

November 2021

A Message from the Director

Happy Fall!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at cabq.gov/seniors for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,
Anna Sanchez



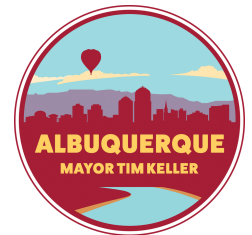
Center Hours

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,
Thursday Nov. 11th,
Thursday Nov. 25th
& Friday Nov. 26th**

**Effective October 24th,
you must dial
area code + number
for all calls**

**Time Change
Fall Back on
Sunday, November 7, 2021**



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.



Holiday Craft Fair at Palo Duro every Friday

Starts November 19th - December 17th
8:30am - 12:00pm

Come purchase unique items for all your gift giving needs.
\$2 to reserve your table

Friendship Coffee

Thursdays 9:30 a.m. - 10:30 a.m.

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

November 4 —Hamilton relay (sponsor)

November 18 —Sandia Vista Senior Living (sponsor)



Presentation 9:00- 11:00am

November 10 - Senior Citizen's Law Office - Power of Attorney Clinic

2nd Wednesday of the month. Call SCLO to set up appointments
(505.265.2300)

Art, Computer, Language Classes, Etc.

Arts & Crafts

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

Ceramics—Monday & Thursday 9:30am - 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

Quilting—Saturday 9:15 - 11:15am

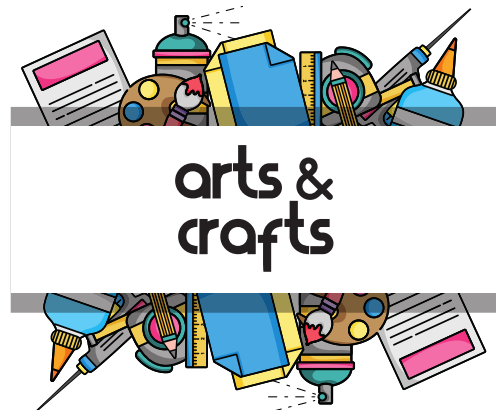
Pottery— Wednesday & Friday 9:00am - 12:00pm

Sewing & Alterations—Tuesday 10:00am - 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





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.

Investment Club

Tuesday 1:30—3:30pm

Open Computer Lab

Tuesday & Thursdays 9:30—11:30 am

Teeniors—Free Workshop

Friday, November 19 2:00—3:15pm

Teeniors are tech-savvy teens and young adults who help seniors learn technology thought one-on-one personal coaching. Whether you have questions about your phone, Computer or anything online, our goal is to empower you to connect with your loved ones, engage with your community, and the world through technology, while providing paid, meaningful jobs for youth in N.M.!

Must Sign up at the front desk



Dances & Music



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

Wednesday, November 17, 2021 - Chile Beans

Wednesday, December 8, 2021 - Tino's Band

Music Classes

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

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

Billiards Room will be closed Monday, November 8 & Tuesday, November 9,

Dr Billiards will be here both days to restore all tables

B-I-N-G-O—Every Tuesday 2:00—4:00pm

Bridge (Duplicate) - Monday 12:45—4:00pm

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

Cribbage—Friday 1:00—3:00pm

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

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





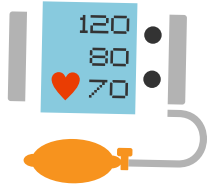
Language Classes

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 - Tuesday, November 2 & November 30 8:30am - 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 10:30am—12:00pm

Yoga—Friday 9:30—10:30 am

Zineng/Chi-Lel QiGong—Wednesday 2:30—4:30pm



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

November 10th 2021 - 9:00 - 10:00am

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

For Information & to 265.2300





Trips



Wednesday, November 17 - Laguna Burger 66 Pit Stop

Check in 10:30am - Return 1:30pm lunch on your own expense

Wednesday, December 1 - River of Lights -

Check in 4:45pm - 7:30pm Cost TBA admission lunch on your own expense

Wednesday, December 8 - Barel's Coffee House

Check in 10:15am - 12:45pm lunch on your own expense

Friday, December 3 - In Old Town Holiday Stroll/Lighting of Christmas Tree

Check in 4:30 - 8:00pm All expenses on your own

November Special Events

Birthday Celebrations, Monday, November 1—11:30am—12:30pm

Join us for our monthly birthday treat. 1st Monday of the month.

Veteran's Day —Thursday, November 11

In observance of Veteran's Day, City of Albuquerque,
Department of Senior Affairs will be closed.

Popcorn Days, Thursday All day

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

Ice Cream Social, Tuesday, November 16—11:30am—12:30pm

3rd Tuesday of the month

Movies at Palo Duro, Thursday, November 18—11:30 am—12:30 pm

Featuring "Life Stinks" Movie every 3rd Thursday

Thanksgiving Day Dance—Wednesday, November 24—1:30 - 4:30pm

\$3 per person, Band- Chile Beans

Thanksgiving Day —Thursday, November 25, 2021 & Friday, November 26, 2021

In observance of Thanksgiving Day, City of Albuquerque,
Department of Senior Affairs will be closed.



Up Coming Special Events

Tree Trimming Party & Ugly Sweater Day— Wednesday, December 1 10:00am—12:00pm

Join us for lots of fun trimming the tree. Refreshment will be provided.

Holiday Dance—Wednesday, December 8—1:30

4:30pm \$3 per person, Band- Tino's band

Christmas Eve Day —Friday, December 24 & Saturday, December 25

In observance of Christmas Day, City of Albuquerque,
Department of Senior Affairs will be closed.

New Year's Eve— Friday, December 31 & Saturday January 1

In observance of Veteran's Day, City of Albuquerque,
Department of Senior Affairs will be closed.

**COMING
SOON**



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!



TBA

Palo Duro Sports & Fitness 880-2800

Zineng/Chi-Lel QiGong

Wednesday 2:30 - 4:30pm

Qigong is an ancient Chinese art and science which, with consistent practice, allows one to transform all levels of energetic blockages within the body, mind and spirit to promote

Healing, Happiness and Peace



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!



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

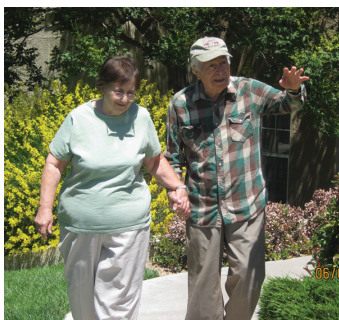


Senior Companion Program (SCP)

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



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

Holly-Ann Alarcon
Program Assistant II

Manuel Ibadó
General Services

David Martinez
Cook

What's The Buzz?



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

Bingo

Tuesdays 2:00 p.m. – 4 p.m.

Sponsored by - Oak Street Health



Birthday Party

Join us for our monthly birthday treat.

1st Monday, November 1st

11:30 a.m. – 12:30 p.m.

Sponsored by: TBA

Flu Shot Clinic

Monday November 1st

9:00 a.m. – 11:00 a.m.

Sponsored by: Presbyterian



Ice Cream Social

3rd Tuesday, November 16

11:30 a.m. -12:30 p.m.

Movies at Palo Duro Starting in November

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

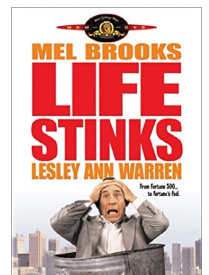
*Movie Titles are Subject to Change



November 18 "Life Stinks"

(PG) 1 hr 32 min

Affluent and arrogant businessman Goddard Bolt, feuding with rival Vance Crasswell over a land deal, makes a bet with Crasswell that he has the wits and street smarts to live penniless and anonymous on the rough streets of Los Angeles for 30 days. But Bolt has a rude awakening when the reality of homelessness hits him. Still, he finds a silver lining in a burgeoning romance with Molly, a former Broadway dancer who has fallen on hard times.



What's The Buzz?-- Continued



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

LET US PICK YOU UP!

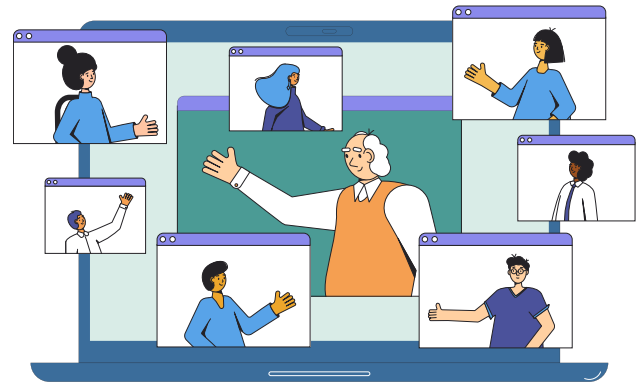


Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers **FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center** within a 5-mile radius of each site. Visit with your center staff for details.

43rd Annual Conference on Aging Virtual Watch Party!

November 17th -November 18th - 8:30am-2:00pm

The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party! Join us at Barelas Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.



Department of Senior Affairs Annual Thanksgiving Day Luncheon Returns!

November 25th - 11:30am-1:00pm

Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!



What's The Buzz?-- Continued



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

LOST + FOUND

share your story

Lost and Found is a story collection project stemming from the memories of the things we have all lost or found during the pandemic. From losing the ability to go to school in person or a loved one, to finding the joy of cooking, or adopting a new furry friend, we have all been changed by the past year and a half.

Our goal is to collect 600 unique stories about the things we have lived through, from the mundane to the monumental.

We will be visiting

**Palo Duro Senior Center on Monday, November 15, 2021
from 8:30am-10:30am.** We will have Attendants ready to collect and archive your stories in a safe place--a memory box to preserve all of our unique experiences.

Once we have met our goal, the stories will be used to create a community generated found poem that will accompany a film piece documenting what we have all lost and found in the last 600 days.

A story can be submitted in the form of writing, a photograph or by filling out a Lost and Found madlib. We will have all materials on site.

Don't know what story to share?

No worries! We will have a series of games to help you find your inspiration!

If you feel more comfortable submitting your story online please email to LOSTANDFOUND@cabq.gov

Palo Duro Features



Mystery Book Club

2nd Tuesdays 1:30 - 2:30pm



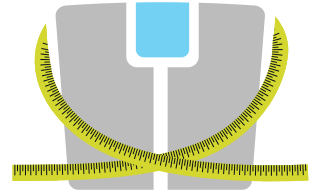
Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

November 9th "Devil in a Blue Dress" By Walter Mosley

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

There are many exciting and creative activities offered by outstanding artists from our community. This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides a different art activity each week.

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



Zineng/Chi-Lel QiGong

Wednesdays 3:00 - 5:00pm

Qigong is an ancient Chinese art and science which, with consistent practice, allows one to transform all levels of energetic blockages within the body, mind and spirit to promote

Healing, Happiness and Peace



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
2:30-4:30	Zineng/Chi-Lel QiGeng

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

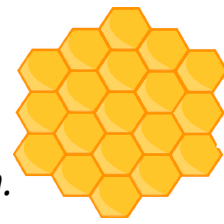
Saturday

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. Please arrive before 12:30 p.m.

Daily Hot Lunch- \$3.25 *Reservations Required

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Loin W/ Gravy	2 Ham Mac & Cheese	3 Breaded Chicken Patty W/ Green Chile White Gravy	4 Pot Roast Potato, Celery & Carrots	5 Omelet W/ Mushrooms & Spinach
8 Steak Fingers W/ White Gravy	9 Ham W/ Pineapple Glaze	10 Meatball Sub Sandwich W/ Mozzarella	11  CLOSED	12 Red Chile Cheese Enchiladas
15 Cajun Salmon	16 Beef W/ Peppers & Onions	17 Green Chile Chicken Posole	18 BBQ Pulled Pork Sandwich	19 Pasta Primavera
22 Rotisserie Chicken	23 Carne Adovada	24 Herb Roasted Turkey W/ Gravy	25  CLOSED	26 <i>Happy Thanksgiving</i> CLOSED
29 Salisbury Steak W/ Green Chile Gravy	30 Turkey Tetrazzini/ Diced Turkey, Penna Pasta			

Other options without a reservation-- Monday thru Friday

Breakfast 8 a.m. -9 a.m.

Regular Combination.....\$1.50.....Mini... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla
Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile
English Muffin Sandwich..... \$1.00
Oatmeal with Milk, raisins optional..... \$0.70
French Toast or Pancake \$0.25
Biscuit w/gravy on Thursdays.....\$1.00
Huevos Rancheros on Wednesdays.....\$1.50
Waffles served on Fridays.....\$1.00



Lunch 11:30 a.m. -1 p.m.

Salad.....Large....\$2.00.....Small.... \$1.00
Soup or Pie of the Day..... \$0.50
Sandwich of the Day..... \$1.50
half sandwich..... \$0.75
Grilled Cheese..... \$1.25
Beverages during all meals
Milk or Juice..... \$0.25
Coffee or Tea..... \$0.30

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.

Starting October 1, 2021

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