

# September 2021

## A Message from the Director

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city.

This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director  
City of Albuquerque Senior Affairs



### 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



**The Center will be closed,  
Monday September 6th  
in Observance of Labor Day**



Department of  
Senior Affairs



Mayor Tim Keller



Anna Sanchez  
Director

Nikki Peone  
Division Manager



Antoinette Sigala  
Center Manager

Carl Corona  
Program Coordinator

Depriese Frias  
Office Assistant

Dave Ellis  
Program Assistant

Vacant  
Program Assistant

Manuel Ibuado  
General Services

Genoveva Mesta  
Cook

David Martinez  
Assistant Cook

## Popcorn Days

Grab your bag at the front desk- we're popping Thursday beginning at 10:30 a.m.!

**\$0.25 Bag**



## Open Computer Lab

Tuesday & Thursday  
9:30 a.m. -11:30 a.m

Please bring your membership card

*No Thursdays during tax season*

## 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!

**TBA**

Palo Duro Sports & Fitness 880-2800



## Bingo

**Tuesdays 2:00 p.m. - 4 p.m.**

Sponsored by- Oak Street Health

## Friendship Coffee

**Thursdays 9:30 a.m. - 10:30 a.m.**

Gather with friends old and new for a cup of coffee and treats courtesy of our generous sponsors.

September 9 —Affinity at Albuquerque (sponsor)

September 16 —Sandia Vista Senior Living (sponsor)



# What's The Buzz?



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



**Congratulations!**  
**Carl Corona**  
**New Program Coordinator of**  
**Palo Duro Senior Center**



## Birthday Party

Join us for our monthly birthday treat.

**1st Monday, September 13**

**11:30 a.m. – 12:30 p.m.**

Sponsored by: TBA



## Ice Cream Social

**3rd Tuesday, September 21**

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

## Movies at Palo Duro Starting in October

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

Movies are shown every 3rd Thursday.

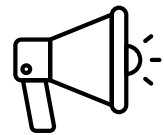
\*Movie Titles are Subject to Change



## 25th Annual Prime Time 50+ Expo

**October 13, 2021**

**8am – 1:30pm at Embassy Suites**



Free Health Screenings and Entertainment!

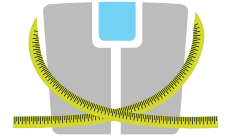
Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.



## 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 nonjudgemental setting. Come Check us out and discover how T.O.P.S can help you.



## Mystery Book Club

**2nd Tuesdays 1:30 - 2:30pm**

The Books we read are available at the Public Library next door. Everyone is welcome, So please Join Us!

**September 14, "A Bloodhound To Die For" By Virginia Lanier**

## Visiting Artist Program

**Tuesdays 1:00 - 3:00pm**

There are many exciting and creative activities offered by outstanding artists from our community. This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides a different art activity each week.



## Palo Duro Presentations

**Please make a reservation at our front desk or call 505.888.8102**



## Power of Attorney Clinic

**Wednesday, September 15th, 9:00 - 11:00 am**

Call SCLO to set up appointments (265.2300)

Fallen behind on mortgage payments? Served with foreclosure paperwork?

Want to learn about the about the loan modification process?

If any of the above apply to you, come join a Senior Citizens' Law Office Staff Attorney on Wednesday, September 15, 2021 at 9:15 a.m. at the Palo Duro Senior Center for an informative legal workshop including: Delinquency, Modification, and Foreclosure Court Process Question and answer period

Presented by: Senior Citizen's Law Office

## SMART DRIVING (AARP)



AARP national office extended its nationwide in-person event closure until at least January 1st. If we are allowed to resume in-person events in January, the cost of the class will become \$20 for AARP members, and \$25 for non-members.

A special 25% off discount for the on-line course is available through December 31st for those who may want to take it now to get a discount on their auto insurance. That website is: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
People can use promo code: DRIVINGSKILLS for the 25% discount.

# 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	Choralaires
9:30-12:30	Ceramics (starts Sept. 13)
9:45-11:15	Retired Doctors & Interested Persons Discussion Group
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
12:45-3:30	Duplicate Bridge
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
9:00-4:30	Billards
9:00-11:00	Tuesday's Angels
9:30-11:30	Computer Lab (Open)
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-1:00	Leather
1:00-3:00	Mesquite Smokin' Swing Jam
1:00-3:00	Visiting Artists Series
1:30-2:30	Investment Club
1:30-2:30	Mystery Book Club (2nd )
2:00-4:00	Bingo (\$3 minimum to play)

## Wednesday

8:00-9:00	Breakfast
9:00-11:00	RSVP Volunteer Training
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd )
9:00-6:30	Billards
11:30-1:00	Lunch
12:00-3:00	Busy Bees - Crochet & Knit
12:00-3:00	Metal/Silver Smithing
12:00-3:00	Mexican Train Dominoes
5:00-6:45	Tango Jam (Music practice)

## Monday

## Thursday

8:00-9:00	Breakfast
8:30-10:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-10:45	German, Intermediate
9:30-10:30	Friendship Coffee
9:30-11:30	Computer Lab
9:30-12:30	Ceramics (Starting Sept.16)
11:30-1:00	Lunch
12:00-1:00	Rock Hound Club
12:30-3:30	Bridge- Senior Men's
1:00-3:00	Discussion Group

## Friday

8:00-9:00	Breakfast
8:30-12:30	Defensive Driving (1st ) \$20, \$15 AARP
8:30-11:30	Lapidary Open Studio
9:00-4:30	Billards
9:00-12:00	Pottery
11:30-1:00	Lunch
1:00-3:30	Cribbage
2:15-4:15	Swedish Weaving \$10 materials fee

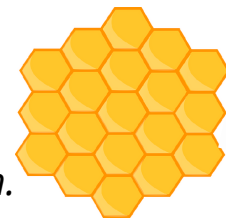
## Saturday

9:00-11:30	Quilting (Starting Sept. 11th)
9:00-12:30	Billards
9:00-10:30	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.



# The Honeycomb Cafe



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

Daily Hot Lunch- \$3.25 \*Reservations Required

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Fish & Chips	2 Chicken Alfredo	3 Cheeseburger
6  CLOSED	7 Cod Fish w/ Tartar Sauce	8 Beef Tips w/ Gravy	9 Baked Ziti w/ Fajita Blend	10 Pulled Pork W/ BBQ
13 Teriyaki Chicken	14 Pollock Fish w/ Tartar	15 Pork Carnitas	16 Roast Beef W/ Brown Gravy	17 Green Chile Cheeseburger
20 Pasta Primavera	21 Rotisserie Chicken	22 Meatloaf w/ Gravy	23 Chili Bowl- Beef/Beans & Red Chile	24 Herb Pork Loin w/ Gravy
27 Chicken & Rice Casserole	28 Salmon w/ Lemon Butter Sauce	29 Sweet & Sour Pork	30 Red Beef Enchiladas	1

## Other options without a reservation-- Monday thru Friday

### **Breakfast 8 a.m. -9 a.m.**

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..... \$1.00  
Oatmeal with Milk, raisins optional..... \$0.70  
French Toast or Pancake ..... \$0.25  
Biscuit w/gravy on Thursdays.....\$1.00  
Huevos Rancheros on Wednesdays.....\$1.50  
Waffles served on Fridays.....\$1.00



### **Lunch 11:30 a.m. -1 p.m.**

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

# 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 EXIT ONLY doors. Classroom doors are emergency exit only doors.

Thank you.

## **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. Does 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.

**Starting October 1, 2021**

**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**



**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**

**Thank you for patience during this transition**