



THANK YOU FOR YOUR SERVICE!

# NOVEMBER 2023

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Join us in celebrating the enchanting transformation of nature as we witness the lush green leaves of November evolve into a breathtaking tapestry of reds and oranges at the Palo Duro Senior Center. We cordially invite you to immerse yourself in the beauty of the changing seasons over at Palo Duro Senior Center.

Join our series of craft fairs on November 8th, November 22nd, December 6th, and December 20th.

Please note: for breakfast, we can not accept anything over \$10.00 due to a shortage of cash in the register. We will continue to accept payments via card and checks.

Shout out to Manny for putting up some amazing hand sanitization stations on the walls in the social hall.

Thank you for your understanding, and we wish you all a Phenomenal November.

## Closures

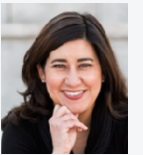
Veterans Day  
Friday, November 10th

Thursday, November 23rd  
Friday, November 24th

## Department of Senior Affairs



Mayor Tim Keller



Anna Sanchez  
Director

**Angel Montoya**  
Division Manager  
Vacant  
Center Manager

**Matthew Montoya**  
Program  
Coordinator

**Juan Carlos  
Campa-Arias**  
Office Assistant

**Jaedyn Reed**  
Program Assistant II

**Taylor Stanley**  
Program Assistant II

**Manuel Ibuado**  
General Services

**Elvira De La Rosa**  
Cook

**Dominique Rivera**  
Kitchen Aid

# Daily Schedule

Monday	Monday
8:00-9:00	Breakfast
8:30-11:30	Lapidary, Beginning
9:00-4:30	Billards
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
1:00-2:00	X Factor Study
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	Tuesday
8:00-9:00	Breakfast
8:30 - 11:30	Lapidary II
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	Creative arts group (AKA "Visiting Artists Series")
1:30-2:30	Mystery Book Club (2nd Tuesday)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday	Wednesday
8:00-9:00	Breakfast
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd Wednesday)
9:00-6:30	Billards
9:30-11:30	Open Computer Lab
9:00-12:00	Golden Eagles (4th Wednesday)
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

Thursday	Thursday
8:00-9:00	Breakfast
8:30-11:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-11:30	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)

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

Saturday	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.)

Note: Days and Times are subject to change.

# Palo Duro Features



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

## Birthday Celebration

1st Monday of the Month,  
November 6th  
11:30 am — 12:30 pm



## Ice Cream Social

3rd Tuesday, November 21st  
11:30 am — 12:30 pm

## Pie Social



2nd Tuesday, November 14h  
11:30 am — 12:30 pm

## Bingo

Tuesdays 2:00 — 4:00 pm



**PLAY FOR  
\$3.00**

## Movies at Palo Duro

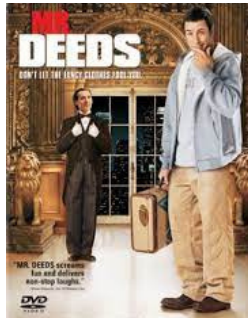
Join us at 1:30 pm for these movies! Popcorn will be provided.

\*Movie Titles are  
Subject to Change

**November 2nd  
American Sniper**



**November 16th  
Mr. Deeds**



**November 30th  
Sully**



**Starting at 1:30 pm**

# Cascade Valor Gala



**Date: Thursday, November 9th**

**Time: 2:00 PM - 4:30 PM**

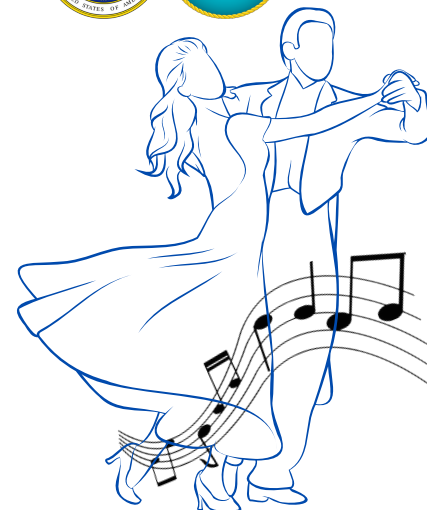
**Cost : Free**

**Dress Code: Formal Attire**



**In honor of Veterans Day, we will also  
pay tribute to our brave troops.  
Don't miss this special event!**

**We look forward to celebrating with you  
and showing our appreciation for our  
veterans and active-duty service  
members!**



# Activities/ Things Going on at Palo Duro Senior Center

## Holiday Craft Fair every other Wednesday

8:30 AM - 12:00 PM

THERE WILL BE A VARIETY OF CRAFTS AND ARTISTRY ON DISPLAY, SHOWCASING THE INCREDIBLE TALENT OF OUR SENIOR COMMUNITY MEMBERS. WE LOOK FORWARD TO YOUR PRESENCE, SO MARK YOUR CALENDARS!

### CRAFT FAIR DATES

NOV. 8TH

NOV. 22ND

DEC. 6TH

DEC. 20TH

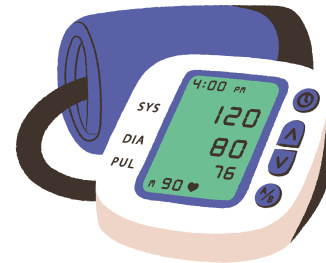


SIGN-UPS WILL BEGIN THE **FRIDAY BEFORE THE CRAFT FAIR**  
SIGN UP FOR A TABLE - \$2 TO RESERVE YOUR TABLE

## Health and Wellness

**GEHM CLINIC**—8:30 am - 12:00 pm

**Tuesday, November 7th**  
**Tuesday, December 5th**



Wednesday  
November 8th  
January 10th



### Presentation 9:00 - 11:00 am

November 8th - Senior Citizen's Law Office-  
**Power of Attorney**

2nd Wednesday of the month  
Call PDSC to sign up -Limited Spots Available  
(505.888.8102)

### Presentation 9:00 - 11:00 am

December 13th - Senior Citizen's Law Office-  
**General Law Office**

2nd Wednesday of the month  
Call SCLO to sign up -Limited Spots Available  
(505.265.2300)



Wednesday  
December 13th

# 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 the month if you were selected to attend class in the following month

**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



### WEDNESDAY, NOVEMBER 1ST

#### GOLDEN OPEN SPACE

Check in 8:30 am

Depart 8:45 am

Return 6:00 pm

### WEDNESDAY, NOVEMBER 15th

#### Santa Fe River Trail

We will be meeting at the Rail Runner anything south of the downtown area

#### Rail Runner departure times

**Downtown-9:35**

**Montano-9:44**

**Los Ranchos-9:50**

**Return 6:00 pm**

### WEDNESDAY, NOVEMBER 29TH

#### SAN LORENZO SIDE CANYON

Check in 8:30 am

Depart 8:45 am

Return 5:00 pm

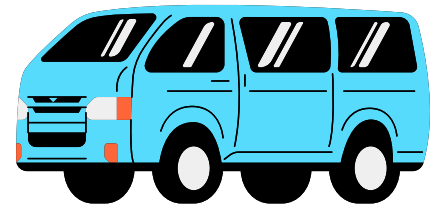


## Hikes of the Month

Sign Up at the front desk for all trips and hikes. All hike sign ups are available 13 days in advance

### **Sign Up for November and December**

**Starts Friday, November 3rd 9:00 AM**



### Tuesday, November 7— Lunch & More: Lindo Mexico

Check-in - 11:00 am-2:00 pm

### Tuesday, December 5 — Lunch & More Group: Church Street Cafe

All expenses on your own

Check-in - 11:00 am-2:00 pm

### Wednesday, December 13 — River of Lights

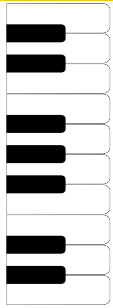
All expenses on your own. Must purchase your own tickets

Check-in - 5:00 pm-8:00 pm



# Palo Duro Announcements

Calling all instrument players! Join us for a Musical Mondays with the Palo Duro Singers every Monday at 9:00 am to 11 am. Whether you're an experienced musician or just starting, all are welcome to share their love for music in our inclusive community. Bring your own instrument, and let's make beautiful melodies together



Welcome to the High Toners club at Palo Duro Senior Center! We're a group of music lovers who play the piano and sing awesome songs. You can find us here every Friday from 10:30 AM to 12:00 PM. If you're into music and want to have a great time with us, we'd love for you to join.

## City of Albuquerque Department of Senior Affairs

### Advisory Council Monthly Meeting

November 20, 2023

12:00 pm

Manzano Mesa Multigenerational  
Center

501 Elizabeth SE 87123



**AARP**

### AARP Defensive Driving

The AARP SmartDriver classroom course could save on your car insurance! Would you like to join?

**1st Friday of the month - November 3rd  
from 8:30-12:00 pm**

Sign up for the December 3rd course  
opens November 6th, 2023

**ONE ALBUQUERQUE** senior affairs

## AGELESS ARTISAN CRAFT FAIR

**November 18, 2023**  
9 AM - 1 PM

**North Domingo Baca Multigenerational Center**  
7521 Carmel NE 87113

**Just in time for holiday shopping!**  
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

**FEATURING**  
Arts & Crafts | Food Trucks | Live Music

[cabq.gov/seniors](http://cabq.gov/seniors)

# COMMEMORATING THE MEMORY OF THOSE WHO ARE NO LONGER WITH US

## Daniel Arthur Murphy

Daniel Arthur Murphy passed away on Wednesday, September 13, 2023 at the age of 91, with family members present at his bedside. He was born in Spalding, Nebraska in 1931 to Jerome and Helen Murphy. Daniel is survived by Ellen Murphy, his wife of 68 years; their son, Michael Murphy; daughter, Ann Murphy; son, Patrick Murphy and wife, Jolyn; son, Martin Murphy; son, Paul Murphy and wife, Helen Myers; daughter, Rebecca Ahearn and husband, Greg; and daughter, Christine Grant. He is also survived by grandchildren Andrew Murphy, Aaron Murphy, Gavin Grant and wife, Jesse, Simon Grant, Kathryn Dallimore and husband, Greg, Christian Murphy, Isabella Romano and husband, Josh, Katie Harkins, Jack Ahearn, and Morgan Ahearn. He is also survived by great-grandchildren Noah, Quinn, Reed, Maximilian, and Cecilia. Daniel is predeceased by his daughter, Maureen Harkins; mother and father, Helen and Jerome Murphy, and brothers, Jim Murphy and Jack Murphy.



design, development, testing, and production. He traveled extensively for Sandia throughout the United States,

and participated in one of the last successful, near-space nuclear tests in 1962 on Johnston Island in the North Pacific Ocean.

He was an avid game hunter and fresh-water fisherman, and was wearing out his 5th bass boat during his final fishing trip this June with his sons. As a talented and expert billiards player, Daniel won several medals in the state Senior Olympics 8-ball pool championships and played his last game of pool with his dear friends at the Palo Duro Senior Center on Monday, two days before he passed. He was open-minded and compassionate. He is remembered for his sense of duty, his sense of humor, and his dedication to his family. He is much loved and will be forever missed.

The family would like to express their gratitude to the many friends and caregivers who kindly provided support during these last months of his life.

Viewing and Visitation to be held at FRENCH-Wyoming on Oct 3rd, 2023 at 2:00 PM. Rosary at Our Lady of Annunciation Parish on Wednesday, Oct 4th, 2023 at 10:00 AM, followed by Funeral Mass at 10:30 AM. Burial at Santa Fe National Cemetery at 2:00 PM on Thursday Oct 5th, 2023.

Daniel was proud to serve his country as a Sergeant in the United States Marine Corps from 1952 to 1956. He was recruited from college by Sandia National Laboratories in 1958 and moved to Albuquerque with his wife, Ellen, where he has resided since. He retired from Sandia in 1994 as a Senior member of the Technical Staff having enjoyed a 35-year career. During that time, his work included duties as Project Leader and Program Manager for weapons-related

**DANIEL ARTHUR MURPHY WAS  
A MEMBER OF PALO DURO  
SENIOR CENTER FOR MANY  
YEARS. HE LOVED PLAYING  
SNOOKER AS WELL AS POOL  
WITH ALL OF THE FAMILY AND  
FRIENDS HE HAD GAINED HERE  
AT PALO DURO.**

**WE WISH ALL THE FAMILY OUR  
CONDOLENCES IN THIS HARD  
TIME AND NOT BE SAD THAT HE  
IS GONE BUT HAPPY THAT HE  
LIVED.**



FRENCH - Wyoming  
7121 Wyoming Blvd. NE  
505.823.9400  
www.frenchfunerals.com



# **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.**



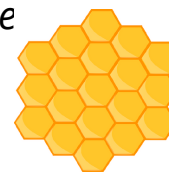
# The Honeycomb Cafe



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

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



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

**ONE ALBUQUERQUE**

## November 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
<p>30</p> <ul style="list-style-type: none"> <li>♦ Pork Loin w/gravy</li> <li>♦ Rice pilaf</li> <li>♦ Corn</li> <li>♦ Dinner roll w/ margarine</li> <li>♦ Pear</li> <li>♦ 1% milk</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>♦ Mummy loaf in swamp water (Meatloaf w/gravy)</li> <li>♦ Mashed potatoes</li> <li>♦ Sliced carrots</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>♦ Breaded chicken patty w/green chile white gravy</li> <li>♦ Sweet potato</li> <li>♦ Green beans</li> <li>♦ Apple slices w/peanut butter cup</li> <li>♦ 1% milk</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>♦ Pot roast w/potato, celery, carrots</li> <li>♦ Italian blend</li> <li>♦ Ancient grain</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>♦ Omelet w/mushrooms, spinach</li> <li>♦ Hash browns</li> <li>♦ Vegetable blend</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul>
<p>6</p> <ul style="list-style-type: none"> <li>♦ Pork loin w/gravy</li> <li>♦ Rice pilaf</li> <li>♦ Corn</li> <li>♦ Dinner roll w/ margarine</li> <li>♦ Diced pears</li> <li>♦ 1% milk</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>♦ Ham mac &amp; cheese</li> <li>♦ Normandy blend vegetables</li> <li>♦ Cherry cobbler</li> <li>♦ 1% milk</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>♦ Breaded chicken patty w/green chile white gravy</li> <li>♦ Sweet potato</li> <li>♦ Green beans</li> <li>♦ Red apple</li> <li>♦ 1% milk</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>♦ Pot roast, potato, celery, carrots</li> <li>♦ Italian blend vegetables</li> <li>♦ Ancient grain</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul>	<p>10</p> <p><b>CLOSED</b></p>
<p>13</p> <ul style="list-style-type: none"> <li>♦ Steak fingers w/white gravy</li> <li>♦ Red potatoes</li> <li>♦ Succotash</li> <li>♦ Sugar cookie</li> <li>♦ 1% milk</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>♦ Ham w/ pineapple glaze</li> <li>♦ Biscuit w/ margarine</li> <li>♦ Sweet potato</li> <li>♦ Mixed fruit</li> <li>♦ 1% milk</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>♦ Meatball sub sandwich w/ mozzarella</li> <li>♦ Steak fries w/ ketchup</li> <li>♦ Normandy blend</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ mushrooms &amp; spinach</li> <li>♦ Hash browns</li> <li>♦ Stewed tomatoes</li> <li>♦ yogurt</li> <li>♦ 1% milk</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>♦ Green chile chicken enchiladas</li> <li>♦ Pinto beans</li> <li>♦ Spanish rice</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul>
<p>20</p> <ul style="list-style-type: none"> <li>♦ Cajun salmon</li> <li>♦ Fettuccine alfredo</li> <li>♦ Baby carrots</li> <li>♦ Granny smith apple</li> <li>♦ 1% milk</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>♦ Beef w/peppers &amp; onions</li> <li>♦ Black beans</li> <li>♦ Imperial blend vegetables</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>♦ Herb roasted turkey w/gravy</li> <li>♦ Stuffing w/ gravy</li> <li>♦ Green bean casserole</li> <li>♦ Dinner roll</li> <li>♦ Pumpkin cake</li> <li>♦ 1% milk</li> </ul>	<p>23</p> <p><b>CLOSED</b></p>	
<p>27</p> <ul style="list-style-type: none"> <li>♦ Rotisserie chicken</li> <li>♦ Rosemary potatoes</li> <li>♦ Corn w/ red peppers</li> <li>♦ Dinner roll w/ margarine</li> <li>♦ Grapes</li> <li>♦ 1% milk</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>♦ Carne adovada/red chile</li> <li>♦ Flour tortilla</li> <li>♦ Pinto beans</li> <li>♦ Spanish rice</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>♦ Beef tip w/elbow macaroni</li> <li>♦ Roasted carrots</li> <li>♦ Sliced beets</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>♦ Pasta primavera w/ alfredo sauce</li> <li>♦ Northwest blend vegetables</li> <li>♦ Breadstick</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>♦ Breaded cod fish w/ tartar sauce</li> <li>♦ Steamed red potatoes</li> <li>♦ Peas</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul>

# Code of Conduct

## **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.

