

June 2022



A Message from the Director

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future. Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s. We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director



Center Hours

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

Wed: 8 a.m.- 7 p.m.

Sat: 9 a.m.- 1 p.m.

Sunday Closed

Make everyday
a good day



Center will be closed

**Monday June 20th
in observance of
Juneteenth**

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
1:00-3:00	French
1:30-3:00	Line Dancing, Improver
2:45-4:30	Retired Doctors Group
3:15-4:30	Line Dancing, Beginning

Tuesday

8:00-9:00	Breakfast
8:30 - 11:00	Lapidary Beginning
9:00-4:30	Billards
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	Visiting Artists Series
1:00-4:00	Hand & Foot Canasta (no 2nd Tuesday)
1:30-3:30	Investment Club
1:30-2:30	Mystery Book Club (2nd)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

8:00-9:00	Breakfast
9:00-12:00	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
5:00-6:30	Tango Jam

Monday

Thursday

8:00-9:00	Breakfast
8:30-10:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-10:30	German, Intermediate
9:30-10:30	Friendship Coffee
9:30-10:30	Strengthening Class
9:30-12:30	Ceramics
11:30-1:00	Lunch
12:00-1:00	Rock Hound Club
12:30-2:30	Open Computer Lab
12:30-3:30	Bridge- Senior Men's (1st Thursday only)
1:00-3:00	Discussion Group

Friday

8:00-9:00	Breakfast
8:30-11:30	Lapidary Open Studio
9:00-4:30	Billards
9:00-12:00	Pottery
9:30-10:30	Energy Yoga
9:30-11:30	Open Computer Lab
11:30-1:00	Lunch
1:00-3:30	Cribbage
2:15-4:15	Swedish Weaving \$10 materials fee

Saturday

9:15-11:15	Quilting
9:00-12:30	Billards
9:00-10:15	Line Dancing, Beginning
10:30-12:00	Line Dancing, Intermediate (no 1st Sat.)
11:00-12:00	Red Hat Society

Saturday

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

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)

June 13th, 8:30am- 12:30pm

-Cost: \$2.00 per table.

-Sign up for July will be; June 30th 2022 at 1:45pm.

Friendship Coffee

Thursdays & Tuesdays 9:30 – 10:30am

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

Thursday

- June 2 --Klarus Homecare/Hospice (Sponsor)
- June 9 --Sandia Vista Senior Living (Sponsor)
- June 16 --A Place At Home (Sponsor)
- June 23 --Edward Jones (Sponsor)

Tuesday

- June 7 --Neptune Society (Sponsor)
- June 14 -- Med-care Senior Insurance Solution (Sponsor)
- June 21 -- BeeHive (Sponsor)
- June 28 -- Senior Health Resource Center (Sponsor)



Presentation 9:00 - 11:00am

June 8th - Senior Citizen's Law Office - Power of Attorney Clinic

2nd Wednesday of the month.

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





Art, Computer, Language Classes, Etc.

Arts & Crafts

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



arts & crafts



Computer Corner

Open Computer lab (With exception of when computer classes are going on)

- Monday, Wednesday & Friday - 9:30 - 11:30am
- Tuesday & Thursday - 12:30 - 2:30pm

Investment Club - June 21st (Every 3rd Tuesday)



Loaner Tablet Program

Tablets Still Available

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.



Please call for more details 505-888-8102





Dances & Music



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

Wednesday, July 6, 2022

Band: TBA

Music Classes

Palo Duro Singers—Mondays 9:00 - 11:00am

Tango Jam—Wednesdays 5:00 - 6:30pm



Games

Please remember to check in with the front desk before heading to the Game Room.

Current membership card is needed to participate in activities.

Billiards - Monday, Tuesday, Thursday & Friday 9:00am—4:30pm

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

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

B-I-N-G-O—Every Tuesday 2:00—4:00pm

Bridge (Senior Men's) - 1st Thursday of the month ONLY—Thursday 12:30—3:30pm

Cribbage—Friday 1:00—3:00pm

Hand & Foot Canasta—Tuesday 1:00—4:00pm

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





Health and Wellness



Blood Pressure Screenings

PDSC Volunteers—Monday's 9:00 - 11:00am
GEHM CLINIC— Tuesday, June 7th - 8:30 - 12:00pm

Wellness Classes

Line Dance Improver—Monday 1:30—2:45pm

Line Dance Beginning—Monday 3:00—4:30pm

Line Dance Beginning—Saturday 9:00—10:15am

Line Dance Intermediate—Saturday 10:30—12:00pm

Yoga—Friday 9:30—10:30 am

Strengthening Class —Mondays & Thursdays 9:30—10:30 am



Language Classes



French—Monday 1:00 - 3:00pm

German—Thursday 9:00 - 10:30am

Legal

Legal Clinic: Senior Citizen Law Office

Provides general legal information. Divorces, wills & criminal issues are not included.

For Information & to sign up 265.2300

June 8th, 2022 - 9:00 - 11:00am





Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Antoinette Sigala
Center Manager

Vacant
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant II

Amber Rose Maestas
Program Assistant II

Manuel Ibuado
General Services

Joe Riboni
Cook

Palo Duro Features



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

Bingo

Tuesdays 2:00 – 4:00 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, June 6th

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Shot Clinic

Monday, June 27th

1:00 - 4:00 p.m.

Covid & Booster Shots
Please Bring Vaccination Card.



Ice Cream Social

3rd Tuesday, June 21st

11:30 - 12:30 p.m.

Movies at Palo Duro

Join us at 1:30 p.m. for these movies! Popcorn will be provided.
Movies are shown every 3rd Thursday.



*Movie Titles are Subject to Change

Thursday June 16th --

(PG)

TBA

Palo Duro Features



Cribbage

Fridays 1:00 - 3:30pm

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

Mystery Book Club

2nd Tuesdays 1:30 - 2:30pm

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



June 14th "The Trespasser" By Tanya French



Palo Duro Singers

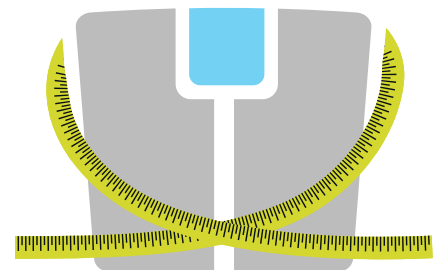
Mondays 9:00 - 12:00pm

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

T.O.P.S take Off Pounds Sensibly

Mondays 11:45 - 1:00pm

(TOPS) is an organization whose focus is on promoting a healthy lifestyle through realistic weight loss and long term weight maintenance. Through weekly weigh-ins members are encouraged to reach their goal weight in a friendly and non judgmental setting.



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

Palo Duro Features



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

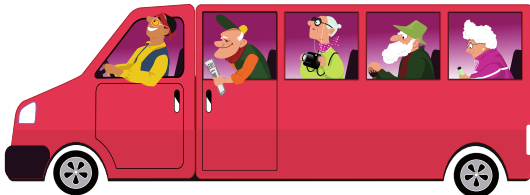
Relaxation and Peace of Mind, Get back into the rhythm of a happy, healthy life.

-Gentle Stretching -Breathing -Meditation

\$3.00 per class



LET US PICK YOU UP!



Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers **FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center** within a 5-mile radius of each site.

Visit with your center staff for details.

Special Events - June



Birthday Party, Monday, June 6—11:30am—12:30pm

1st Monday of the month

Ice Cream Social, Tuesday, June 21—11:30am - 12:30pm

3rd Tuesday of the month

Movies at Palo Duro, Thursday, June 16—1:30 - 3:00 pm

Movie every 3rd Thursday

Popcorn Days, Thursday All day

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



Sports & Fitness

Adapted Aquatics



Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength.

*You may pick up and complete a lotto form to register from any senior center!

Members will be contacted by end of June if you were selected to attend class.



Session 1 & 2 Begin Monday 7/4/2022

Session 3 begins Tuesday 7/5/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990

Hikes of the Month



All hikes are suspended until further notice.



Strengthening Class

Mondays & Thursdays 9:30 - 10:30am

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

Equipment needed per person. Must Bring your own.



1. Broom Stick
2. Hand Towel
3. Water Bottle w/ water
4. "Good Attitude"

Yoga

Friday 9:30 - 10:30 am

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

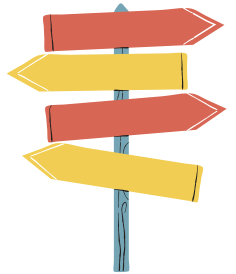




Up Coming Trips (Must Sign Up at Front Desk)



Upcoming Trips Starting in July



Volunteer Opportunities

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

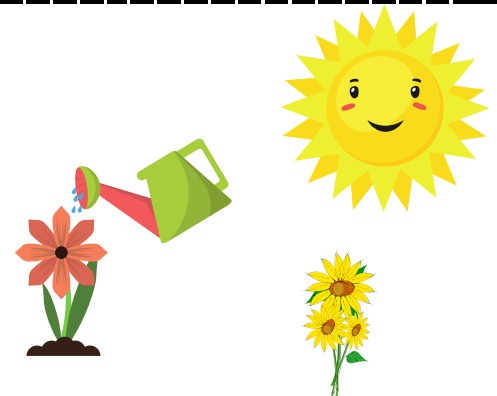
- Drivers
- Instructors
- Wiping tables before & after meals.
- Wiping of counters in Arts & Crafts rooms

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

Learn how you can make a difference!



hello
June





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



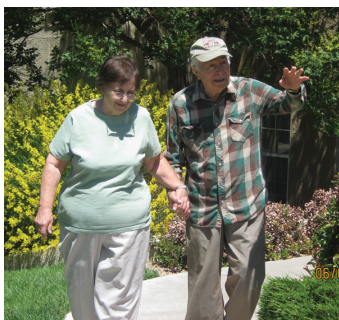
Senior Companion Program (SCP)

Volunteers work one-on-one with the homebound frail elderly & assist clients with paying bills, grocery shopping, transportation to medical appointments, & light housekeeping. Most importantly, they develop friendships with their clients.

The Senior Companions oftentimes allow recipients to stay at home rather than being institutionalized, resulting in major health care cost-savings for seniors, their families, & communities.

Call 764-1612 for more information or to volunteer.

Program Supervisor: Triston Lovato, 764-1612



- Willing to donate 20 hours a week
- Work with frail, at-risk, and homebound elderly

Senior Companion benefits include

- Stipend for those who are income-eligible
- Transportation/mileage & meals reimbursement
- Supplemental accident and liability coverage while on duty



Other Centers, Fitness Opportunities

Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

Exercise Classes

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

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

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

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

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

Instructor: Diane Chase (50¢ suggested donation)

- **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 – 8:15am-9:15am**

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

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

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

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

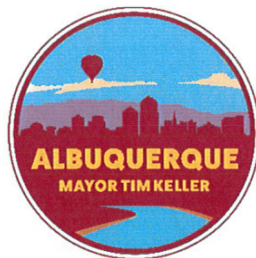
Phone: 505-880-2800 | Address: 3351 Monroe St. NE



Notice

ABSOLUTELY NO FOOD / MILK CAN BE TAKEN OUT OF THE DINING AREA

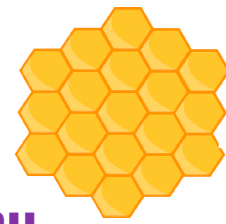
This is a regulation from the State Nutritionist with New Mexico Department of Aging and Long Term Care. The only exceptions to this rule are fruit, such as bananas, apples, oranges and individually wrapped cookies. If you have any questions regarding this regulation, please call Tim Martinez Department of Senior Affairs, Nutrition & Transportation Division at 764-6450



Department of Senior Affairs

The Honeycomb Cafe

Menu items subject to change.



Breakfast and Lunch Menu

Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.

Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

A-la-Carte

Egg25
2 Pieces of bacon or sausage50
Pancake25
French Toast25
Egg Muffin Sandwich	1.00
Toast or Tortilla20
Hash Browns30
Oatmeal70
Side of Chile25

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

Drinks

Milk25
Juice25
Coffee or Hot Tea.....	.30



Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required for

A-la-carte menu items.

Salad

Small Garden 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 Hot Tea.....	.30

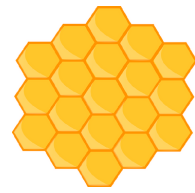
Slice of Pie (daily selection varies) .50

Bowl of Soup (daily selection varies) .50



The Honeycomb Cafe

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



Daily Hot Lunch- \$3.25 ***Reservations Required**

Lunch is served from 11:30 a.m. to 1:00 p.m.

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

**ONE
ALBUQUE
RQUE**

June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<p>CLOSED</p> <p>MEMORIAL DAY</p>	<ul style="list-style-type: none"> ◆ Greek Pasta Salad ◆ Cucumber & Red Onion Salad w/ Ranch Dressing ◆ Wheat Crackers ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Omelet ◆ Steamed Potatoes ◆ Stewed Tomatoes ◆ Green Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Steamed Spinach ◆ Peas & Carrots ◆ Red Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Steak with Grilled Onions ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Pudding ◆ 1% Milk
6	7	8	9	10
<ul style="list-style-type: none"> ◆ BBQ Chicken Sandwich ◆ Sweet Potato ◆ Apple Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak Mushroom & Onion Gravy ◆ Green Beans ◆ Scalloped Potatoes ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Carrots & Cauliflower ◆ Breadstick ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Ancient Grains ◆ Broccoli ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Bean & Rice Burrito with Red Chile ◆ Cauliflower ◆ Warm Cinnamon Apples ◆ 1% Milk
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy in Bowtie Pasta ◆ Steamed Green Beans ◆ Peach Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Steamed Collard Greens ◆ Brown Rice ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Black-eyed Peas ◆ Steamed Carrots ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/ Brown Gravy ◆ Steamed Carrots ◆ Mashed Potatoes ◆ Pear ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Roast w/ Creamy Onion Gravy ◆ Steamed Broccoli & Carrots ◆ Mashed Potatoes ◆ Dinner Roll w/ Margarine ◆ Green Grapes ◆ 1% Milk
20	21	22	23	24
<p>CLOSED (OBSERVED)</p> <p>JUNETEENTH</p>	<ul style="list-style-type: none"> ◆ Chicken Thigh ◆ Succotash ◆ Cornbread ◆ Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Steamed Broccoli ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Salmon ◆ Roasted Peppers ◆ Ancient Grain ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Brown Rice ◆ Jell-O ◆ Flour Tortilla ◆ 1% Milk
27	28	29	30	1
<ul style="list-style-type: none"> ◆ Baked Pork Chops ◆ Sweet Potatoes ◆ Broccoli/Cauliflower/Carrot ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ◆ Green Peas ◆ Brown Rice ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Steamed Potatoes ◆ Collard Greens ◆ Dinner Roll w/ Margarine ◆ Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans & Mushrooms ◆ Garlic Breadstick ◆ Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Sweet Corn ◆ Steak Fries w/ Ketchup ◆ Watermelon ◆ 1% Milk

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

Revised 5/11/22

Palo Duro Announcements



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

Classroom doors are emergency exit only doors.



Thank you.



Happy Father's Day
to all our Members!



June 19th, 2022



Happy Juneteenth!
June 20th, 2022



Palo Duro Announcements

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

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

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

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

All Memberships will be done during the following hours

Monday thru Friday
9:00 am thru 11:00 am
1:00 pm thru 3:00 pm

Thank you for patience during this transition



Just a reminder Palo Duro is eliminating paper attendance forms. Please remember to bring your membership cards with you. Thank you for your patience and understanding