

January 2022



Busy Bee's of Palo Duro

Busy Bee's 2021 Accomplishments

As the New Year starts, Palo Duro would like to recognize The Busy Bee's for their amazing contributions throughout 2021.

Thank you Busy Bee's for all you do!

August

- Ronald Mcdonald House (NICU)

5 hat/blanket sets
10 hats

September

- Hospice at Presbyterian

38 blankets
10 shawls

- Ronald Mcdonald House (NICU)

33 hat/blanket sets
25 crocheted bears

October

- APS Clothing Bank

30 hat/scarf sets
163 hats
31 scarfs
1 mitten

November

- Healthcare for the Homeless

219 hats
52 Scarfs
6 ear warmers
57 gloves/mittens
- Heavens Doors/Gods Warehouse
30 hats
30 scarfs

December

- UNMH Cancer Center

38 lap blankets
10 shawls
- Heavens Doors/Gods Warehouse
-7 hats/scarfs



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

Saturday Jan. 1st,

Monday January 17th

Happy
NEW
YEAR

A Message from the Director



Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs





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

Bingo

Tuesdays 2:00 – 4 p.m.



Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Birthday Party

Join us for our monthly birthday treat.

1st Monday, January 3rd

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Ice Cream Social

3rd Tuesday, January 18

11:30 - 12:30 p.m.



Antoinette Sigala
Center Manager

Carl Corona
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant II

Vacant
Program Assistant II

Manuel Iuado
General Services

David Martinez
Cook

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 January 20 -- The Devil Wears Prada

(PG) 1 hr 49 min

Andy (Anne Hathaway) is a recent college graduate with big dreams. Upon landing a job at prestigious Runway magazine, she finds herself the assistant to diabolical editor Miranda Priestly (Meryl Streep). Andy questions her ability to survive her grim tour as Miranda's whipping girl without getting scorched.





Things/ Activities Going on at Palo Duro Senior Center

AARP Defensive Driving



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

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

Friendship Coffee

Thursdays 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.

January 13 --Sandia Vista Senior Living (Sponsor)

January 27--Edward Jones (Sponsor)

J



Presentation 9:00 - 11:00am

January 12th - Senior Citizen's Law Office - General legal Clinic

2nd Wednesday of the month.

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



Art, Computer, Language Classes, Etc.

Arts & Crafts

Busy Bees Crochet & Knitting—Wednesday 12:00 - 2:00 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—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





Art, Computer, Language Classes, Etc. -- Continued

Computer Corner

All computer activities and Computer Room are being revamped to accommodate the need of the Palo Duro Senior Center Community.

Your cooperation and patience with us during this time is deeply appreciated.

(Currently under Renovation)



Dances & Music

Afternoon Dances 1:30 - 4:00 pm \$3 per person



January 19th, 2022 - Paul Pino & The Tone Daddies

January 26, 2022 - La Raza

Music Classes

Choralaires & Jug Band—Mondays 9:00 - 11:00am

Tango Jam—Wednesdays 5:00 - 6:45pm



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

Billiards/Golf (Snooker) - Monday, Wednesday & Friday 12:00—4:30pm

B-I-N-G-O—Every Tuesday 2:00—4:00pm

Bridge (Duplicate) - Monday 12:45—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—Thursday 12:00—3:00pm

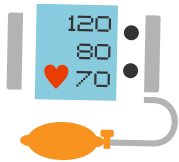


Language Classes

French—Monday 1:00 - 3:00pm
German—Thursday 9:00 - 10:30am



Health & Wellness



Blood Pressure Screenings

PDSC Volunteers—Monday 9:00 - 11:00am
GEHM CLINIC (See you on February 1st 2022) - 8:30 - 12:00pm

Wellness Classes

Line Dance Improver—Monday 1:30—2:45pm
Line Dance Beginning—Monday 3:00—4:30pm
Saturday 9:00—10:15am
Line Dance Intermediate—Saturday 10:30—12:00pm
Yoga—Friday 9:30—10:30 am



Something to think about

SNOOZE OR LOSE—Study finds the sleep deprived age faster

A good night's sleep isn't just refreshing: New research shows that lack of sleep ages the brain. Researchers asked study participants how much sleep they were getting—first as a baseline then five years later. Those whose sleep decreased during the five years showed an accelerated mental decline during cognitive testing that was equal to an extra four to seven years of aging. "Sleep regenerated neurons that enable the brain to function optimally," says lead author Jane Ferrie, Ph.D, senior researcher at University College London Medical School. Intriguingly, the study found that those whose sleep increased during the five years also exhibited cognitive decline, possibly due to depression, heart disease, or some other illness. So what's optimal? Six to eight hours—consistently.

Legal

Legal Clinic: Senior Citizen Law Office

January 12, 2022 - 9:00 - 11:00am
Provides general legal information. Divorces, wills & criminal issues are not included.
For Information & to 265.2300





Trips



Saturday January 29 - Hispanic Chamber Matanza in Belen

Check in 9:00am - 4:00pm Cost of Admission TBA

January Special Events

Popcorn Days, Thursday All day

Grab your bag at the front desk. \$.25 a bag

Martin Luther King Jr. Day— Monday, January 17

In observance of Martin Luther King Jr. Day, City of Albuquerque, Department of Senior Affairs will be closed.

Ice Cream Social, Tuesday, January 18—11:30 - 12:30pm

3rd Tuesday of the month

Pop N' Popcorn Dance - Wednesday, January 19 1:30 - 4:00 pm

Movies at Palo Duro, Thursday, January 20—1:30 - 3:00 pm

Movie every 3rd Thursday

"Welcome" Open House Free Dance — Wednesday, January 26

Come visit Palo Duro Senior Center

Billards/Pool Room Party - Friday, January 28



Up Coming Special Events



Valentines Day Dance — Monday, February 14

Band TBA

Presidents Day— Monday, February 21

In observance of Martin Luther King Jr. Day, City of Albuquerque, Department of Senior Affairs will be closed.



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: Angel Gomez, 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

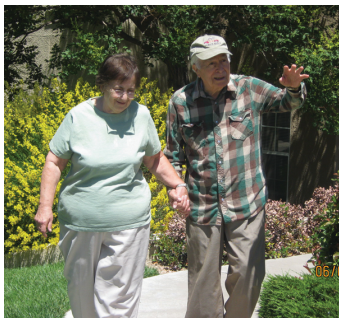


Senior Companion Program (SCP)

Volunteers work one-on-one with 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 provide their clients 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



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 12/23/21 if you were selected to attend class.

Session 1 & 2 Begin Monday 1/3/2022

Session 3 begins Tuesday 1/4/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



Yoga

Friday 9:30 - 10:30 am

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



Volunteer Opportunities

Palo Duro Senior Center

Become a Palo Duro Senior Center Volunteer—We are looking for Volunteers

- Drivers
- Instructors
- Wiping tables before & after meals.
- Wiping of counters in Arts & Crafts room

No Experience is necessary, training is provided, with the exception of instructors.

Learn how you can make a difference!



Palo Duro Features



Mystery Book Club

2nd Tuesdays 1:30 - 2:30pm



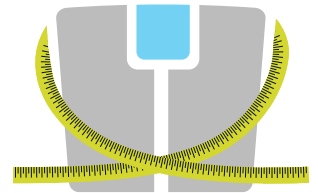
Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

January 11th "The Alienist" by Caleb Carr

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



Visiting Artist Program

Tuesdays 1:00 - 3:00pm



Visiting Artist is Open Studio for the time being. Please join us for painting, drawing, make new friends and lots of fun.

ALL ARE WELCOME

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



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
9:00-12:00	Choralaires & Jug band
9:30-12:30	Ceramics
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
12:45-4:00	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
9:00-4:30	Billards
9:00-11:00	Tuesday's Angels
9:30-11:30	Computer Lab (Open)
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
1:00-3:00	Mesquite Smokin' Swing Jam
1:00-3:00	Visiting Artists Series
1:00-4:00	Hand & Foot Canasta (no 2nd Tuesday)
1:30-3:30	Investment Club
1:30-2:30	Mystery Book Club (2nd)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

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

Monday

Thursday

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

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
11:30-1:00	Lunch
1:00-3:30	Cribbage
2:15-4:15	Swedish Weaving \$10 materials fee

Friday

Saturday

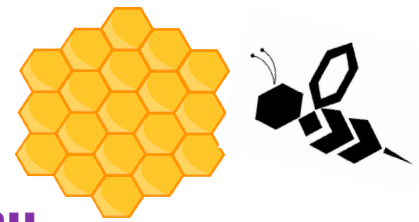
9:00-11:30	Quilting
9:00-12:30	Billards
9:00-10:30	Line Dancing, Beginning
10:30-12:00	Line Dancing, Intermediate (no 1st Sat.)
11:00-12:00	Red Hat Society
11:00-12:30	NARFE

Saturday

Note: Days and Times are subject to change.

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

Biscuits & Gravy (Thursdays)	1.00
Huevos Rancheros (Wednesdays)	1.50
Waffle Friday:	
Plain	1.00
With Strawberries & Cream	1.50

Drinks

Milk25
Juice25
Coffee or tea30



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 Sandwich75

Drinks

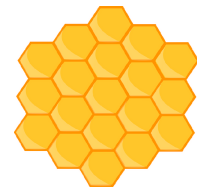
Milk25
Juice25
Coffee or tea30

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 <ul style="list-style-type: none"> ◆ Baked Cajun Salmon ◆ Brown Rice ◆ Brussel Sprouts ◆ Dinner Roll/Margarine ◆ Applesauce ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Beef Tip w/Bowtie Pasta ◆ Seasonal Vegetable ◆ Breadstick ◆ Yogurt ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Baked Apples ◆ Mediterranean Mixed Bean Salad ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Omelet with Cheese, Mushrooms and Spinach ◆ Diced Potatoes ◆ Peach Cobbler ◆ 1% Milk 	7 <ul style="list-style-type: none"> ◆ Pork Chop ◆ Brown Rice ◆ Buttery Peas ◆ Seasonal Fruit ◆ 1% Milk 
10 <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushrooms and Gravy ◆ Mashed Potatoes ◆ Green Beans w/ Tomatoes ◆ Applesauce ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Green Chile ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Seasonal Vegetable ◆ Corn Bread ◆ Chocolate Chip Cookie ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Diced Red Potato ◆ Collard Greens ◆ Jell-O ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Pork Chop/Sweet & Sour ◆ Brown Rice ◆ Stir Fry ◆ Seasonal Fruit ◆ 1% Milk 
17 <p>Closed Holiday Martin Luther King Day</p>	18 <ul style="list-style-type: none"> ◆ Sloppy Joe w/ Hamburger Bun ◆ Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Seasonal Vegetable ◆ Flour Tortilla ◆ Vanilla Pudding ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans w/ Tomatoes ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	21 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Carrots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
24 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Southern Black-Eyed Peas ◆ Chocolate Chip Cookie ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Applesauce ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Baked Cod w/ Tartar Sauce ◆ Orzo ◆ Cauliflower ◆ Dinner Roll w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mac & Cheese w/ Broccoli ◆ Sweet Potatoes ◆ Cherry Cobbler ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Chicken Parmesan w/ Marinara and Cheese ◆ Brown Rice ◆ Steamed Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 
31 <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 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 EXIT ONLY doors. Classroom doors are emergency exit only doors.

Thank you.

Participant Code of Conduct **(Section 2.9: B-C; Revised March 2020)**

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

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