



March 2022



A Message from the Director

Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



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



Time Change

Daylight Savings on
Sunday, March 13, 2021

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
9:30-11:30	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
9:00-11:00	RSVP Volunteer Training
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
9:30-12:30	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
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

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

AARP Tax-Aide

AARP will be returning to Palo Duro this year for 2021- 2022 Tax-Aide Assistance. Appointments will be once a week on Thursday's. The first appointment starts on Thursday February 10th.



Appointments can be made by calling 311 or going online to the AARP website below.

The 2022 Tax Assistance Information is live through a quick link at our [cabq.gov/seniors](https://www.cabq.gov/seniors) website: <https://www.cabq.gov/seniors/2022-aarp-tax-assistance>

Friendship Coffee

Thursdays 9:30 – 10:30am (Some Tuesday's)

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



Thursday

- March 3 --Klarus Homecare/Hospice (Sponsor)
- March 10 --Sandia Vista Senior Living (Sponsor)
- March 17 --A Place At Home (Sponsor)
- March 24 --Edward Jones (Sponsor)

Tuesday

- March 1 --Neptune Society (Sponsor)
- March 8 -- Med-care Senior Insurance Solution (Sponsor)



Presentation 9:00 - 11:00am

March 9th - Senior Citizen's Law Office - General Legal 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





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

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

Adelante Computer Class -

Wednesday, March 2, 2022 9:00am - 11:00am

Topic:

Fact vs Fiction: What's Real on The Internet

Learn to better protect yourself on the internet, including how to spot scams, phishing emails, and fraud. Older adults are often targeted for scams, but this class will give you some tools to protect your computer and your personal information while you're online.



Call 505-888-8102 to Register



Dances & Music

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



March 16, 2022 - Band: Impression

Music Classes

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

Tango Jam—Wednesdays 5:00 - 6:30pm





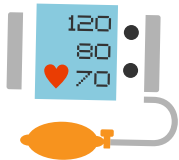
Games

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 & Wellness



Blood Pressure Screenings

- PDSC Volunteers—Monday 9:00 - 11:00am
- GEHM CLINIC— Tuesday, March 1st - 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



Language Classes



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

Legal

Legal Clinic: Senior Citizen Law Office

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





Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Antoinette Sigala
Center Manager

Carl Corona
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant II

Amber Rose Maestas
Program Assistant II

Manuel Iuado
General Services

David Martinez
Cook

Palo Duro features



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

Bingo

Tuesdays 2:00 - 4 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, March 7th

11:30 - 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Shot Clinic

Wednesday, March 16th

9:00 - 12:00 p.m.

Covid, Booster & Flu Shots.
Please Bring Vaccination Card.



Ice Cream Social

3rd Tuesday, March 15th

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.

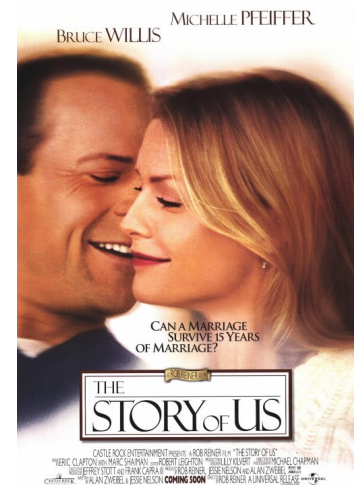


*Movie Titles are Subject to Change

Thursday March 17th -- The Story of Us

(R) 1 hr 36 min

After 15 years of marriage, Katie (Michelle Pfeiffer) and her husband, Ben (Bruce Willis), have grown apart. While they keep up the facade of having a contented marriage, mostly to not worry their children, they aren't happy together and argue frequently. While the kids are away at camp, Katie and Ben decide to separate and try to reassess their relationship to see if they should stay together or split up for good. Can they find enough that's positive in their marriage to keep it going?



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!



March 8th "The Night Fire" By Michael Connelly



Palo Duro Singers

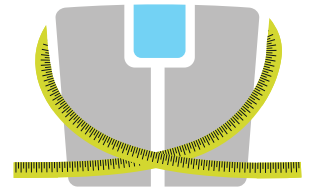
Mondays 9:00 - 12:00pm

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 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



Palo Duro Features



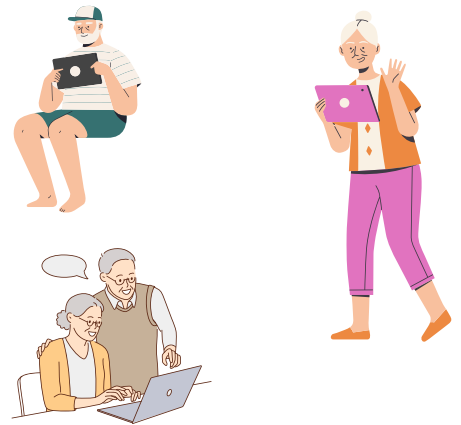
LET US PICK YOU UP!



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.

Technology Fair

The City of Albuquerque’s Department of Senior Affairs and Adelante DiverselT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am–12:30pm at North Domingo Baca Multigenerational Center. A special thanks to our event sponsors, AT&T and Internet Essentials from Comcast.



Special Events - March

Popcorn Days, Thursday All day

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

Birthday Party, Monday, March 7—11:30 - 12:30pm

1st Monday of the month

Ice Cream Social, Tuesday, March 15—11:30am - 12:30pm

3rd Tuesday of the month

St.Patrick's Dance Wednesday, March 16— - 1:30 - 4:00pm

\$3 per person, Band- Impression

Movies at Palo Duro, Thursday, March 17—1:30 - 3:00 pm

Movie every 3rd Thursday





Happy St. Patrick's Day



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 January if you were selected to attend class.

Session 1 & 2 Begin Monday 3/7/2022

Session 3 begins Tuesday 3/1/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



Core Strengthening Class

(Starts Monday April 4th)

Mondays 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 our own.

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





Sports & Fitness Continued...

Yoga

Friday 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**

Tuesday, March 15 — Trip- Ojo Caliente

\$45 day pass includes towel/locker.

Check in - 9:15am-5:30pm



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 rooms

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

Learn how you can make a difference!





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



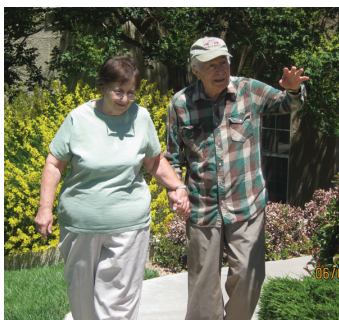
Senior Companion Program (SCP)

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.**

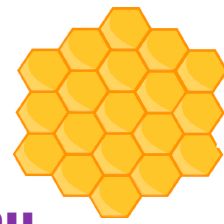
- **More information, please contact Palo Duro Sports & Fitness Center**

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



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

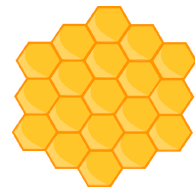
Slice of Pie (daily selection varies) .50

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

Monday	Tuesday	Wednesday	Thursday	Friday
28 ♦ Green Chile Chicken Posole ♦ Flour Tortilla ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	1 ♦ Turkey w/Gravy ♦ Cornbread Stuffing ♦ Vegetables ♦ Chocolate Chip Cookie ♦ 1% Milk 	2 ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Collard Greens ♦ Fruit ♦ 1% Milk 	3 ♦ Diced Pork ♦ Sweet Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	4 ♦ Baked Cod w/Tartar Sauce ♦ Steak Fries w/Ketchup ♦ Brownie ♦ 1% Milk 
7 ♦ Beef Fajitas ♦ Flour Tortilla ♦ Spanish Rice ♦ Pinto Beans ♦ Fruit ♦ 1% Milk 	8 ♦ Chicken Alfredo w/ Green Chile ♦ Green Beans w/ Mushrooms ♦ Garlic Bread Stick ♦ Pudding ♦ 1% Milk 	9 ♦ Baked Ham w/ Pineapple Glaze ♦ Brown Rice ♦ Steamed Carrots ♦ Yogurt ♦ 1% Milk 	10 ♦ Beef Steak w/Grilled Onions ♦ Roasted Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Cookie ♦ 1% Milk 	11 ♦ Baked Ziti w/Mozzarella ♦ Vegetables ♦ Garlic Bread Stick ♦ Fruit ♦ 1% Milk 
14 ♦ Baked Chicken ♦ Mashed Potatoes w/ Gravy ♦ Vegetables ♦ Fruit ♦ Dinner roll w/Margarine ♦ 1% Milk 	15 ♦ Minestrone w/Navy Beans ♦ Cornbread ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	16 ♦ BBQ Pulled Pork ♦ Tater Tots w/Ketchup ♦ Sliced Beets ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Corned Beef ♦ Steamed Potatoes ♦ Steamed Cabbage ♦ Jell-O ♦ 1% Milk 	18 ♦ Loaded Baked Potato ♦ Vegetables ♦ Apple Crumble ♦ 1% Milk 
21 ♦ BBQ Chicken Thigh ♦ Baked Beans ♦ Corn Bread ♦ Fruit ♦ 1% Milk 	22 ♦ Meatballs w/Marinara & Cheese ♦ Tater Tots w/Ketchup ♦ Green Beans w/ Mushrooms ♦ Hoagie Bun ♦ Pudding ♦ 1% Milk 	23 ♦ Turkey Pot Pie ♦ Steamed Potatoes ♦ Vegetables ♦ Apple Sauce ♦ 1% Milk 	24 ♦ Red Chile Beef Enchiladas ♦ Spanish Rice ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	25 ♦ Cajun Tilapia ♦ Butter Noodles ♦ Vegetables ♦ Fruit ♦ 1% Milk 
28 ♦ Salisbury w/Gravy & Mushrooms ♦ Steamed Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	29 ♦ Chicken Tenders w/ BBQ Sauce ♦ Brown Rice ♦ Corn w/Peppers ♦ Dinner Roll w/ Margarine ♦ Pudding ♦ 1% Milk 	30 ♦ Garlic Tilapia ♦ Angel Hair Pasta w/ Diced Tomatoes ♦ Steamed Green Beans ♦ Jell-O ♦ 1% Milk 	31 ♦ Frito Pie ♦ Vegetables ♦ Fruit ♦ 1% Milk 	"Senior Affairs Nutrition Program is proud to be part of the New Mexico Grown state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."

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.



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**