

August 2022 

A Message from the Director



Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community.

Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments!

I hope you will join us, as we always look forward to visiting with you.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Blue Cross Blue Shield of New Mexico Care Van Events

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare 101 education from 10-11am at senior and multigenerational centers. Transportation will be provided.

Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:

North Domingo Baca Multigenerational Center | Sept 28
Highland Senior Center | Oct 7
Manzano Mesa Multigenerational Center | Oct 20
Los Volcanes Senior Center | Oct 28

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



On-going Daily Schedule

Monday

8:00-9:00	Breakfast
8:30-11:30	Lapidary, Beginning
9:00-4:30	Billards
9:00-11:00	Blood Pressure Check
9:00-11:00	Palo Duro Singers
9:30-10:30	Strengthening Class
9:30-11:30	Open Computer Lab
9:30-12:30	Ceramics
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
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

8:00-9:00	Breakfast
8:30 - 11:00	Lapidary Beginning
9:00-4:30	Billards
9:00-11:00	Quilting
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 (3rd Tuesday)
1:30-2:30	Mystery Book Club (2nd Tuesday)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

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

Monday

Thursday

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

Friday

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

Saturday

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

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

Come see what you can find at our Flea Market!

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



Flea Market

(Every 2nd Monday of the month)

August 8th, 8:30am- 12:30pm

-Cost: \$2.00 per table.

-Sign up for September will be; August 25th 2022 at 1:45pm.

Friendship Coffee

Thursdays & Tuesdays 9:30 – 10:30am

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



Thursday

- August 4 --Klarus Homecare/Hospice (Sponsor)
- August 11 --Sandia Vista Senior Living (Sponsor)
- August 18 --A Place At Home (Sponsor)
- August 25 --Edward Jones (Sponsor)

Tuesday

- August 2 --Neptune Society (Sponsor)
- August 9 -- Med-care Senior Insurance Solution (Sponsor)
- August 16 -- BeeHive (Sponsor)
- August 23 -- Senior Health Resource Center (Sponsor)



Presentation 9:00 - 11:00am

August 10th - Senior Citizen's Law Office - General Law 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— Tuesday 9:00 - 11:00 & Saturday 9:15 - 11:15am
- Pottery— Wednesday & Friday 9:00 - 12:00pm
- Sewing & Alterations—Tuesday 10:00 - 12:00pm
- Swedish Weaving—Friday 2:15 - 4:15pm
- Tuesday's Angels—Tuesday 9:00 - 11:00am
- Visiting Artist Program—Tuesday 1:00 - 3:00pm



arts & crafts



Computer Corner

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

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

Investment Club - August 16th (Every 3rd Tuesday)



Loaner Tablet Program

Tablets Still Available

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



Please call for more details 505-888-8102





Dances & Music

Music Classes

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



Games

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

Current membership card is needed to participate in activities.

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

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

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

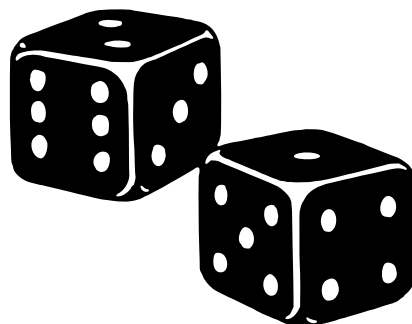
B-I-N-G-O—Every Tuesday 2:00—4:00pm

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

Cribbage—Friday 1:00—3:00pm

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

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





Health and Wellness



Blood Pressure Screenings

PDSC Volunteers—Monday's 9:00 - 11:00am
GEHM CLINIC— Tuesday, August 2nd - 8:30 - 12:00pm

Wellness Classes

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

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

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

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

Yoga—Friday 9:30—10:30 am

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



Language Classes



French—Monday 1:00 - 3:00pm

German—Thursday 9:00 - 10:30am

Legal

Legal Clinic: Senior Citizen Law Office



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

For Information & to sign up 265.2300

August 10th, 2022 - 9:00 - 11:00am





Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Antoinette Sigala
Center Manager

Amber Rose Maestas
Program Coordinator

Vacant
Office Assistant

Dave Ellis
Program Assistant II

Vacant
Program Assistant II

Manuel Ibuado
General Services

Vacant
Cook



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

Bingo

Tuesdays 2:00 – 4:00 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, August 1st

11:30 – 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society



Ice Cream Social

3rd Tuesday, August 16th

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 August 18th -- The Green Mile

(PG13) 1hr 30min



Paul Edgecomb (Tom Hanks) walked the mile with a variety of cons. He had never encountered someone like John Coffey (Michael Clarke Duncan), a massive black man convicted of brutally killing a pair of young sisters. Coffey had the size and strength to kill anyone, but not the demeanor. Beyond his simple, naive nature and a deathly fear of the dark, Coffey seemed to possess a prodigious, supernatural gift. Paul began to question whether Coffey was truly guilty of murdering the two girls.



Palo Duro Features



Cribbage

Fridays 1:00 - 3:30pm

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

Mystery Book Club

2nd Tuesdays 1:30 - 2:30pm

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



August 9th "Proof of Life" By J.A Jance



Palo Duro Singers

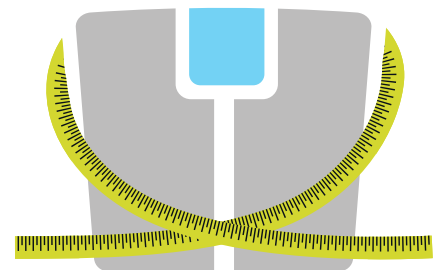
Mondays 9:00 - 11:00am

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

T.O.P.S take Off Pounds Sensibly

Mondays 11:45 - 1:00pm

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



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

Palo Duro Features



Creative Arts Group (AKA "Visiting Artist Program")



Tuesdays 1:00 - 3:00pm

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

Yoga

Fridays 9:30 - 10:30am

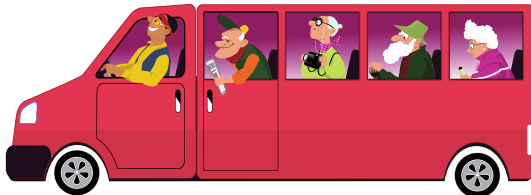
Relaxation and Peace of Mind, Get back into the rhythm of a happy, healthy life.

-Gentle Stretching -Breathing -Meditation

\$3.00 per class



LET US PICK YOU UP!



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

Visit with your center staff for details.

Special Events - August



Birthday Party, Monday, August 1—11:30am—12:30pm

1st Monday of the month

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

3rd Tuesday of the month

Movies at Palo Duro, Thursday, August 18—1:30 - 3:00 pm

Movie every 3rd Thursday

Popcorn Days, Thursday All day

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



Sports & Fitness

Adapted Aquatics



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

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

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



Session 1 & 2 Begin Monday 9/5/2022

Session 3 begins Tuesday 9/6/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990



Hikes of the Month

Check in 9:15 am - Depart 9:30 am

Saturday, August 13

Saturday, August 27



Strengthening Class

Mondays & Thursdays 9:30 - 10:30am

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

Equipment needed per person. Must Bring your own.



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

Yoga

Friday 9:30 - 10:30 am

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





Trips (Must Sign Up at Front Desk)

Tuesday, August 9 — Lunch & More at Tune-Up Cafe (Santa Fe)

Sign Up Starts 9 -11 am

Wednesday, August 3

Lunch expense on your own.
Check in - 10:00am-1:30pm

Friday, August 12 — Tinkertown Museum and Lunch at TEN3

Museum Admission & Lunch expense on your own.
Check in - 9:15am-2:30pm



Thursday, August 18 — Ojo Caliente

All expenses on your own.
Check in - 8:45am-5:00pm

Wednesday, August 23 — Rail Runner & Lunch at Tomasitas (Santa Fe)

All expenses on your own.
Check in - 9:00am-2:45pm

Up Coming Trips (Must Sign Up at Front Desk)

Saturday, September 10 — Pie Town Festival

All expenses on your own.
Check in - 7:00am-4:30pm

Monday, September 12 — Senior Day @ State Fair

All expenses on your own.
Check in - 8:30am-3:30pm

Saturday, September 17 — Moriarity Pinto Bean Festival

All expenses on your own.
Check in - 9:00am-3:45pm

Thursday, September 22 — Day In Santa Fe

All expenses on your own.
Check in - 9:00am-3:45pm

Tuesday, September 27 — Ojo Caliente

All expenses on your own.
Check in - 9:00am-3:45pm





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.





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: Cristina Romero, 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



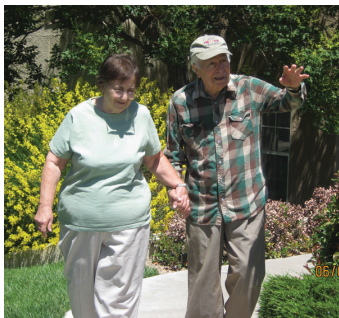
Senior Companion Program (SCP)

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 – 8:00am-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

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

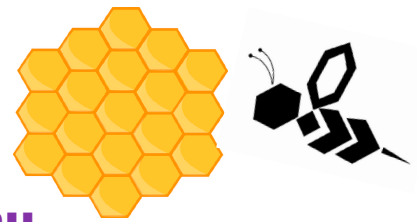
This is a regulation from the State Nutritionist with New Mexico Department of Aging and Long Term Care. The only exceptions to this rule are fruit, such as bananas, apples, oranges and individually wrapped cookies. If you have any questions regarding this regulation, please call Tim Martinez Department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



Department of Senior Affairs

The Honeycomb Cafe

Menu items subject to change.



Breakfast and Lunch Menu

Breakfast Menu

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

Monday through Friday

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

A-la-Carte

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

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

Drinks

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



Lunch A-la-Carte

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

NO reservation is required for

A-la-carte menu items.

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

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

Slice of Pie (daily selection varies) .50

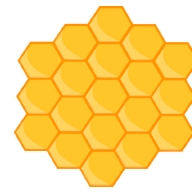
Bowl of Soup (daily selection varies) .50



The Honeycomb Cafe

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

Daily Hot Lunch- \$3.25 *Reservations Required



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

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

**ONE
ALBUQUE
RQUE**

AUGUST 2022

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
1 ♦ Meatloaf w/ Tomato Gravy ♦ Roasted Red Potatoes ♦ Succotash ♦ Fresh Seasonal Fruit ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk 	2 ♦ Green Chile Chicken Enchiladas ♦ Pinto Beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% Milk 	3 ♦ Philly Cheese Steak Sandwich ♦ Steamed Carrots ♦ Cinnamon Apples ♦ 1% Milk 	4 ♦ Spaghetti w/ Marinara Sauce ♦ Broccoli w/ Red Peppers ♦ Seasonal Vegetable ♦ Garlic Bread Sticks ♦ Yogurt ♦ 1% Milk 	5 ♦ Salmon w/ Pineapple ♦ Brown Rice Pilaf ♦ Diced Beets ♦ Seasonal Vegetable ♦ Honeydew Melon ♦ 1% Milk 
8 ♦ Sweet and Sour Pork ♦ Brown Rice ♦ Fajita Blend Veggies ♦ Green Peas ♦ Vanilla Pudding ♦ 1% Milk 	9 ♦ Cheeseburger w/ Mushrooms ♦ Seasonal Vegetable ♦ Tater Tots ♦ Banana ♦ 1% Milk 	10 ♦ Lime Fish Tacos ♦ Calabacitas ♦ Steamed Carrots ♦ Fresh Seasonal Fruit ♦ 1% Milk 	11 ♦ Beef Tips w/ Gravy ♦ Spinach w/ Onions ♦ Sweet Potatoes ♦ Watermelon or Fresh Seasonal Fruit ♦ 1% Milk 	12 ♦ Chicken Alfredo ♦ Zucchini w/ Red Peppers ♦ Seasonal Vegetable ♦ Fresh Peaches or Fresh Seasonal Fruit ♦ 1% Milk 
15 ♦ Omelet w/ Red Chile ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit w/ Margarine ♦ Mandarin Oranges ♦ 1% Milk 	16 ♦ Spaghetti W/ Meatballs ♦ Green Beans ♦ Seasonal Vegetable ♦ Pineapple ♦ 1% Milk 	17 ♦ Roasted Pork Loin w/ Brown Gravy ♦ Scalloped Potatoes ♦ Seasonal Vegetable ♦ Whole Grain Roll ♦ Pears ♦ 1% Milk 	18 ♦ Pollock w/ Tartar Sauce ♦ Brown Rice ♦ Seasonal Vegetable ♦ Green Peas ♦ Fresh Seasonal Fruit ♦ 1% Milk 	19 CHILLED MEAL ♦ Chicken Salad Sandwich on Whole Grain Bread ♦ Fresh Cucumber Slices ♦ Cole Slaw ♦ Cantaloupe ♦ 1% Milk 
22 ♦ Salisbury Steak w/ Brown Gravy ♦ Seasonal Vegetable ♦ Mandarin Oranges ♦ Roasted Rosemary Potatoes ♦ 1% Milk 	23 ♦ BBQ Pork ♦ Baked Beans ♦ Whole Grain Roll ♦ Fresh Seasonal Fruit ♦ Broccoli & Red Peppers ♦ 1% Milk 	24 ♦ Baked Chicken w/ Brown Rice Pilaf ♦ Sweet Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	25 ♦ Spinach Lasagna ♦ Seasonal Vegetable ♦ Summer Squash ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk 	26 ♦ Baked Garlic Tilapia ♦ Ancient Grain Blend ♦ Brussels Sprouts ♦ Corn & Bell Peppers ♦ Honeydew Melon ♦ Cookies ♦ 1% Milk 
29 ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	30 ♦ Beef & Vegetable Stir Fry ♦ Buttered Noodles ♦ Fresh Seasonal Fruit ♦ Green Beans w/ Mushrooms ♦ 1% Milk 	31 ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ Whole Grain Roll ♦ 1% Milk 	Sept. 1 ♦ Chicken Alfredo ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Strawberries ♦ 1% Milk 	Sept. 2 ♦ Green Chile Cheeseburger ♦ Tater Tots ♦ Sliced Tomatoes ♦ Watermelon ♦ 1% Milk 

Palo Duro Announcements

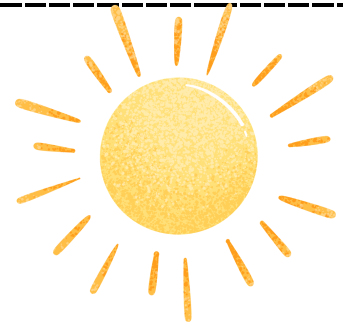
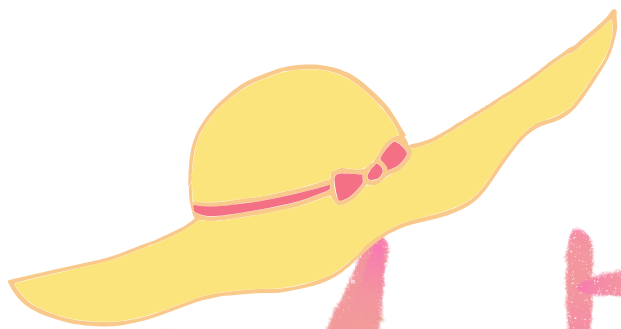


Per recommendation from the Albuquerque Police Dept. and for the safety of all Please enter building through the FRONT DOORS. The NW door and social hall doors are EMERGENCY EXIT ONLY doors.

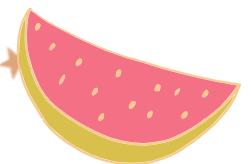
Classroom doors are emergency exit only doors.



Thank you.



HELLO
August



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