



Make everyday  
a good day



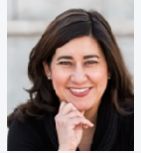
**Center Hours**

Monday, Tuesday,  
Thursday, Friday  
8 am - 5 pm  
Wed: 8 am - 7 pm  
Sat: 9 am - 1 pm  
Sunday Closed

**Department  
of  
Senior Affairs**



Mayor Tim Keller



Anna Sanchez  
Director

**Angel Montoya**  
Division Manager  
**Antoinette Sigala**  
Center Manager

**Matthew Montoya**  
Program  
Coordinator

**Juan Carlos  
Camp-Arias**  
Office Assistant

**Jaedyn Reed**  
Program Assistant II

Vacant  
Program Assistant II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

**August  
2023**

**CONGRATULATIONS**

**AND HELLO TO OUR PROGRAM ASSISTANT II.**  
When you see her, make sure to introduce yourself.

**Congratulations!**  
**Jaedyn Reed**

**WELCOME TO**  
**Palo Duro Senior Center**

**PALO DURO SENIOR CENTER  
PRESENTS: 6 COMMUNITY WALKS!**

**COME JOIN US AND EXPLORE - SIGN UP AT FRONT DESK**

**CHECK IN 8:45 AM - DEPART 9:00 AM - RETURN 11:00 AM**

**AUGUST 7TH - MONTGOMERY PARK**  
**AUGUST 21ST - OLD TOWN**  
**SEPTEMBER 18TH - TINGLEY BEACH**  
**OCTOBER 2ND - BOSQUE TRAIL**  
**OCTOBER 16TH - ARROYO DEL OSO**

# On-going Daily Schedule

Monday	Monday
8:00-9:00	Breakfast
8:30-11:30	Lapidary, Beginning
9:00-4:30	Billards
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	Tuesday
8:00-9:00	Breakfast
8:30 - 11:30	Lapidary Intermediate
9:00-4:30	Billards
9:00-11:00	Quilting
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
10:00-12:00	Investment Club (3rd Tuesday)
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	Creative arts group (AKA "Visiting Artists Series")
1:30-2:30	Mystery Book Club (2nd Tuesday)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday	Wednesday
8:00-9:00	Breakfast
9:00-10:00	Yoga-Chair
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

Thursday	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
12:30-2:30	Open Computer Lab
12:30-3:30	Bridge- Senior Men's (1st Thursday only)

Friday	Friday
8:00-9:00	Breakfast
9:00-12:00	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	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.)

Note: Days and Times are subject to change.



# Activities/ Things Going on at Palo Duro Senior Center

## AARP Defensive Driving

The AARP SmartDriver classroom course could save on your car insurance! Would you like to join?

**1st Friday of the month - August 4th from 8:30 am - 12:30 pm**

- Sign up for the September course starting August 4th, 2023



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)

**August 14th, 2023**

**8:30 am- 12:30 pm**

-Cost: \$2.00 per table.

Sign up for August starts July 27th, 2023.

Best Times to sign up 9:00-11:00

Monday-Friday

## Friendship Coffee

**Thursdays 9:30 – 10:30 am**

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



**Thursday**

August 3rd

August 10th

August 17th

August 24th

August 31st

**EVERY WEDNESDAY  
FROM  
9:00-10:00**

**Fee: \$5**



## Chair Yoga

Seated and standing poses designed to improve flexibility and balance. Practice breathing techniques for peace of mind  
Please bring a water bottle and yoga mat

## Presentation 9:00 - 11:00 am

**August 9th - Senior Citizen's Law Office - Power of Attorney**

2nd Wednesday of the month

Call SCLO to sign up -Limited Spots Available (505.265.2300)





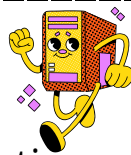
# Art, Computer, Language Classes, Etc.

## Arts & Crafts

- Busy Bees Crochet & Knitting—Wednesday 12:00 - 3:00 pm
- Ceramics—Monday & Thursday 9:30 am - 12:30 pm
- Lapidary I—Monday 8:30 - 11:30 am
- Lapidary Studio—Friday 9:00 am - 12:00 pm
- Lapidary Intermediate — Tuesday 8:30 - 11:30 am
- Leather—Tuesday 12:00 - 2:00 pm
- Metal/Silver Smithing—Wednesday 12:00 - 3:00 pm
- Quilting— Tuesday 9:00 - 11:00 am & Saturday 9:15 - 11:15 am
- Pottery— Wednesday & Friday 9:00 am - 12:00 pm
- Sewing & Alterations—Tuesday 10:00 am - 12:00 pm
- Swedish Weaving—Friday 2:15 - 4:15 pm
- Tuesday's Angels—Tuesday 9:00 - 11:00 am
- Visiting Artist Program—Tuesday 1:00 - 3:00 pm

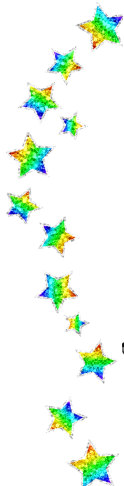


## Computer Corner



**Open Computer lab** (With exception of when computer classes are going on)  
 Monday, Wednesday & Friday - 9:30 - 11:30am  
 Tuesday & Thursday - 12:30 - 2:30 pm

**Investment Club - August 18th** (Every 3rd Tuesday)





## Art, Computer, Language Classes, Etc.

### Free Computer Classes



Technology Learning Opportunities for Local Seniors

Upcoming Schedule TBA

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## 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 - 11:00 am

## 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 9:00 am—4:30 pm

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

Billard's/Golf (Snooker) — Monday, Wednesday & Friday 12:00—4:30 pm

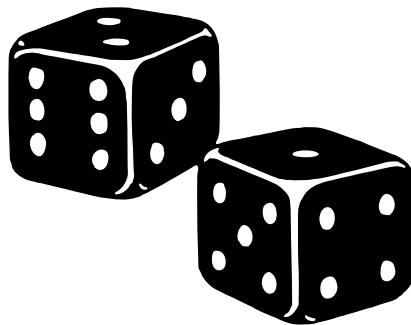
B-I-N-G-O—Every Tuesday 2:00—4:00 pm

Bridge (Senior Men's) —1st Thursday of the month ONLY

Thursday 12:30—3:30 pm

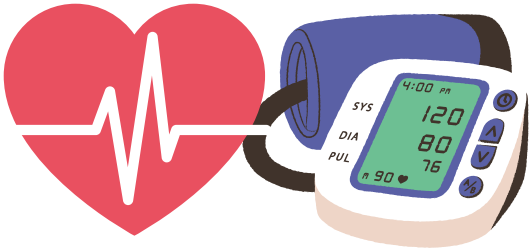
Cribbage—Friday 1:00—3:00 pm

Mexican Train on Dominoes—Wednesday 12:00—3:00 pm





# Health and Wellness



**GEHM CLINIC**—8:30 am - 12:00 pm

**Tuesday, August 1**  
**Tuesday, September 5**

## Wellness Classes

- Line Dance Improver—Monday 1:30 pm—3:00 pm
- Line Dance Beginning—Monday 3:15 pm—4:30 pm
- Line Dance Beginning—Saturday 9:00 am—10:15 am
- Line Dance Intermediate—Saturday 10:30 am—12:00 pm
- Yoga (Energy)—Friday 9:30 am—10:30 am
- Yoga (Chair)—Wednesdays 9:00 am—10:00 am
- Strengthening Core Class —Mondays 9:30 am—10:30 am
- Strengthening Class—Thursdays 9:30 am—10:30 am

**(Except for every 2nd Monday of the month)**



## Language Classes



French—Monday 1:00 - 3:00 pm

German—Thursday 9:00 - 10:30 am

## Legal

### Legal Clinic: Senior Citizen Law Office

Power of Attorney Clinic.

For Information & to sign up 265.2300

**August 9th, 2023 - 9:00 - 11:00 am**



# Palo Duro Features



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



## Bingo

Tuesdays 2:00 — 4:00 pm



## Birthday Party

Join us for our monthly birthday treat.

1st Monday, August 7th

11:30 am — 12:30 pm

Sponsored by: Palo Duro Philatelic Society



## Ice Cream Social

3rd Tuesday, August 15th

11:30 am — 12:30 pm.



## Pie Social

2nd Tuesday, August 8th

11:30 am — 12:30 pm



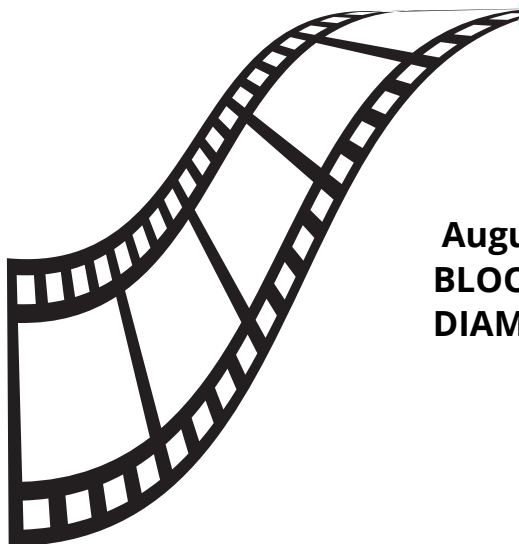
## Movies at Palo Duro

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

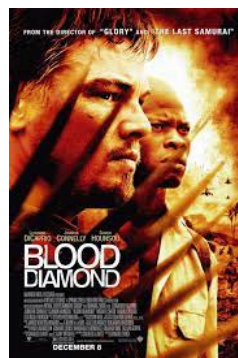
\*Movie Titles are Subject to Change



Starting at 1:30 pm



August 3rd  
BLOOD  
DIAMOND



August 17th  
SHAZAM-FURY OF  
THE GODS





# Palo Duro Features



## Cribbage

**Fridays 1:00 — 3:30 pm**

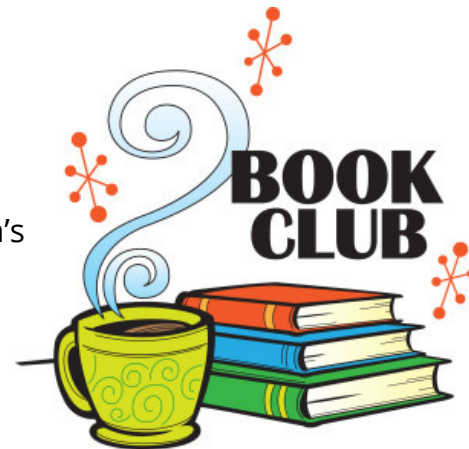
Join friends as we play a great game in groups and strengthen our minds. Great for all beginner, intermediate and advanced levels!

## Mystery Book Club

**2nd Tuesdays 1:30 — 2:30 pm**

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!

**August 8th "Force of Nature" by Jane Harper**



## Palo Duro Singers

**Mondays 9:00 — 11:00 am**

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.



## Creative Arts Group (AKA "Visiting Artist Program")

**Tuesdays 1:00 — 3:00 pm**

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

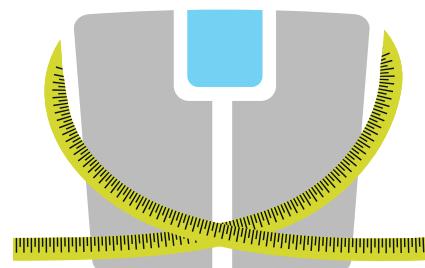
## T.O.P.S take Off Pounds Sensibly

**Mondays 11:45 - 1:00 pm**

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.



# Palo Duro Features



## Save the Date



**DANCE - \$3**  
**AT Palo Duro Senior Center**  
**1:30 - 4:00 pm**

September 13 - Milagro  
September 27 - La Raza

## 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.



## CONGRATULATIONS

**PALO DURO SENIOR CENTER**

**BEST OF THE CITY**  
**TOP 5**

**Adult Educational Classes**

**SHOUT OUT TO ALL**  
**INSTRUCTORS !!!**



**MAKE SURE TO**  
**THANK ALL THE**  
**INSTRUCTORS**

# 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 the end of February if you were selected to attend class in March.

**Session 1** - Monday, Wednesday, Friday 9-10 am

**Session 2** - Monday, Friday 1:15 -2:15 pm

**Session 3** - Tuesday, Thursday 9-10 am

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



## Hikes of the Month

Wednesday, August 9th

Battleship Rock to McCauley Hot Springs

Check in 8:30 am - Depart 8:45 am -  
Return 4:00 pm



Wednesday, August 23rd

—East Fork Box Wade

Bring your water shoes and expect to get wet!

Check in 8:30 am - Depart 8:45 am -  
Return 6:30 pm

Sign Up at the front desk for all trips and hikes. All hike sign ups are available 13 days in advance

Equipment needed per person. Must bring your own.

Broom Stick, Hand Towel, Water Bottle w/ water, and a "Good Attitude!"

### Strengthening Core Class

Monday 9:30 - 10:30 am

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



### Strengthening Class

Thursday 9:30- 10:30

Join us for a great workout with some great people and strengthen your body at same time.



## Yoga

Fridays 9:30 — 10:30 am

Improve posture & core strengths, as well as reduce lower back pain & increase muscle flexibility.

## Yoga - Chair

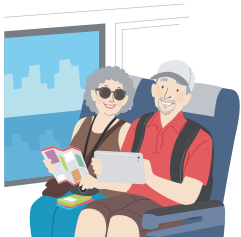
Wednesdays 9:00 — 10:30 am

Seated and standing poses designed to improve flexibility and balance



## Trips (All Expenses on Your Own Must Sign Up at Front Desk)

### Up Coming Trips



TRIPS ARE COMING BACK  
SCHEDULE WILL BE AVAILABE SOON!



# 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.**

### **Introducing DSA's New Volunteer Program VOLUNTEER IN ACTION**

Volunteer in Action is an ALL-AGES volunteer program  
with the Department of Senior Affairs.

Volunteer in Action is program for anyone interested in lending a hand,  
corporate groups that want to give back, and seniors hoping  
to get more involved in our community.

Volunteers may assist with existing programming,  
teach a new skill, enhance special events, participate in a service project,  
or support ongoing activities. The possibilities are endless!

Visit [oneabqvolunteers.com](http://oneabqvolunteers.com), select "Serve with Seniors",  
and click "Respond" to sign-up now!





# Other Centers, Fitness Opportunities

## Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

### Exercise Classes

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

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

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

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

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

Instructor: Diane Chase (\$5.00 per class)

- **Wednesday — 12:00pm — 1:00pm**

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

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

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

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

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

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

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



# **NOTICE**

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

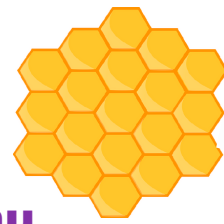
In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, **meals cannot be removed from the meal site designated dining area,** however whole fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

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

**Thank you in advance for your cooperation.**

# The Honeycomb Cafe

Menu items subject to change.



## Breakfast and Lunch Menu

### ***Breakfast Menu***

Served 8:00am to 9:00am

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 11:30am to 1:00pm.

**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

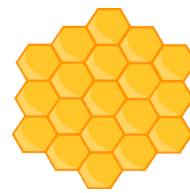
Bowl of Soup (daily selection varies) .50



# The Honeycomb Cafe

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

**Daily Hot Lunch- \*Reservations Required**



Lunch is served from 11:30am to 1:00pm







**Reservations for daily specials must be made by 1 p.m. the previous day - Call 888-8102**

**ONE  
ALBUQUE  
RQUE**

## August 2023

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
31	1	2	3	4
<ul style="list-style-type: none"> <li>◆ Spaghetti w/ marinara sauce</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Seasonal vegetable</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Philly Cheesesteak sandwich</li> <li>◆ Steamed carrots</li> <li>◆ Warm cinnamon apples</li> <li>◆ Whole grain hoagie bun</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Meatloaf w/ tomato gravy</li> <li>◆ Roasted redskin potatoes</li> <li>◆ Green beans</li> <li>◆ Fresh seasonal fruit</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon w/ pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk </li> </ul>
7	8	9	10	11
<ul style="list-style-type: none"> <li>◆ Sweet and sour pork w/ fajita blend vegetables</li> <li>◆ Brown rice</li> <li>◆ Green peas</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheeseburger w/ mushrooms</li> <li>◆ Mushroom sauté</li> <li>◆ Tater tots</li> <li>◆ Whole grain bun</li> <li>◆ Banana</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Lime fish tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed carrots</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef tips w/ brown gravy</li> <li>◆ Spinach w/ onions</li> <li>◆ Sweet potatoes</li> <li>◆ Watermelon or fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken alfredo</li> <li>◆ Zucchini w/ red peppers</li> <li>◆ Seasonal vegetable</li> <li>◆ Fresh peaches or fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>
14	15	16	17	18
<ul style="list-style-type: none"> <li>◆ Cheese omelet w/ red chile</li> <li>◆ Stewed tomato</li> <li>◆ Diced potatoes</li> <li>◆ Whole grain biscuit</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/ meatballs</li> <li>◆ Green beans</li> <li>◆ Seasonal vegetable</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken salad w/ bell pepper, celery, onion</li> <li>◆ Fresh cucumber slices</li> <li>◆ Coleslaw</li> <li>◆ Whole grain bread</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pollock over brown rice</li> <li>◆ Malibu blend (carrots, cauliflower)</li> <li>◆ Green peas</li> <li>◆ Fresh seasonal fruit</li> <li>◆ Tarter sauce</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roasted pork loin w/ brown gravy</li> <li>◆ Scalloped potatoes</li> <li>◆ Carrots</li> <li>◆ Pears</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>
21	22	23	24	25
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/ brown gravy</li> <li>◆ Roasted rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ pork</li> <li>◆ Baked beans</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Fresh apricots or fresh seasonal fruit</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked seasoned chicken w/ brown rice pilaf</li> <li>◆ Sweet potato</li> <li>◆ Green beans</li> <li>◆ Red grapes</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spinach lasagna</li> <li>◆ Buttery corn</li> <li>◆ Summer squash</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked garlic tilapia w ancient grain blend</li> <li>◆ Brussel sprouts</li> <li>◆ Corn w/ bell peppers</li> <li>◆ Honeydew melon</li> <li>◆ Chocolate chip cookies</li> <li>◆ 1% milk </li> </ul>
28	29	30	31	1
<ul style="list-style-type: none"> <li>◆ Sliced ham w/ cornbread</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Pineapple</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef and vegetable stir fry</li> <li>◆ Buttered noodles</li> <li>◆ Green beans w/ mushrooms</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Fish and chips</li> <li>◆ Stewed tomatoes</li> <li>◆ Warm sliced apples</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken w/ ziti pasta</li> <li>◆ Steamed broccoli</li> <li>◆ Carrots and zucchini</li> <li>◆ Fresh strawberries</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Green chile cheeseburger</li> <li>◆ Tator tots</li> <li>◆ Sliced tomatoes</li> <li>◆ Whole grain bun</li> <li>◆ Watermelon</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.



City of Albuquerque  
Department of Senior Affairs  
**Advisory Council  
Monthly Meeting**



AUGUST 2023  
NO MEETING

SEPTEMBER 18, 2023  
LOCATION: CASA KITCHEN  
2540 Karsten Court, SE 87102



# 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**

**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**