



# JULY 2023

## Message from the Manager

It's hard to believe how quickly the summer came!  
Fall is right around the corner

In June, we hosted a Townhall. We were very much excited for the turnout. We had a great time hearing from all of you. During the Palo Duro Senior Center Town Hall we discussed facility upgrades that you would like to see here at the center. We are still hoping to get your ideas, so please turn them in before July 7, 2023.

We are very excited to announce Palo Duro Senior Center has upgraded their network system, throughout the center. The center as also received thru the month of June new tables and chairs, again throughout the center. The Palo Duro Senior Center staff continues to serve Albuquerque's growing older adult population so they can maintain their health and independence.

Happy 4th of JULY! Stay hydrated!

Best regards,  
Manager **Antoinette Sigala**

## Center Hours

Monday, Tuesday,  
Thursday, Friday  
8 am - 5 pm

Wed: 8 am - 7 pm

Sat: 9 am - 1 pm

Sunday Closed



**ncoa**  
National Council on Aging

**HAVE  
A HAPPY  
4TH OF  
JULY**

**Center will be closed  
Tuesday, July 4th,  
In observance of  
Independence Day**

**Happy  
INDEPENDENCE  
Day!**



# 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 - 11:30 | 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    | Visiting Artists Series         |
| 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                                    |
| 12:30-2:30 | Open Computer Lab                        |
| 12:30-3:30 | Bridge- Senior Men's (1st Thursday only) |

## Thursday

## 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 |

## 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.) |

## Saturday

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 - July 7th from 8:30 am - 12:30 pm**

- Sign up for the August course starting July 7th, 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)

**July 10th, 2023**

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

-Cost: \$2.00 per table.

-Sign up for August will start; July 27th, 2023 from 9am-11am

## 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

July 6th

July 13th

July 20th

July 27th



In observance of  
**Independence Day**

**City of Albuquerque, Department of Senior Affairs  
Palo Duro Senior Center**

**will be Closed on Tuesday, July 4th, 2023**



## Presentation 9:00 - 11:00 am

**July 12th - Senior Citizen's Law Office - General Law Clinic**

2nd Wednesday of the month

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



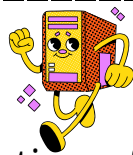
# Art, Computer, Language Classes, Etc.

## Arts & Crafts

- Busy Bees Crochet & Knitting—Wednesday 12:00 - 3:00 pm
- Ceramics—Monday & Thursday 9:30 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

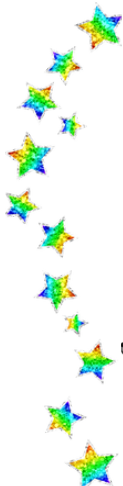


## Computer Corner



**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 - July 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

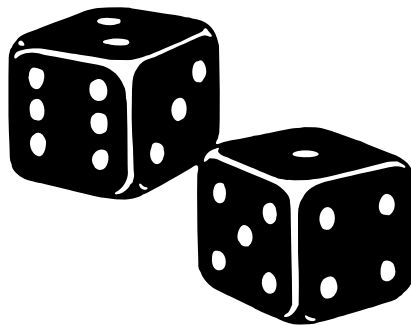
B-I-N-G-O—Every Tuesday 2:00—4:00 pm

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

Thursday 12:30—3:30 pm

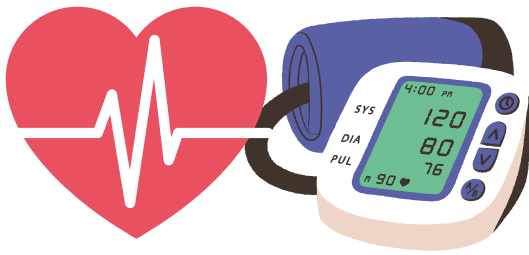
Cribbage—Friday 1:00—3:00 pm

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





# Health and Wellness



**GEHM CLINIC— July**  
8:30 am - 12:00 pm

## Wellness Classes

- Line Dance Improver—Monday 1:30—3:00 pm
- Line Dance Beginning—Monday 3:15—4:30 pm
- Line Dance Beginning—Saturday 9:00—10:15 am
- Line Dance Intermediate—Saturday 10:30 am—12:00 pm
- Yoga—Friday 9:30—10:30 am
- Strengthening Class —Mondays & Thursdays 9:30—10:30 am



## Language Classes



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

## 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

**July 12 th, 2023 - 9:00 - 11:00 am**



# Palo Duro Features



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

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



## Bingo

Tuesdays 2:00 — 4:00 pm



## Birthday Party

Join us for our monthly birthday treat.

**1st Monday, July 3rd**

**11:30 am — 12:30 pm**

Sponsored by: Palo Duro Philatelic Society



## Ice Cream Social

**3rd Tuesday, July 18th**

**11:30 am — 12:30 pm.**



## Pie Social

**2nd Tuesday, July 11th**

**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**



## UNBROKEN



**July 6th — UNBROKEN**



**July 20th — CHARLIE'S ANGELS**

# Palo Duro Features



## Cribbage

**Fridays 1:00 — 3:30 pm**

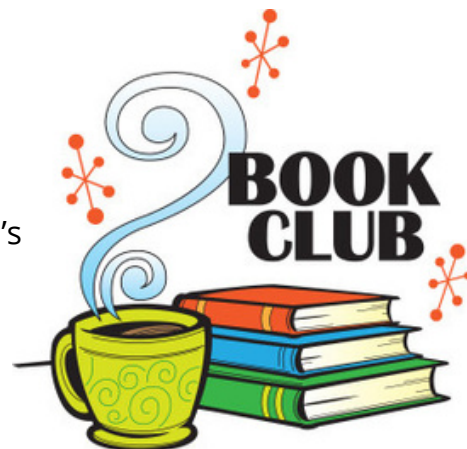
Join friends as we play a great game in groups and strengthen our minds. Great for all beginner, intermediate and advanced levels!

## 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!

**July 11th**



## 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.

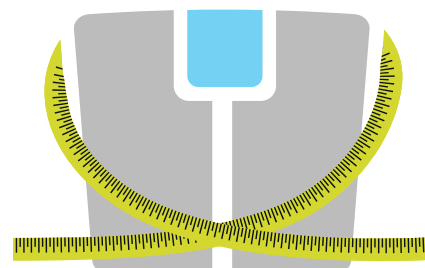
WE WELCOME ALL MEDIA

## 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**

**AT Palo Duro Senior Center**

More information to come

**FOR FALL CELEBRATIONS**

## 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, July 12th —**

Check in 8:15 am - Depart 8:30 am - Return 6:00 pm

**Wednesday, July 26th —**

Check in 8:15 am - Depart 8:30 am - Return 6:30 pm

Sign Up at the front desk for all trips and hikes.

All hike sign ups are available 2 weeks in advance



## Strengthening Class

**Mondays 9:30 - 10:30 am**



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



**Yoga** Fridays 9:30 — 10:30 am

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



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

### Up Coming Trips



**TRIPS ARE COMING BACK**  
**SCHEDULE WILL BE AVAILABE**  
**FOR AUGUST AND SEPTEMBER 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,<br>hash browns, english muffin, toast or tortilla |      |
| Mini Breakfast .....  | .75  |
| 1 egg, bacon or sausage, hash browns, english<br>muffin, toast or tortilla              |      |
| Breakfast Burrito .....   | 1.50 |
| 1 egg, bacon or sausage, hash browns<br>(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 |

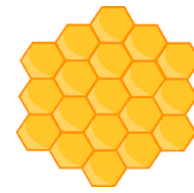
Slice of Pie (daily selection varies) .50

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 ALBUQUERQUE**

## July 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   |
|--|--|---|--|--|
| 3<br>♦ Lemon pepper chicken w/brown rice<br>♦ Diced beets<br>♦ Roasted brussels sprouts<br>♦ Chocolate pudding<br>♦ 1% Milk                                | 4<br><b>WE WILL BE CLOSED JULY 4<sup>th</sup></b>  | 5<br>♦ Garlic tilapia<br>♦ Whole wheat pasta w/ diced tomatoes<br>♦ Calabacitas*<br>♦ Yogurt<br>♦ 1% Milk                             | 6<br>♦ Meatballs w/marinara w/cheese<br>♦ Whole grain hoagie roll<br>♦ Steak fries w/ketchup<br>♦ Seasonal vegetables*<br>♦ Fresh seasonal fruit*<br>♦ 1% Milk | 7<br><b>COLD MEAL</b><br>♦ Egg Salad on whole grain bread<br>♦ Lettuce & tomato<br>♦ Carrot sticks<br>♦ Seasonal fruit*<br>♦ 1% Milk                                   |
| 10<br>♦ Pork Chop w/brown rice<br>♦ Rosemary potatoes w/margarine<br>♦ Seasonal vegetable*<br>♦ Fresh seasonal fruit*<br>♦ 1% Milk                         | 11<br>♦ Beef fajita w/red and peppers and onions*<br>♦ Pinto beans*<br>♦ Flout tortilla<br>♦ Baked apples<br>♦ 1% Milk               | 12<br>♦ Pasta (Penna) primavera stir fry veg*/alfredo sauce<br>♦ Spinach w/onions<br>♦ Bread stick<br>♦ Yogurt<br>♦ 1% Milk           | 13<br>♦ Breaded cod w/tartar sauce<br>♦ Buttered noodles<br>♦ Green beans<br>♦ Fresh seasonal Fruit*<br>♦ 1% Milk  | 14<br>♦ Chicken Parmesan<br>♦ Zucchini w/butter<br>♦ Seasonal Vegetables*<br>♦ Jello<br>♦ 1% Milk  |
| 17<br>♦ Carne Adovada: Pork<br>♦ Spinach<br>♦ Pinto beans*<br>♦ Flour tortilla<br>♦ Fresh Seasonal Fruit*<br>♦ 1% Milk                                     | 18<br>♦ Sweet & sour chicken w/stir fry vegetables*<br>♦ Seasonal vegetable*<br>♦ Brown rice<br>♦ Fortune Cookie<br>♦ 1% Milk        | 19<br>♦ Salisbury steak w/gravy mushroom<br>♦ Mashed potatoes<br>♦ Fresh banana<br>♦ Whole grain dinner roll w/margarine<br>♦ 1% Milk | 20<br>♦ Cheese Omelet w/fajita blend<br>♦ Stewed tomato<br>♦ Dice potato<br>♦ Whole grain biscuit w/margarine<br>♦ Mandarin Oranges<br>♦ 1% Milk               | 21<br>♦ BBQ pork pulled<br>♦ Roasted sweet potato<br>♦ Seasonal vegetable*<br>♦ Fresh seasonal fruit*<br>♦ Whole grain dinner roll w/margarine<br>♦ 1% Milk            |
| 24<br>♦ Spaghetti w/meat sauce: Beef<br>♦ Imperial blend vegetables<br>♦ Seasonal vegetables*<br>♦ Fresh seasonal fruit*<br>♦ 1% Milk                      | 25<br>♦ Bake salmon w/lemon and garlic<br>♦ Ancient grain blend<br>♦ Green beans w/mushrooms<br>♦ Fresh seasonal fruit*<br>♦ 1% Milk | 26<br>♦ Red chile tamales: Pork<br>♦ Calabacitas*<br>♦ Pinto Beans*<br>♦ Fresh Seasonal Fruit*<br>♦ 1% Milk                           | 27<br>♦ Mac & cheese green chile<br>♦ Broccoli<br>♦ Seasonal Vegetables*<br>♦ Yogurt<br>♦ 1% Milk  | 28<br><b>Cold Meal</b><br>♦ Chicken salad sandwich on whole grain bread<br>♦ Sliced cucumber* and carrot sticks<br>♦ Cole Slaw<br>♦ Fresh Seasonal Fruit*<br>♦ 1% Milk |
| 31<br>♦ Meatloaf w/tomato sauce<br>♦ Roasted redskin potato<br>♦ Succotash<br>♦ Fresh seasonal fruit<br>♦ Whole grain dinner roll w/margarine<br>♦ 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.



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



Highland Senior Center  
**July 17, 2023**

NO Meeting  
**August, 2023**



# 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**