Hello,

Can you believe it is almost fall?

As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

• 4,469 hours spent on senior home renovation and maintenance though our home services department.
• 38,944 transportation rides for older adults through our senior transportation services.
• 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
• 293,103 community members that participated in socialization programming though senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs
44th Annual Conference on Aging! September 7–8, 2022
“Transforming the Future”

Need a ride to a virtual watch party? Visit with center front desk staff to sign up.

REGISTER NOW at https://coa.alsld.state.nm.us/node/1422745

Featuring!
Governor Michelle Lujan-Grisham
Lieutenant Governor Howie Morales
Secretary Katrina Hotrum-Lopez
Amy Goyer, AARP’s Family and Caregiving Expert

Conference Workshop Titles
- 3 Key Messages for Preventing and Managing Diabetes
- AARP Brain Health
- AARP Caregiving Support
- AARP Medication Safety Program
- AARP Mental Health Through Celebration of Life
- AARP Work and Aging and Virtue
- Assistive Technology
- Be a Smart Shopper
- Be the Voice of Wisdom
- Common Conditions
- Cybersecurity
- Depression Awareness
- Down Syndrome
- Assistive Technology
- Future of Aging
- Getting the Most out of Life
- Healthy Eating and Nutrition
- Heconomics
- How Can a Cookie Change the World?
- How Does Medicare Work For My Parents
- Intro to Technology 2022
- It is Game Time! Food Trivial
- Know Your Rights and Correct the Wrongs in Long-Term Care
- Learning Lab for Creative Self-Care
- Life Planning
- Make a Grab and Go Binder with Important Papers
- Medicare— A Voice of a Generation
- myHESTIA: A Smartphone App to Support Aging in Place
- Pegasus Law Grandparents Raising Grandchildren
- Posture And Strength As We Age
- Prevent the Shuffle, Improve Your Balance
- Reaching Forward: Living Well with Parkinson’s Disease
- Resident-Directed Advocacy Long-Term Care Ombudsman Program
- Saving Money with PNM Rebates Programs
- Sexual Orientation and Gender Identify (SOGI)?
- Social Security—With you for Life’s Journey
- Take an Educational Ride into Reverse Mortgage Outer Space!
- The Art of Caregiving
- Welcoming Out
- What’s Alzheimer’s?

Catch all the Online Workshops at our Virtual Watch Party Locations:
- North Valley Senior Center
- North Domingo Baca Multigenerational Center
- or Manzano Mesa Multigenerational Center

Transportation and Refreshments Provided
Falls Risk Prevention Event

Join DSA and students /faculty from UNM, CNM and NMDOH for this educational event that include:
- Strength and Balance tests
- Home safety education
- Shoe fit clinic
- How to improve balance to decrease falls
- On-site fitness equipment orientation

Complete a free online fall risk assessment at www.ncoa.org/FallsFreeCheckUp

September 23, 2022 | 8am-12pm
Palo Duro 50+ Sports and Fitness Center
3351 Monroe NE 87110
For more information, call 505-880-2800

Covid & Flu Clinic

We will offer all flavors of flu shots and COVID vaccines. This means we will have the high dose flu shots recommended by the CDC for seniors aged 65+ as well as the regular strength for everyone else. We will also offer all the COVID vaccines including Pfizer, Moderna, J&J, as well as Novavax and the new Omicron booster that is expected to be approved for everyone aged 12 years and older.

Wednesday, September 21, 2022 | 9am-12pm
Palo Duro Senior Center
Ponderosa
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<tr>
<th>Time</th>
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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 - September 2
8:30 am - 12:30 pm

Flea Market
(Every 2nd Monday of the month)
September 12th, 8:30am - 12:30pm
-Cost: $2.00 per table.
-Sign up for October will be; September 29th 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
September 6 --Klarus Homecare/Hospice (Sponsor)
September 13 --Sandia Vista Senior Living (Sponsor)
September 20 --A Place At Home (Sponsor)
September 27 --Edward Jones (Sponsor)

Tuesday
September 6 --Neptune Society (Sponsor)
September 13 -- Med-care Senior Insurance Solution (Sponsor)
September 20 -- BeeHive (Sponsor)
September 27 -- Senior Health Resource Center (Sponsor)

Presentation 9:00 - 11:00am
September 14th - 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

**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** - September 20th (Every 3rd Tuesday)

**Loaner Tablet Program**

Tablets Still Available

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT 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
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

Music Classes

Palo Duro Singers—Mondays 9:00 - 11:00am
Health and Wellness

Blood Pressure Screenings
PDSC Volunteers—Monday’s 9:00 - 11:00am
GEHM CLINIC— Tuesday, September 6th - 8:30 - 12:00pm

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
September 14th, 2022 - 9:00 - 11:00am
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

**Thursday September 15th -- Dirty Dancing**

(PG13) 1hr 40min

Dirty Dancing is a 1987 American romantic drama dance film written by Eleanor Bergstein, produced by Linda Gottlieb, and directed by Emile Ardolino. Starring Patrick Swayze and Jennifer Grey, it tells the story of Frances "Baby" Houseman, a young woman who falls in love with dance instructor Johnny Castle at a vacation resort.
(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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**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!

**September 13** "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.

---

**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.

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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.
Yoga
Fridays 9:30 - 10:30am
Relaxation and Peace of Mind,
Get back into the rhythm of a happy, healthy life.
-Gentle Stretching  -Breathing  -Meditation
$3.00 per class

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

Movies at Palo Duro, Thursday, September 15—1:30 - 3:00pm
Movie every 3rd Thursday

Pie Social, Tuesday, September 13—11:30am - 12:30pm
2nd Tuesday of the month

Ice Cream Social, Tuesday, September 20—11:30am - 12:30pm
3rd Tuesday of the month

Popcorn Days, Thursday All day
Grab your bag at the front desk. $.25 a bag
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 August if you were selected to attend class.

Session 1 & 2 Begin Monday 10/3/2022
Session 3 begins Tuesday 10/1/2022

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

Hikes of the Month

Check in 9:15 am - Depart 9:30 am
Saturday, September 24 - Plaza Blanca

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.
Trips (Must Sign Up at Front Desk)

Saturday, September 10 — Morada - County Fair
All expenses on your own.
Check in - 9:30am-12:30pm

Saturday, September 10 — Pie Town Festival
All expenses on your own.
Check in - 7:00am-4:30pm

Monday, September 12 — Senior Day @ State Fair
All expenses on your own.
Check in - 8:30am-3:30pm

Saturday, September 17 — Moriarty Pinto Bean Festival
All expenses on your own.
Check in - 8:00am-3:45pm

Thursday, September 22 — Day In Santa Fe
All expenses on your own.
Check in - 9:00am-3:45pm

Tuesday, September 27 — Ojo Caliente
All expenses on your own.
Check in - 9:00am-3:45pm

Sign Up for - October, November and December Starts 9:15 -11am - Wednesday, September 28

Wednesday, October 5 — Hatch, NM
All expenses on your own.
Check in - 8:15am-4:00pm

Thursday, November 7 — Lunch & More: Lindo Mexico
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

Saturday, December — Christmas In Madrid
All expenses on your own.
Check in - 9:15am-4:30pm

Tuesday, October 11 — Lunch & More Group: Luna Mansion
All expenses on your own.
Check in - 10:15am-2:00pm

Tuesday, October 18 — Ojo Caliente
All expenses on your own.
Check in - 9:15am-5:00pm

Saturday, December 6 — Lunch & More Group: Church Street Cafe
All expenses on your own.
Check in - 9:15am-5:00pm

Thursday, December 12 — River of Lights
All expenses on your own.
Check in - 9:15am-5:00pm

Up Coming Trips (Must Sign Up at Front Desk)

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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.
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
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

ABSOLUTELY NO FOOD / MILK CAN BE TAKEN OUT OF THE DINING AREA

This is a regulation from the State Nutritionist with New Mexico Department of Aging and Long Term Care. The only exceptions to this rule are fruit, such as bananas, apples, oranges and individually wrapped cookies. If you have any questions regarding this regulation, please call Tim Martinez Department of Senior Affairs, Nutrition & Transportation Division at 764-6450

Department of Senior Affairs
### 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**

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### 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

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Aug 29</td>
<td>Sliced Ham</td>
<td>Beef &amp; Vegetable Stir Fry</td>
<td>Fish &amp; Chips</td>
<td>Chicken Alfredo</td>
<td>Green Chile</td>
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<td></td>
<td>Corn Bread</td>
<td>Buttered Noodles</td>
<td>Steamed Tomatoes</td>
<td>Steamed Broccoli</td>
<td>Cheeseburger</td>
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<td></td>
<td>Pinto Beans</td>
<td>Fresh Seasonal Fruit</td>
<td>Warm Sliced Apples</td>
<td>Seasonal Vegetable</td>
<td>Tater Tots</td>
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<td></td>
<td>Collard Greens</td>
<td>Green Beans w/ Mushrooms</td>
<td>Whole Grain Roll</td>
<td>Fresh Strawberries</td>
<td>Sliced Tomatoes</td>
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<td>Peaches</td>
<td>1% Milk</td>
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<td><em>Closed for Labor Day Holiday</em></td>
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**September 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, Sept. 1**
- Green Chile
- Cheeseburger

**Tuesday, Sept. 2**
- BBQ Pulled Pork
- Ranch Beans
- Spinach w/ Onions
- Whole Grain Dinner Roll
- Peaches

**Wednesday, Sept. 1**
- Beef Tips in Gravy
- Whole Grain Pasta
- Steamed Broccoli
- Roasted Carrots
- Fresh Berries

**Thursday, Sept. 1**
- Roast Beef w/ Gravy
- Roasted Carrots
- Mashed Potatoes
- Whole Grain Dinner Roll
- Fresh Fruit

**Friday, Sept. 1**
- Pasta Primavera w/ Veggies
- Spinach
- Garlic Breadstick
- Cantaloupe
- Greek Yogurt

**Monday, Sept. 2**
- Baked Ziti w/ Veggies
- Cauliflower
- Breadstick
- Fresh Berries
- Greek Yogurt

**Tuesday, Sept. 2**
- Baked Chicken and Cheesy Rice
- Corn & Red Peppers
- Broccoli
- Yogurt
- 1% Milk

**Wednesday, Sept. 2**
- Salmon w/ Lemon Butter Sauce
- Rosemary Potatoes
- Seasonal Vegetables
- Whole Grain Roll
- Seasonal Fruit

**Thursday, Sept. 2**
- Beef Enchiladas
- Pinto Beans
- Calabacitas
- Cherry Cobbler
- 1% Milk

**Friday, Sept. 2**
- Turkey Tetrazzini
- Italian Vegetables
- Bread Stick
- Sugar Cookie
- 1% Milk
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 Labor Day to all our Members!
September 5th, 2022
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.