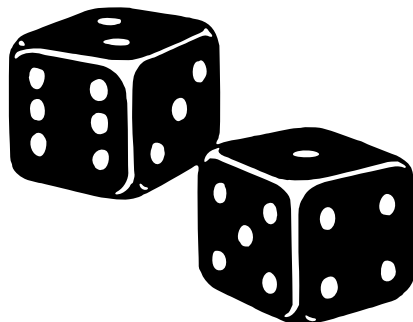
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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**—Monday's 9:00 - 11:00am

**GEHM CLINIC**— Tuesday, October 4th - 8:30 - 12:00pm



### Senior Affairs COVID-19 and Flu Vaccination Clinics, Friday, October 21—9:00 - 12:00 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

### Outreach Day for UNM College of Pharmacy, Friday, October 21 - 9:00am - 12:00 pm

Providing Flu Shots, Fall Risk Assessment and information, ATRIAL of fibrillation blood pressure and diabetes screening

## 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

**October 12th, 2022 - 9:00 - 11:00am**





# Palo Duro Features



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

Department of  
Senior Affairs



Mayor Tim Keller



Anna Sanchez  
Director

Angel Montoya  
Division Manager

## Bingo

Tuesdays 2:00 – 4:00 p.m.



## Birthday Party

Join us for our monthly birthday treat.

**1st Monday, October 3rd**

**11:30 – 12:30 p.m.**

Sponsored by: Palo Duro Philatelic Society

## Ice Cream Social

**3rd Tuesday, October 18th**

**11:30 - 12:30 p.m.**



## Pie Social

**2nd Tuesday, October 11th**

**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 Ibadó**  
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 October for our Halloween Movie Marathon

\*Movie Titles are Subject to Change

**Celebrate with us every  
Thursday in October for  
Palo Duro's Halloween  
Movie Marathon**



**Every Thursday in October starting at 1:30 pm**

**October 6**

**October 13**

**October 20**

**October 27**

# 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!

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## 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!



**October 11th "A Legacy of Spies" By John LeCarre**



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## Palo Duro Singers

**Mondays 9:00 - 11:00am**

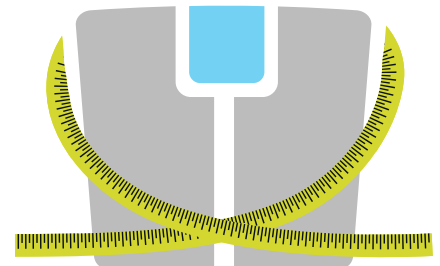
Formerly known as Choralaires and Jug band, Palo Duro Singers are looking for more singers to join the fun group, singing popular songs we all know.

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## 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.

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## 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

### Internet Resources Fair

The City of Albuquerque's Department of Technology & Innovation are bringing service providers together to help our community learn how they can potentially save on high-speed internet. The FCC's Affordable Connectivity Program provides up to \$30 per month toward broadband service for eligible households! On October 8, 2022 from 11am-2pm head over to the International District Library where internet service providers that participate in ACP will be on-site to answer questions and help with enrollment.

Ready to enroll right now? Visit [cabq.gov/internet-fair](http://cabq.gov/internet-fair) for details.

### 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 October—1:30 - 3:00pm**

Celebrate with us every Thursday in October for Palo Duro's Halloween Movie Marathon

**Birthday Party, Monday, October 3—11:30am—12:30pm - 1st Monday of the month**

**Presentation "Restroom Safety" by Dream Style, Wednesday, October 5 - 9:00 am**

**Palo Duro 1st Annual Village Fair Dance, Wednesday, October 12; - 1:30pm—4:00pm.**

Entertainment TBA

**Ice Cream Social, Tuesday, October 18—11:30am - 12:30pm - 3rd Tuesday of the month**

**Palo Duro 2nd Annual Pumpkin Dance, Wednesday, October 19—1:30am - 4:00pm**

Entertainment TBA

**Senior Affairs COVID-19 and Flu Vaccination Clinics, Friday, October 21—9:00 - 12:00 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

**Outreach Day for UNM College of Pharmacy, Friday, October 21 - 9:00am - 12:00 pm**

Providing Flu Shots, Fall Risk Assessment & information, ATRIAL of fibrillation blood pressure & diabetes screening

**Palo Duro 2nd Annual Spooktacular Ball, Monday, October 24—1:30pm - 4:00pm**

2nd Tuesday of the month. Entertainment by Chili Beans Express

**Bring A Friend IN - Friday, October 24**

**Palo Duro Singers Lunch Time Performance, Friday, October 28**



# 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**

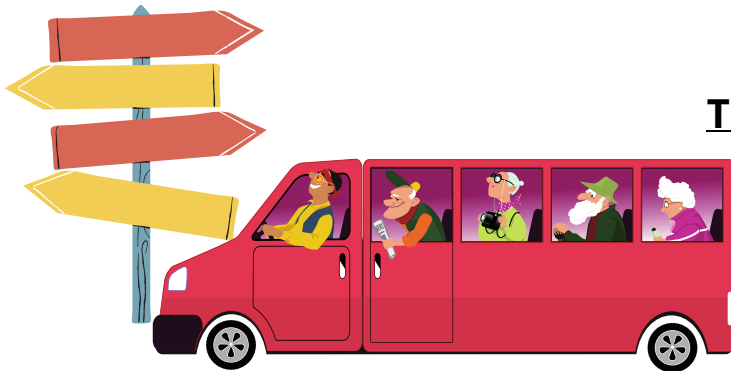
All expenses on your own.  
Check in - 8:15am-4:00pm

### **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)**

### **Thursday, November 7 — Lunch & More: Lindo Mexico**

All expenses on your own.  
Check in - 11:00am-1:30pm

### **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



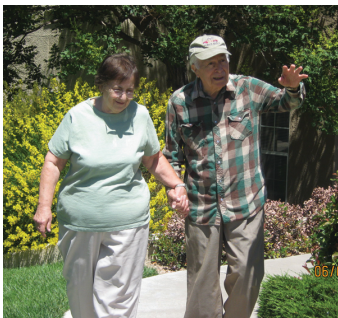
## Senior Companion Program (SCP)

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**





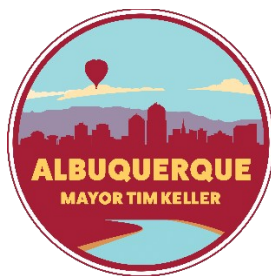
# Notice

## ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREA

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 fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

If you have any questions regarding this regulations and guidelines, please call Senior Affairs Nutrition and Transportation Division Manager,

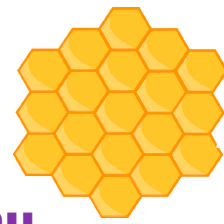
Tim Martinez at 764-6450



Department of Senior Affairs

# 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 Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Oatmeal .....	.70
Side of Chile .....	.25

Huevos Rancheros (Wednesdays) .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Waffle Friday:	
Plain .....	1.00
With Strawberries & Whipped Cream.....	1.50

### Drinks

Milk .....	.25
Juice .....	.25
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 Sandwich .....	.75

### Drinks

Milk .....	.25
Juice .....	.25
Coffee or Hot Tea.....	.30

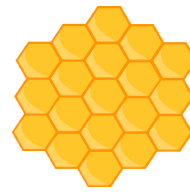
Slice of Pie (daily selection varies) .50

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**

**ONE  
ALBUQUE  
RQUE**

## OCTOBER 2022

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
3 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Spanish Rice</li> <li>◆ Pinto Beans</li> <li>◆ Roasted Corn</li> <li>◆ Pineapple</li> <li>◆ Flour Tortilla</li> <li>◆ 1% Milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Beef Stroganoff</li> <li>◆ Broccoli &amp; Red Peppers</li> <li>◆ Seasonal Vegetables</li> <li>◆ Bread Stick</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Omelet w/ Fajita Blend</li> <li>◆ Buttered Spinach</li> <li>◆ Tater Tots</li> <li>◆ Rice Pudding</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Meatloaf w/ Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Brussel Sprouts</li> <li>◆ Dinner Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>◆ Lemon Pepper Tilapia</li> <li>◆ Rice Pilaf</li> <li>◆ Zucchini &amp; Red Peppers</li> <li>◆ Seasonal Vegetables</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 
10 <p><b>CLOSED FOR INDIGENOUS PEOPLES DAY</b></p>	11 <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork</li> <li>◆ Brown Rice</li> <li>◆ Vegetable Blend</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Frito Pie</li> <li>◆ Pinto Beans</li> <li>◆ Spinach</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Breaded Catfish</li> <li>◆ Crinkle Cut Fries</li> <li>◆ Diced Tomato</li> <li>◆ Collard Green</li> <li>◆ Cherry Cobbler</li> <li>◆ 1% Milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Macaroni and Cheese</li> <li>◆ Green Beans</li> <li>◆ Seasonal Vegetables</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 
17 <ul style="list-style-type: none"> <li>◆ Bratwurst w/ Onion &amp; Peppers</li> <li>◆ Diced Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Diced Pears</li> <li>◆ Hoagie Bun</li> <li>◆ 1% Milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Sliced Turkey w/ Gravy</li> <li>◆ Sweet Potatoes</li> <li>◆ Beets</li> <li>◆ Dinner Roll</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Eggplant Parmesan</li> <li>◆ Pasta w/ Marinara</li> <li>◆ Carrots</li> <li>◆ Broccoli</li> <li>◆ Greek Yogurt w/ Peaches</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ Garlic Butter Tilapia</li> <li>◆ Brown Rice</li> <li>◆ Green Peas</li> <li>◆ Cauliflower</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>◆ Green Chile Beef Stew</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Cinnamon Apples</li> <li>◆ Flour Tortilla</li> <li>◆ 1% Milk</li> </ul> 
24 <ul style="list-style-type: none"> <li>◆ Pasta Primavera</li> <li>◆ Green Beans</li> <li>◆ Garlic Bread</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ BBQ Baked Chicken</li> <li>◆ Collard Greens</li> <li>◆ Seasonal Vegetables</li> <li>◆ Croissant</li> <li>◆ Cranberry Sauce</li> <li>◆ Mandarin Oranges</li> <li>◆ 1% Milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ Gravy</li> <li>◆ Brown Rice</li> <li>◆ Cauliflower</li> <li>◆ Green Peas</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 	27 <ul style="list-style-type: none"> <li>◆ Garlic Butter Salmon</li> <li>◆ Orzo Pasta</li> <li>◆ Carrots w/ Parsley</li> <li>◆ Broccoli &amp; Cauliflower</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	28 <ul style="list-style-type: none"> <li>◆ Beef Tips w/ Gravy</li> <li>◆ Pasta</li> <li>◆ Corn w/ Red Peppers</li> <li>◆ Brussel Sprouts</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk</li> </ul> 
31 <ul style="list-style-type: none"> <li>◆ Red Swamp Water (Posole)</li> <li>◆ Witches Potion</li> <li>◆ Mystery Mix</li> <li>◆ Bat Wings</li> <li>◆ Ghostly Pumpkin</li> <li>◆ 1% Milk</li> </ul> 	Nov. 1 <ul style="list-style-type: none"> <li>◆ Cheese Burger</li> <li>◆ Tater Tots</li> <li>◆ Diced Tomatoes</li> <li>◆ Peppers &amp; Onions</li> <li>◆ Banana</li> <li>◆ Hamburger Bun</li> <li>◆ 1% Milk</li> </ul> 	Nov. 2 <ul style="list-style-type: none"> <li>◆ Baked Chicken</li> <li>◆ Ancient Grains</li> <li>◆ Broccoli</li> <li>◆ 5-Way Vegetables</li> <li>◆ Diced Pears</li> <li>◆ 1% Milk</li> </ul> 	Nov. 3 <ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Macaroni &amp; Cheese</li> <li>◆ Sliced Zucchini</li> <li>◆ Carrots</li> <li>◆ Pineapple</li> <li>◆ 1% Milk</li> </ul> 	Nov. 4 <ul style="list-style-type: none"> <li>◆ Catfish</li> <li>◆ Sweet Potatoes</li> <li>◆ Pinto Beans</li> <li>◆ Collard Greens</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 

# 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.

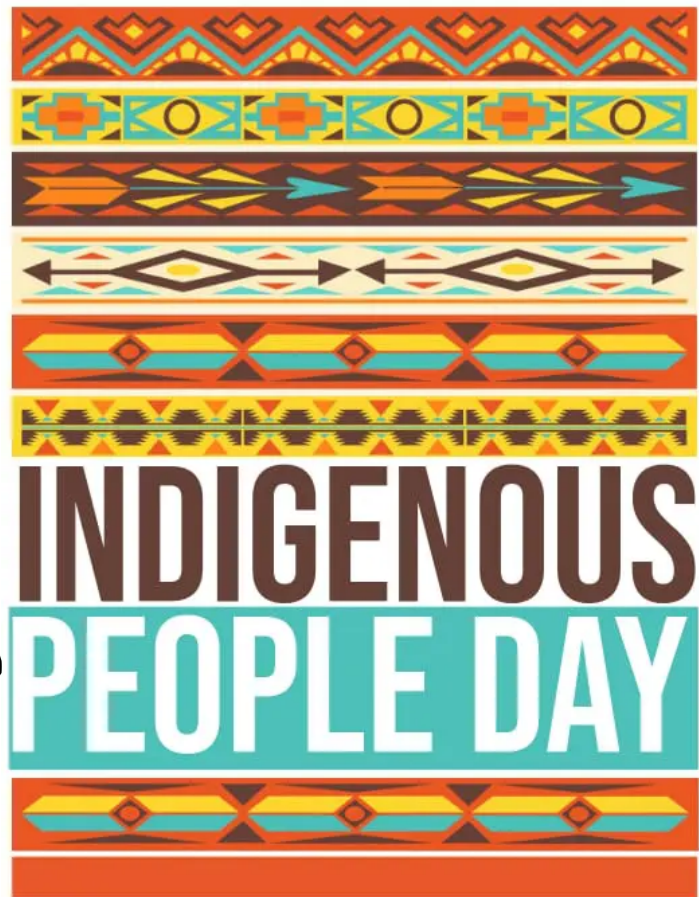
Classroom doors are emergency exit only doors.



Thank you.



*Happy Indigenous People's Day  
to all our Members!  
October 10th, 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**