

September 2022



A Message from the Director



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 through 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 through 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

Center Hours

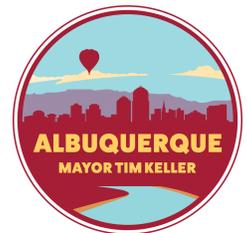
Monday, Tuesday,
Thursday, Friday
8 a.m.- 5 p.m.

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 September 5th
in observance of
Labor Day



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.altsd.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 Retirement
Aging and Vision
Assistive Technology
Be a Smart Rip-Offs
Be the Victim
Common
Cyber-
Deme
Down
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H
Healthy
Heconomics
How Can a Cookie Change the
How Does Medicare Work For My Parents
Intro to Technology 2022
It is Game Time! Food Trivia!
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

26TH ANNUAL
PRIME TIME

50+

EXPO

FREE EVENT

OCTOBER 11TH 2022

8^{AM} TO 1:30^{PM}

EMBASSY SUITES

1000 WOODWARD PL NE,
ABQ, NM 87102 (LOMAS & I-25)

Free Health Screenings,
Entertainment and Much More!
Call 505-242-2428 For More Information



Brought to you by:



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

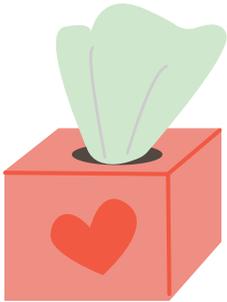
Complete a free online fall risk assessment at www.ncoa.org/FallsFreeCheckUp

September 23, 2022 | 8am-12pm

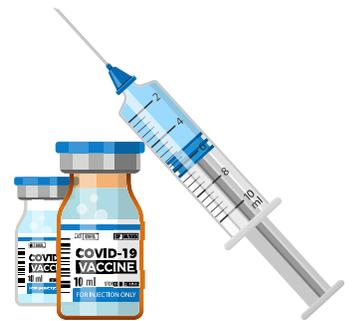
Palo Duro 50+ Sports and Fitness Center

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

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 - 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.

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.



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



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 - 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 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

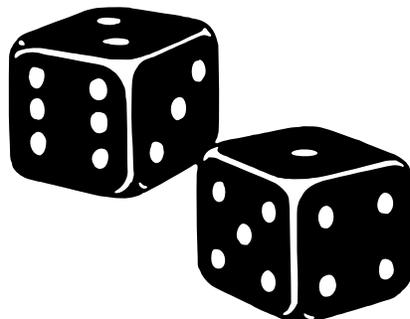
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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

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





Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



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

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.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, (due to holiday) September 12th

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, September 20th

11:30 - 12:30 p.m.



Pie Social

2nd Tuesday, September 13th

11:30 - 12:30 p.m.

Movies at Palo Duro

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.

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!



September 13 "A Legacy of Spies" By John LeCarre



Palo Duro Singers

Mondays 9:00 - 11:00am

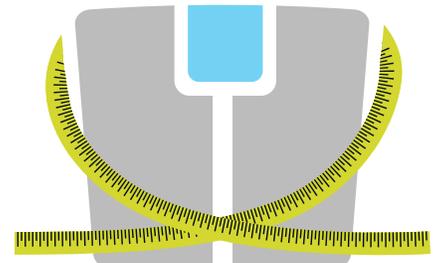
Formerly known as Choralaires and Jug band, Palo Duro Singers are looking for more singers to join the fun group, singing popular songs we all know.

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

Palo Duro Features



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 10/11/2022

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

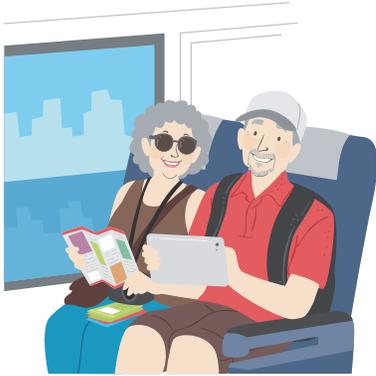
Friday 9:30 - 10:30 am

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

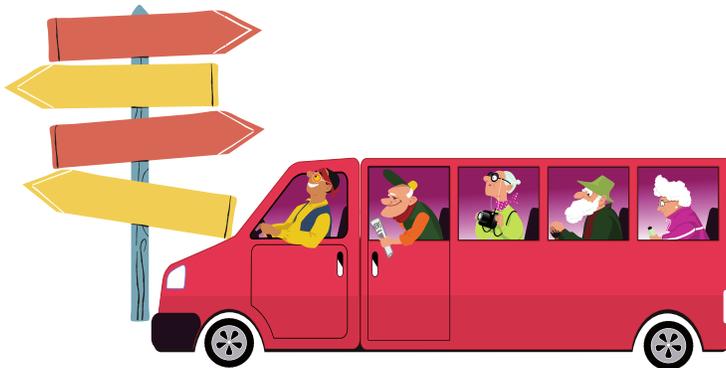
All expenses on your own.
Check in - 8:00am-3:45pm

Thursday, September 22 — Day In Santa Fe

All expenses on your own.
Check in - 9:00am-3:45pm

Tuesday, September 27 — Ojo Calinte

All expenses on your own.
Check in - 9:00am-3:45pm



Up Coming Trips (Must Sign Up at Front Desk)

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



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



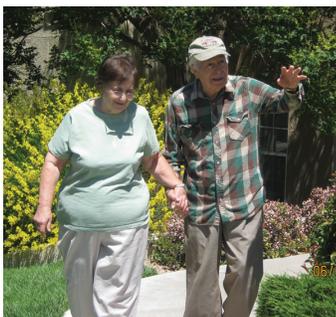
Senior Companion Program (SCP)

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**

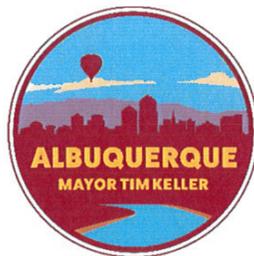
Phone: 505-880-2800 | Address: 3351 Monroe St. NE



Notice

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

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 Salad1.00

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

**ONE
ALBUQUE
RQUE**

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Aug 29</p> <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<p>Aug 30</p> <ul style="list-style-type: none"> ◆ Beef & Vegetable Stir Fry ◆ Buttered Noodles ◆ Fresh Seasonal Fruit ◆ Green Beans w/ Mushrooms ◆ 1% Milk 	<p>Aug 31</p> <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ Whole Grain Roll ◆ 1% Milk 	<p>Sept. 1</p> <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Strawberries ◆ 1% Milk 	<p>Sept. 2</p> <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots ◆ Sliced Tomatoes ◆ Watermelon ◆ 1% Milk 
<p>5</p> <p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>6</p> <ul style="list-style-type: none"> ◆ Cod Fish ◆ Brown Rice ◆ Rosemary Potatoes ◆ Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Beef Tips in Gravy ◆ Whole Grain Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Baked Ziti w/ Veggies ◆ Cauliflower ◆ Breadstick ◆ Fresh Berries ◆ Greek Yogurt ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Ranch Beans ◆ Spinach w/ Onions ◆ Whole Grain Dinner Roll ◆ Peaches ◆ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken Stir Fry w/ Veggies ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Orange ◆ Fortune Cookie ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Pollock Fish ◆ Parsley Potatoes ◆ Green Peas ◆ Cornbread ◆ Fresh Red Grapes ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Roast Beef w/ Gravy ◆ Roasted Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll ◆ Seasonal Fresh Fruit ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Veggies ◆ Spinach ◆ Garlic Breadstick ◆ Cantaloupe ◆ Greek Yogurt ◆ 1% Milk 
<p>19</p> <ul style="list-style-type: none"> ◆ Meatloaf w Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll ◆ Mandarin Oranges ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Roasted Beets ◆ Green Beans w/ Mushrooms ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Beef Chili Bowl ◆ Succotash ◆ Cornbread ◆ Red or Green Grapes ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk  	<p>23</p> <ul style="list-style-type: none"> ◆ Herbed Pork Loin ◆ Ancient Grain Blend ◆ Cauliflower ◆ Sautéed Zucchini ◆ Applesauce ◆ 1% Milk 
<p>26</p> <ul style="list-style-type: none"> ◆ Baked Chicken and Cheesy Rice ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetables ◆ Whole Grain Roll ◆ Seasonal Fruit ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Veggies ◆ Cabbage ◆ Warm Apples ◆ Whole Grain Roll ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Beef Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Cherry Cobbler ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Turkey Tetrzini ◆ Italian Vegetables ◆ Bread Stick ◆ Sugar Cookie ◆ 1% Milk 

Palo Duro Announcements

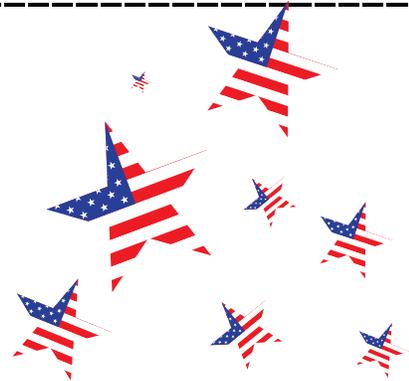


Per recommendation from the Albuquerque Police Dept. and for the safety of all Please enter building through the FRONT DOORS. The NW door and social hall doors are EMERGENCY EXIT ONLY doors.

Classroom doors are emergency exit only doors.



Thank you.



Happy Labor Day
to all our Members!
September 5th, 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