



Make everyday an EXCELLENT day

Center Hours

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

Wed: 8 am - 7 pm

Sat: 9 am - 1 pm

Sunday Closed

OCTOBER

2023

A Messge from Palo Duro Senior Center



WE WILL BE CLOSED MONDAY, OCTOBER 9TH, 2023 FOR INDIGENOUS PEOPLES DAY

Welcome to October at Palo Duro Senior Center!

As the leaves change and the air turns crisp, we are thrilled to extend our warmest greetings to all our wonderful members and friends. October is here and brimming with exciting activities and events that you won't want to miss! We invite you to join us in celebrating this vibrant month.

Our October Highlights

Breakfast and Lunch Delights: We know that good food fuels good times. When you're here for our events, be sure to order your breakfast and lunch. After placing your order, grab your ticket and take a seat. Our kitchen team is working diligently to prepare your delicious meals and they'll call your name when your order is ready for pickup.

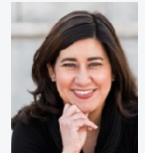
Counting on You: Your presence truly matters to us. To ensure we make this October unforgettable, please remember to check in when you arrive. Your attendance helps us plan better and ensures no one is left out of the fun. We would also like to Welcome our new employee joining the team Tayler Stanley!

Let's make this October a month to remember, filled with laughter, friendship, and unforgettable moments. We can't wait to see you here at Palo Duro Senior Center!

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

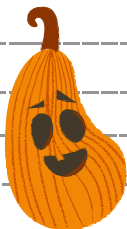
Elvira De La Rosa Cook

Dominque Rivera Kitchen Aid

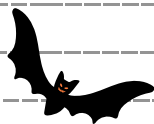


# On-going Daily Schedule

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
1:00-3:00	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 Intermediate
9:00-4:30	Billards
9:00-11:00	Quilting
9:00-11:00	Tuesday's Angels
10:00-12:00	Sewing & Alterations
10:00-12:00	Investment Club (3rd Tuesday)
11:30-1:00	Lunch
12:00-2:00	Leather
12:30-2:30	Open Computer Lab
1:00-3:00	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)



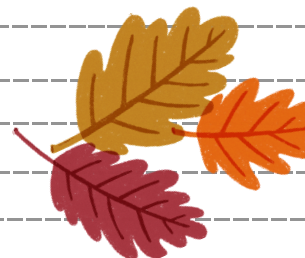
Wednesday	Wednesday
8:00-9:00	Breakfast
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd Wednesday)
9:00-6:30	Billards
9:30-11:30	Open Computer Lab
10:00-12:00	Golden Eagles (4th Wednesday)
11:30-1:00	Lunch
12:00-3:00	Busy Bees - Crochet & Knit
12:00-3:00	Metal/Silver Smithing
12:00-3:00	Mexican Train Dominoes



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



Friday	Friday
8:00-9:00	Breakfast
9:00-12:00	Lapidary 3
9:00-4:30	Billards
9:00-12:00	Pottery
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
2:15-4:15	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.



# Activities/ Things Going on at Palo Duro Senior Center

## AARP Defensive Driving

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

**1st Friday of the month - October 6th from 8:30 am - 12:30 pm**

Sign up for the November course starting October 6th, 2023



Come see what you can find at our Flea Market!

Make sure to check out all the vendors to find those last minute treasures and special bargains.



## FLEA MARKET

Due to holiday it will be on

**Wednesday, October 11, 2023**

-Cost: \$2.00 per table.

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

Sign up for October starts September 28th, 2023. Best Times to sign up 9:00-11:00 Monday-Friday

## Friendship Coffee

**Thursdays 9:30 - 10:30 am**

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



**Thursday**

October 5th  
October 12th  
October 19th  
October 26th



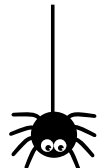
**LIVE MUSIC AND PERFORMANCES: DANCERS GET READY TO BE SERENADED BY TALENTED LOCAL MUSICIANS AND ARTISTS THIS MONTH.**

**THERE'S NOTHING LIKE THE SOUND OF LIVE MUSIC UNDER THE STARRY OCTOBER SKIES.**

**1:30 PM - 4:00 PM**

**OCTOBER 4  
MILAGRO**

**COST \$3**



## Presentation 9:00 - 11:00 am

**October 9th - Senior Citizen's Law Office-  
General Law Office**

2nd Wednesday of the month

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





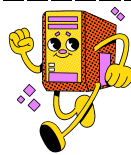
# Art, Computer, Language Classes, Etc.

## Arts & Crafts

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



## Computer Corner



- Open Computer lab** (With exception of when computer classes are going on)
- Monday, Wednesday & Friday - 9:30 - 11:30am
- Tuesday & Thursday - 12:30 - 2:30 pm

## Investment Club - October 17th (Every 3rd Tuesday)





# Art, Computer, Language Classes, Etc.

## Free Computer Classes



Technology Learning Opportunities for Local Seniors

Upcoming Schedule TBA



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## Loaner Tablet Program

Tablets Still Available



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



Please call for more details 505-888-8102





# Dances & Music



## Music Classes

Palo Duro Singers—Mondays 9:00 am - 11:00 am  
Hightoners- Fridays 10:30 am- 12:00 pm



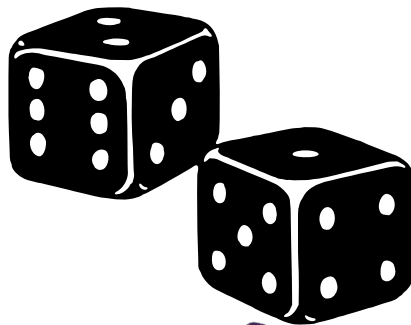
## Games

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

Current membership card is needed to participate in activities.



Billiards — Monday, Tuesday, Thursday, & Friday 9:00 am—4:30 pm  
Wednesday 9:00 am—6:30 pm & Saturday 9:00 am—12:30 pm  
Billard's/Golf (Snooker) — Monday, Wednesday & Friday 12:00 pm—4:30 pm  
B-I-N-G-O—Every Tuesday 2:00 pm—4:00 pm  
Bridge (Senior Men's) —1st Thursday of the month ONLY  
Thursday 12:30 pm—3:30 pm  
Cribbage—Friday 1:00 pm—3:00 pm  
Mexican Train on Dominoes—Wednesday 12:00 pm—3:00 pm



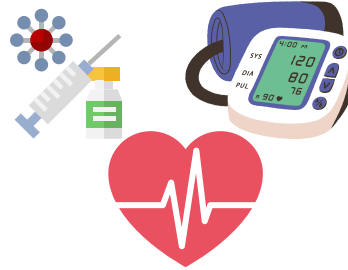


# Health and Wellness

**BOOSTER CLINIC—9:00 am - 12:00 pm**

**GEHM CLINIC—8:30 am - 12:00 pm**

**Monday, October 23rd**  
**Monday, November 27th**



**Tuesday, October 3rd**  
**Tuesday, November 7th**  
**Tuesday, December 5th**



## Community Walk!

**OCTOBER 2ND**

WALK AROUND BOSQUE TRAIL  
(DIFFICULTY: B)

CHECK IN: 8:45 AM  
DEPART: 9:00 AM)  
RETURN: 11:00 AM

**OCTOBER 16TH**

WALK AROUND ARROYO  
DEL OSO  
(DIFFICULTY: B)

**Must Sign Up at Front Desk**  
**Minimum of 6**

**OCTOBER 30TH**

WALK AROUND CORONADO MALL  
(DIFFICULTY: A)

## Wellness Classes

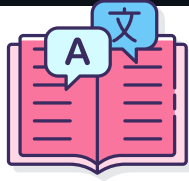
- Line Dance Improver—Monday 1:30 pm—3:00 pm
- Line Dance Beginning—Monday 3:15 pm—4:30 pm
- Line Dance Beginning—Saturday 9:00 am—10:15 am
- Line Dance Intermediate—Saturday 10:30 am—12:00 pm
- Yoga (Energy)—Friday 9:30 am—10:30 am
- Strengthening Core Class —Mondays 9:30 am—10:30 am
- Strengthening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

**(Except for every 2nd Monday of the month due to the federal holiday)**





# Language Classes



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

# Legal

## Legal Clinic: Senior Citizen Law Office

Power of Attorney Clinic.

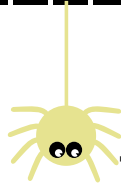
For Information & to sign up 265.2300

October 11th, 2023 - 9:00 - 11:00 am



# Palo Duro Features

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



## Bingo

Tuesdays 2:00 — 4:00 pm



## Birthday Party

Join us for our monthly birthday treat.  
1st Monday, October 2nd  
11:30 am — 12:30 pm

Sponsored by: Palo Duro Philatelic Society



## Spooktacular Billards and Board Games Special Event



1:30 PM-3:30 PM  
Friday, October 13th

It's not just any event – it's a multigenerational extravaganza where the wisdom of seniors meets the energy of teens aged 11 and up.

Don't forget to bring your grandkids!

Whether you're a cue ball maestro or a Monopoly mogul, there's something here for everyone!





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



## Birthday Celebration

1st Monday of the Month,

October 2nd  
11:30 am — 12:30 pm.



## Pie Social

2nd Tuesday, October 10th

11:30 am — 12:30 pm



## Ice Cream Social

3rd Tuesday, October 17th

11:30 am — 12:30 pm.



## Movies at Palo Duro

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

\*Movie Titles are  
Subject to Change



Starting at 1:30 pm

October 5th  
**FIVE FEET APART**



October 19th  
**INSIDIOUS  
THE RED DOOR**



# Palo Duro Features



## Cribbage

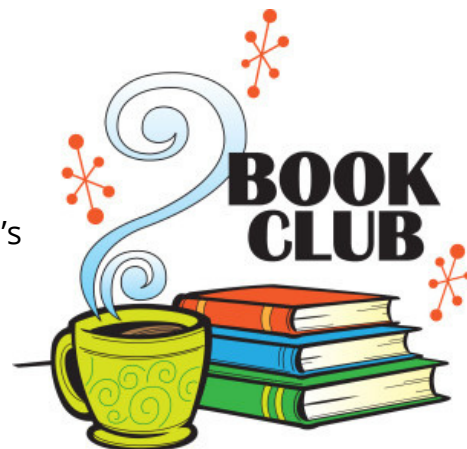
**Fridays 1:00 — 3:30 pm**

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

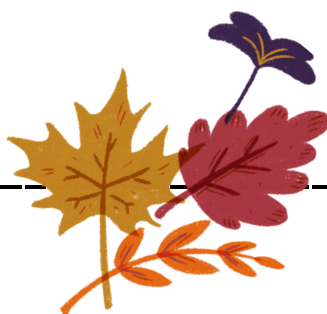
## Mystery Book Club

**2nd Tuesdays 1:30 — 2:30 pm**

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



October **10th**



## Palo Duro Singers

**Mondays 9:00 — 11:00 am**

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

## Creative Arts Group (AKA "Visiting Artist Program")

**Tuesdays 1:00 — 3:00 pm**

Creative Arts Group is Open Studio for the time being. Come join us and participate in your artistic journey! Make new friends and have fun.



WE WELCOME ALL MEDIA

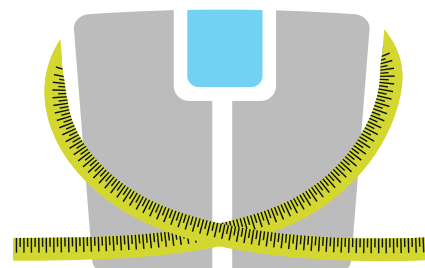
## T.O.P.S take Off Pounds Sensibly

**Mondays 11:45 - 1:00 pm**

TOPS is an organization whose focus is on promoting a healthy lifestyle through realistic weight loss and long term weight maintenance.

Through weekly weigh-ins members are encouraged to reach their goal weight in a friendly and non judgmental setting.

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



# Palo Duro Features



## Save the Date

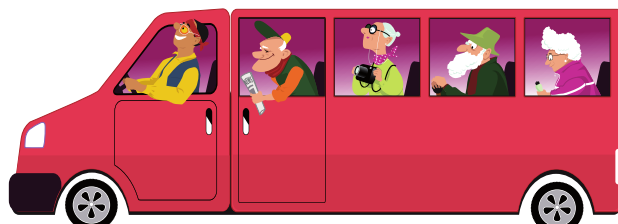


**DANCE - \$3**  
**AT Palo Duro Senior Center**  
**1:30 - 4:00 pm**  
October 4 - Milagro



## 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.



# Congrats!

**PALO DURO SENIOR CENTER**



**HAS EARNED THE STATUS OF NATIONAL ACCREDITATION!**

**SHOUT OUT TO EVERYONE WHO HELPS, PARTICIPATES, AND DONATES HERE AT PALO DURO SENIOR CENTER!!!**



# Sports & Fitness



## Adapted Aquatics



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

\*You may pick up and complete a lotto form to register from any senior center! Members will be contacted by the end of February if you were selected to attend class in March.



**Session 1** - Monday, Wednesday, Friday 9-10 am  
**Session 2** - Monday, Friday 1:15 -2:15 pm  
**Session 3** - Tuesday, Thursday 9-10 am  
Palo Duro Sports & Fitness 880-2800  
Los Volcanes Sports & Fitness 767-5990

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## Hikes of the Month

**WEDNESDAY, OCTOBER 4TH**

**FAULTY LOOP**

**DON'T FORGET YOUR FOOD AND WATER!!**

Check in 8:30 am - Depart 8:45 am -  
Return 6:00 pm

**WEDNESDAY, OCTOBER 18TH**

**4TH OF JULY IN THE**

**MANZANO MOUNTAINS**

Check in 8:30 am - Depart 8:45 am  
- Return 5:00 pm



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

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**Equipment needed per person. Must bring your own.**

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

**Strengthening Core Class**  
**Monday 9:30 - 10:30 am**

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



**Strengthening Class**  
**Thursday 9:30- 10:30**

Join us for a great workout with some great people and strengthen your body at same time.



## Yoga

**Fridays 9:30 — 10:30 am**

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



## TRIPS: (Must Sign Up at Front Desk)

### Wednesday, October 4th — Albuquerque Museum of Art & History

All expenses on your own.

Check in - 8:45am-4:00pm



### Friday, October 6th — McCall's Pumpkin Patch

All expenses on your own.

Check in - 9:15am-4:30pm



## Up Coming Trips: (Must Sign Up at Front Desk)

**Sign Up for - December**

**Starts Friday, October 27 9:15am -11:00am**

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

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

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

All expenses on your own

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

### Wednesday, December 13 — River of Lights

All expenses on your own. Must purchase your own tickets

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



## Group 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.**



# Volunteer Opportunities

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

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

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

**Learn how you can make a difference!**

### **RSVP Advisory Council**

**Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning. Council members serve two-year terms.**

**The council meets once a month at the Highland Senior Center.**

**Call 505-767-5225 for more information.**

### **Introducing DSA's New Volunteer Program VOLUNTEER IN ACTION**

Volunteer in Action is an ALL-AGES volunteer program  
with the Department of Senior Affairs.

Volunteer in Action is program for anyone interested in lending a hand,  
corporate groups that want to give back, and seniors hoping  
to get more involved in our community.

Volunteers may assist with existing programming,  
teach a new skill, enhance special events, participate in a service project,  
or support ongoing activities. The possibilities are endless!

Visit [oneabqvolunteers.com](http://oneabqvolunteers.com), select "Serve with Seniors",  
and click "Respond" to sign-up now!





# Other Centers, Fitness Opportunities

## Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

### Exercise Classes

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

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

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

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

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

Instructor: Diane Chase (\$5.00 per class)

- **Wednesday — 12:00pm — 1:00pm**

• **Flex & Tone:** Stretch and strengthen your entire body. Exercises are designed to improve flexibility, agility, range of motion, posture and muscle tone. (50¢ suggested donation)

- **Tuesday/Thursday — 8:00am — 9:00am**

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

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

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

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

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



# NOTICE



## **ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY.**

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, **meals cannot be removed from the meal site designated dining area,** however whole fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

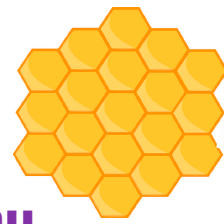
If you have any questions regarding regulations and guidelines, please call **Senior Affairs Nutrition/Transportation Division Manager Tim Martinez at 505-764-6450** for further clarification.

**Thank you in advance for your cooperation.**



# The Honeycomb Cafe

Menu items subject to change.



## Breakfast and Lunch Menu

### **Breakfast Menu**

Served 8:00am to 9:00am

Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Oatmeal .....	.70
Side of Chile .....	.25

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

### Drinks

Milk .....	.25
Juice .....	.25
Coffee or Hot Tea.....	.30



### **Lunch A-la-Carte**

Lunch is served from 11:30am to 1:00pm.

**NO reservation is required for**

**A-la-carte menu items.**

### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

### Sandwiches

Sandwich of the day .....	1.50
Grilled Cheese .....	1.25
½ Sandwich .....	.75

### Drinks

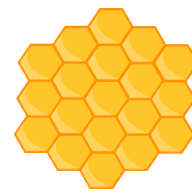
Milk .....	.25
Juice .....	.25
Coffee or Hot Tea.....	.30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50



# The Honeycomb Cafe

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



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

Lunch is served from 11:30am to 1:00pm

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

**ONE  
ALBUQUE  
RQUE**

## October 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>2</p> <ul style="list-style-type: none"> <li>◆ Chicken fajitas</li> <li>◆ Flour tortilla</li> <li>◆ Ranch beans</li> <li>◆ Hot sliced apples</li> <li>◆ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>◆ Beef stroganoff w/bowtie pasta</li> <li>◆ Cauliflower w/red peppers</li> <li>◆ Breadstick</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>◆ Omelet w/fajita blend</li> <li>◆ Stewed tomatoes</li> <li>◆ Tater tots</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>◆ Minestrone soup w/navy beans</li> <li>◆ Corn bread</li> <li>◆ Malibu blend</li> <li>◆ Mixed fruit cup</li> <li>◆ 1% milk</li> </ul> 	<p>6</p> <ul style="list-style-type: none"> <li>◆ Lemon pepper tilapia</li> <li>◆ Rice pilaf</li> <li>◆ Calabacitas</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul> 
<p>9</p> <p><b>CLOSED</b></p> 	<p>10</p> <ul style="list-style-type: none"> <li>◆ Sweet &amp; sour pork w/brown rice</li> <li>◆ Stir fry blend vegetables</li> <li>◆ Pineapple upside down cake</li> <li>◆ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>◆ Frito pie (beef, pinto beans, chile, cheese, onions)</li> <li>◆ Fritos</li> <li>◆ Normandy blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<p>12</p> <ul style="list-style-type: none"> <li>◆ Fish nugget w/tarter sauce</li> <li>◆ Crinkle cut fries</li> <li>◆ Carrots &amp; peas</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul> 	<p>13</p> <ul style="list-style-type: none"> <li>◆ Chicken and rice soup</li> <li>◆ Cherry cobbler</li> <li>◆ Spinach</li> <li>◆ Crackers</li> <li>◆ 1% milk</li> </ul> 
<p>16</p> <ul style="list-style-type: none"> <li>◆ Cottage pie: ground beef, mashed potato, peas &amp; carrots</li> <li>◆ Corn bread</li> <li>◆ Blueberry crisp</li> <li>◆ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>◆ Open faced turkey sandwich w/gravy</li> <li>◆ Yams</li> <li>◆ Green beans</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>◆ Spaghetti marinara w/squash</li> <li>◆ Breadstick</li> <li>◆ Malibu blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy</li> <li>◆ Brown rice</li> <li>◆ Peas</li> <li>◆ Jell-O</li> <li>◆ Dinner roll w/margarine</li> <li>◆ 1% milk</li> </ul> 	<p>20</p> <ul style="list-style-type: none"> <li>◆ Green chile stew (chicken &amp; potatoes)</li> <li>◆ Flour tortilla</li> <li>◆ Pinto beans</li> <li>◆ Sliced cinnamon apples</li> <li>◆ 1% milk</li> </ul> 
<p>23</p> <ul style="list-style-type: none"> <li>◆ Beef tips w/gravy over egg noodles</li> <li>◆ Brussel sprouts</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>◆ Chicken pot pie w/biscuit</li> <li>◆ Diced beets</li> <li>◆ Ancient grain</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>◆ Baked potato w/broccoli, cheese, sour cream</li> <li>◆ Corn</li> <li>◆ Baked beans</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul> 	<p>26</p> <ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Orzo pasta</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul> 	<p>27</p> <ul style="list-style-type: none"> <li>◆ Ham Mac &amp; Cheese</li> <li>◆ Cornbread</li> <li>◆ Normandy bread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul> 
<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>◆ Hashbrowns</li> <li>◆ Vegetable blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul> 



# 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.



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Thank you.



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

OCTOBER 16TH ,2023  
INFORMATION AND ASSISTANCE  
OFFICE

LOCATION: 1620 1st St., 87102



# Palo Duro Announcements

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

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

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

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

**All Memberships will be done during  
the following hours**

**Monday thru Friday  
9:00 am thru 11:00 am**

**Thank you for patience during this transition**



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