

# DECEMBER 2023



It is with great pleasure that we extend a heartfelt welcome to our new Manager, Mr. David Goode! Let's join together in giving him a warm welcome and making him feel right at home within our wonderful team.

As we embark on this new chapter, we encourage each and every one of you to take a moment to stop by and personally welcome Mr. Goode. Your friendly greetings and warm smiles will undoubtedly set the tone for a positive and collaborative journey ahead.

In the spirit of fostering camaraderie and creating cherished memories, we're excited to announce a couple of delightful trips that await us in December. Don't miss the chance to sign up for these fantastic experiences before the spots fill up! On December 5th, we'll be heading to the charming Church Street Cafe, and on December 13th, we'll be immersing ourselves in the magical ambiance of the River of Lights.

Let's make this December one to remember – full of shared adventures, newfound friendships, and the joy that comes with being part of such a vibrant community. Thank you for your enthusiasm and dedication to making Palo Duro Senior Center a place where everyone feels welcome and appreciated.

Wishing you all a December filled with warmth, laughter, and unforgettable moments!

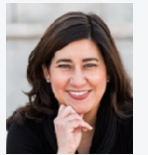
Best Regards,  
Palo Duro Staff



## Department of Senior Affairs



Mayor Tim Keller



Anna Sanchez  
Director

**Angel Montoya**  
Division Manager

**David Goode**  
Center Manager

**Matthew Montoya**  
Program  
Coordinator

**Juan Carlos  
Campa-Arias**  
Office Assistant

**Jaedyn Reed**  
Program Assistant II

**Taylor Stanley**  
Program Assistant II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

**Dominque Rivera**  
Kitchen Aid

# Daily Schedule

Monday		Monday		Thursday		Thursday	
8:00-9:00	Breakfast			8:00-9:00	Breakfast		
8:30-11:30	Lapidary, Beginning			8:30-11:30	Deaf Seniors		
9:00-4:30	Billards			9:00-4:30	Billards		
9:00-11:00	Palo Duro Singers			8:30-11:30	Lapidary Studio		
9:30-10:30	Strengthening Class			9:00-11:30	German, Intermediate		
9:30-11:30	Open Computer Lab			9:30-10:30	Friendship Coffee		
9:30-12:30	Ceramics			9:30-10:30	Strengthening Class		
11:30-1:00	Lunch			9:30-12:30	Ceramics		
11:45-1:00	T.O.P.S			11:30-1:00	Lunch		
12:00-2:00	Philatelic Club			12:30-2:30	Open Computer Lab		
12:30-4:00	Duplicate Bridge			12:30-3:30	Bridge- Senior Men's (1st Thursday only)		
1:00-2:00	X Factor Study						
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		Friday		Friday	
8:00-9:00	Breakfast			8:00-9:00	Breakfast		
8:30 - 11:30	Lapidary II			9:00-12:00	Lapidary III		
9:00-4:30	Billards			9:00-4:30	Billards		
9:00-11:00	Quilting			9:00-12:00	Pottery Open Studio		
9:00-11:00	Tuesday's Angels			9:30-10:30	Energy Yoga		
10:00-12:00	Sewing & Alterations			9:30-11:30	Open Computer Lab		
10:00-12:00	Investment Club (3rd Tuesday)			10:30-12:00	Hightoners		
11:30-1:00	Lunch			11:30-1:00	Lunch		
12:00-2:00	Leather			1:00-3:30	Cribbage		
12:00-4:45	Scrabble			1:30-4:00	Swedish Weaving \$10 materials fee		
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		Saturday		Saturday	
8:00-9:00	Breakfast			9:15-11:15	Quilting		
9:00-12:00	Pottery			9:00-12:30	Billards		
9:00-12:00	Power of Attorney Clinic (2nd Wednesday))			9:00-10:15	Line Dancing, Beginning		
9:00-6:30	Billards			10:30-12:00	Line Dancing, Intermediate (no 1st Sat.)		
9:30-11:30	Open Computer Lab						
9:00-12:00	Golden Eagles (4th Wednesday)						
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						

Note: Days and Times are subject to change.

# Palo Duro Features



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

## Birthday Celebration

1st Monday of the Month,  
December 4th  
11:30 am — 12:30 pm



## Ice Cream Social

3rd Tuesday, December 19th  
11:30 am — 12:30 pm

## Pie Social



2nd Tuesday, December 12th  
11:30 am — 12:30 pm

## Bingo

Tuesdays 2:00 — 4:00 pm



PLAY FOR  
\$3.00

## Movies at Palo Duro

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

\*Movie Titles are  
Subject to Change



December 14th  
A CHRISTMAS STORY

December 28th  
Home Alone



Starting at 1:30 pm

## Holiday Craft Fair

every other  
Wednesday

8:30 AM - 12:00 PM

THERE WILL BE A VARIETY OF CRAFTS AND ARTISTRY ON  
DISPLAY, SHOWCASING THE INCREDIBLE TALENT OF OUR  
SENIOR COMMUNITY MEMBERS. WE LOOK FORWARD TO  
YOUR PRESENCE, SO MARK YOUR CALENDARS!

### CRAFT FAIR DATES

DEC. 6TH

DEC. 20TH



SIGN-UPS WILL BEGIN THE **FRIDAY BEFORE** THE CRAFT FAIR  
SIGN UP FOR A TABLE - \$2 TO RESERVE YOUR TABLE



Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

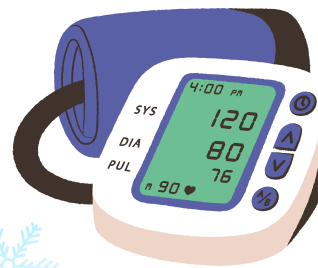
Warmest regards,  
Anna Sanchez, Director



# Health and Wellness

**GEHM CLINIC**—8:30 am - 12:00 pm

**Tuesday, December 5th**



## Law Clinics

Wednesday  
January 10th



**Presentation 9:00 - 11:00 am**

January 10th - Senior Citizen's Law Office-  
**Power of Attorney**

2nd Wednesday of the month  
Call PDSC to sign up -Limited Spots Available  
(505.888.8102)

**Presentation 9:00 - 11:00 am**

December 13th - Senior Citizen's Law  
Office- **General Law Office**

2nd Wednesday of the month  
Call SCLO to sign up -Limited Spots Available  
(505.265.2300)

Department of Senior Affairs



Wednesday  
December 13th



### AARP Defensive Driving

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

**1st Friday of the month -  
December 1st from 8:30-  
12:00 pm**

Sign up for the **January 5th**  
course opens December 1st,  
2023



**PALO DURO SENIOR CENTER PRESENTS:**  
*Sweater Weather  
Lunch Caroling*



*Wednesday, December 13th  
11:30 a.m. - 12:30 p.m.*

*Palo Duro Senior Center*

JOIN IN THE FUN AND  
WEAR THE FLUFFIEST,  
UGLIEST, FUNNIEST, AND  
ITCHIEST SWEATER OR  
HATS!



*Talent provided by: The  
Palo Duro Singers*



# 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 the month if you were selected to attend class in the following month

**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



**WEDNESDAY, DECEMBER 13TH**  
**MICHAEL EMERY TO ELENA GALLEGOS**  
**DIFFICULTY-B (MODERATE)**

Check in 8:30 am

Depart 8:45 am

Return 2:30 pm



## Hikes of the Month

**WEDNESDAY, DECEMBER 27TH**  
**OTERO CANYON EAST LOOP**  
**DIFFICULTY-C(CHALLENGING)**

Check in 8:30 am

Depart 8:45 am

Return 3:00 pm

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

**Sign Up for these events at the front desk!**

**Tuesday, December 5 — Church Street Cafe**

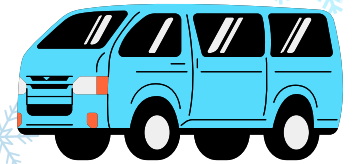
All expenses on your own

Check-in - 11:00 am-2:00 pm

**Wednesday, December 13 — River of Lights**

All expenses on your own. Must purchase your own tickets

Check-in - 5:00 pm-8:00 pm



Department of Senior Affairs



# Palo Duro Announcements

Calling all instrument players! Join us for a Musical Mondays with the Palo Duro Singers every Monday at 9:00 am to 11 am. Whether you're an experienced musician or just starting, all are welcome to share their love for music in our inclusive community. Bring your own instrument, and let's make beautiful melodies together



Welcome to the High Toners club at Palo Duro Senior Center! We're a group of music lovers who play the piano and sing awesome songs. You can find us here every Friday from 10:30 AM to 12:00 PM. If you're into music and want to have a great time with us, we'd love for you to join.

## SCRABBLE FUN AT PALO DURO SENIOR CENTER!

EVERY TUESDAY 12:00 PM TO 4:45 PM , OUR FRIENDLY GROUP GATHERS FOR A GAME-FILLED AFTERNOON OF WORDSMITHING DELIGHT. WHETHER YOU'RE A SEASONED PRO OR A NEWCOMER EAGER TO LEARN, ALL ARE INVITED TO JOIN. SECURE YOUR SPOT BY STOPPING AT THE FRONT DESK - IT'S THAT SIMPLE! COME BE A PART OF THE WORDPLAY EXCITEMENT AT PALO DURO SENIOR CENTER'S SCRABBLE WEDNESDAYS.

***Retired physicians, physicists, and pharmacists are invited to join our weekly group on Mondays from 2:45 PM to 4:30 PM. Engage in stimulating conversations, share career experiences, and enjoy the camaraderie of like-minded individuals. Whether you're keen on discussing the latest advancements or simply connecting with fellow retirees, our gatherings offer a welcoming space.***






# **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 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
27	28	29	30	1
<ul style="list-style-type: none"> <li>◆ Rotisserie chicken</li> <li>◆ Rosemary potatoes</li> <li>◆ Corn w/ red peppers</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Grapes</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Carne adovada/ red chile</li> <li>◆ Flour tortilla</li> <li>◆ Pinto beans</li> <li>◆ Spanish rice</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Beef tip w/elbow macaroni</li> <li>◆ Roasted carrots</li> <li>◆ Sliced beets</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pasta primavera w/ alfredo sauce</li> <li>◆ Northwest blend vegetables</li> <li>◆ Breadstick</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded cod fish w/ tartar sauce</li> <li>◆ Steamed red potatoes</li> <li>◆ Peas</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
4	5	6	7	8
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/green chile gravy</li> <li>◆ Corn</li> <li>◆ Mashed potatoes</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey tetrazzini</li> <li>◆ Brussel sprouts</li> <li>◆ Peach cobbler</li> <li>◆ Breadstick</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked tilapia w/lemon and tartar sauce</li> <li>◆ Rice pilaf</li> <li>◆ Green beans</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken parmesan w/ mozzarella</li> <li>◆ Carrots</li> <li>◆ Breadstick</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Diced pork w/gravy</li> <li>◆ Sweet potatoes</li> <li>◆ Oriental blend vegetables</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 
11	12	13	14	15
<ul style="list-style-type: none"> <li>◆ Pork egg rolls</li> <li>◆ Butter noodle</li> <li>◆ Brussel sprouts</li> <li>◆ Fortune cookies</li> <li>◆ Sweet &amp; Sour sauce</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cheese omelet w/ pepper, onions, spinach</li> <li>◆ Stewed tomatoes</li> <li>◆ Hash browns</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken tamales w/ green chile</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Spaghetti w/meat sauce</li> <li>◆ Green beans</li> <li>◆ Breadstick</li> <li>◆ Apple sauce</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked salmon w/lemon sauce</li> <li>◆ White rice</li> <li>◆ Sliced beets</li> <li>◆ Dinner roll w/margarine</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 
18	19	20	21	22
<ul style="list-style-type: none"> <li>◆ Breaded pollock</li> <li>◆ Brown rice</li> <li>◆ Corn w/red peppers</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey and brown rice w/gravy</li> <li>◆ Green beans</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked chicken</li> <li>◆ Mashed potato</li> <li>◆ Broccoli</li> <li>◆ Mixed fruit</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sloppy joe, hamburger bun</li> <li>◆ Roasted green and red bell peppers</li> <li>◆ Rosemary potato</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Ham w/pineapple glaze</li> <li>◆ Mashed potato</li> <li>◆ Mixed vegetables</li> <li>◆ Cherry cobbler</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ 1% milk</li> </ul> 
25	26	27	28	29
<p><b>CLOSED</b></p> <p><i>Happy Holidays</i></p>	<ul style="list-style-type: none"> <li>◆ Cheeseburger</li> <li>◆ Baked beans</li> <li>◆ Normandy blend vegetables</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Green chile chicken tamale</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Macaroni w/ham &amp; broccoli</li> <li>◆ Spinach</li> <li>◆ Peach cobbler</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ 1% milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Baked cod fish w/tartar sauce</li> <li>◆ Rice pilaf</li> <li>◆ Carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul> 

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

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

**\*Reservations Required**

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



# Code of Conduct



## **Participant Code of Conduct**

Participants are expected to respect the rights of others and to adhere to the following code of conduct so all participant may have a pleasant and safe experience.

### Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

### Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.