

February 2022



Celebrating Sadie Benson



Happy Birthday
104
Sadie Benson



HAPPY
BIRTHDAY



HAPPY
BIRTHDAY

Come Celebrate with her on
Thursday, February 17th
9:30 - 10:30am



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

Monday February 21st
in observance of
President's Day



A Message from the Director



Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez





A Message from our Manager



Hello,

It is always exciting to start the new year with so many opportunities ahead, a New Year, a New Us, a New You! Already a month into it, February is one of my favorite months as love is in the air! Our staff is so excited to share the new look of Palo Duro Senior Center, as well as new updates for 2022! Please take this opportunity to take a look at what is going on and what to expect when visiting our center in this new year.

As you walk down the hallways of Palo Duro you will see a refresh with bright new paint on the walls complimenting the beautiful natural light from all of our windows. More importantly, please stop take a look at our Veteran's Wall, that also has a new look. Every time I pass the Veteran's Wall I feel so honored to have so many Veterans from our center who have sacrificed so much for us; makes me feel so proud!

Our social hall also received some fresh paint, along with a new floor. We have received new furniture in the sitting area and in the billiards room. The billiards room also received a refresh, along with plans for some new art work coming soon and new felt on all tables. Most recently, Palo Duro Senior Center's Computer Room has been renovated with an appealing, welcoming, user friendly and functional set up. The computer room has new computer desks, new computers, sound system, new floor and a 75 inch TV. A Special Thanks goes to our very own Manuel Ibuado (general service) and Darrell Harmon (Goodwill participant) for all that they have done throughout the center. These two gentlemen continue to go above and beyond every day for our seniors.

Palo Duro is thrilled to announce a partnership that has been established with Senior Law Office. The Senior Law Office has presentations once a month on 2nd Wednesday of the month. The center will be having tax assistance here once again, every Thursday starting February 10. Call 311 to make your appointment. A new addition to programming at Palo Duro is dances for all membership monthly. Local bands come in once a month to play for our membership. The center has two pieces of art from Public Art displayed in our hallway. Palo Duro also received a very generous grant from the State of New Mexico in art work for \$9,500. Keep an eye out for the art...coming very soon.

I am sure some of you have visited the center and have already seen some new faces. Starting with Carl Corona, Program Coordinator. Mr. Corona has been with City Government for 25+ years, so we are very lucky for him to join the Palo Duro Team. Depriese Frias is our office assistant. Ms. Frias has been with Palo Duro for two years now and just amazing. Our newest addition is Amber Rose Maestas. Ms. Maestas started joined us in January. We are very excited to have her. Manuel Ibuado and Dave Ellis have been with PDSC for quite some time, they have been essential to our daily operations. Palo Duro is fortunate to work with Goodwill and train two participants, Ms. Sofie Baca and Mr. Darrel Harmon. Thank you both for helping us fulfill our mission of providing care and compassion to Albuquerque's older adults. Palo Duro is very excited to say we are starting off 2022 fully staffed and excited to move forward with our new team.

We look forward to seeing you at our upcoming events. Please remember to wear your mask, and stay warm for the rest of our winter season!

Best,

Antoinette Sigala

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	Blood Pressure Check
9:00-11:00	Palo Duro Singers
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

Tuesday

8:00-9:00	Breakfast
8:30 - 11:00	Lapidary Beginning
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	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

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
5:00-6:30	Tango Jam

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
9:30-11:30	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

Friday

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

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.)
11:00-12:00	Red Hat Society

Note: Days and Times are subject to change.



Activities/ Things Going on at Palo Duro Senior Center

AARP Tax-Aide

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



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

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

Friendship Coffee

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

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



Thursday

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

Tuesday

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

Presentation 9:00 - 11:00am

February 9th - Senior Citizen's Law Office - Power of Attorney Clinic

2nd Wednesday of the month.

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



Art, Computer, Language Classes, Etc.

Arts & Crafts

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



arts & crafts





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

Computer Corner

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

Monday, Wednesday & Friday - 9:30 - 11:30am

Tuesday & Thursday - 12:30 - 2:30pm

Adelante Computer Class -

Tuesday, February 22, 2022 9:00am - 11:00am



Call 505-888-8102 to Register, Sign Up begins February 7, 2022.

Topic:

Gone Phishing: Avoiding Scams

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



Dances & Music

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



February 14, 2022 - Band: Chile Beans Express

Music Classes

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

Tango Jam—Wednesdays 5:00 - 6:30pm





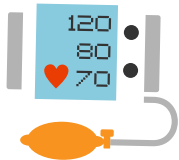
Games

Please remember to check in with the front desk before heading to the Game Room.
Current membership card is needed to participate in activities.



- Billiards - Monday, Tuesday, Thursday & Friday 9:00am—4:30pm
Wednesday 9:00am—6:30pm & Saturday 9:00am—12:30pm
- Billiards/Golf (Snooker) - Monday, Wednesday & Friday 12:00—4:30pm
- B-I-N-G-O—Every Tuesday 2:00—4:00pm
- Bridge (Duplicate) - Monday 12:45—4:00pm
- Bridge (Senior Men's) - 1st Thursday of the month ONLY —Thursday 12:30—3:30pm
- Cribbage—Friday 1:00—3:00pm
- Hand & Foot Canasta—Tuesday 1:00—4:00pm
- Mexican Train on Dominoes—Wednesday 12:00—3:00pm

Health & Wellness



Blood Pressure Screenings

PDSC Volunteers—Monday 9:00 - 11:00am
GEHM CLINIC— Tuesday, February 1st - 8:30 - 12:00pm

Wellness Classes

- Line Dance Improver—Monday 1:30—2:45pm
- Line Dance Beginning—Monday 3:00—4:30pm
Saturday 9:00—10:15am
- Line Dance Intermediate—Saturday 10:30—12:00pm
- Yoga—Friday 9:30—10:30 am



Language Classes



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

Legal

Legal Clinic: Senior Citizen Law Office

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





Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Antoinette Sigala
Center Manager

Carl Corona
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant II

Amber Rose Maestas
Program Assistant II

Manuel Iuado
General Services

David Martinez
Cook

Palo Duro features



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

Bingo

Tuesdays 2:00 - 4 p.m.



Birthday Party

Join us for our monthly birthday treat.

1st Monday, February 7th

11:30 - 12:30 p.m.

Sponsored by: Palo Duro Philatelic Society

Booster Shot Clinic

Monday, February 7th

9:00 - 11:00 a.m

Please bring Vaccination card.



Ice Cream Social

3rd Tuesday, February 15th

11:30 - 12:30 p.m.

Movies at Palo Duro

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

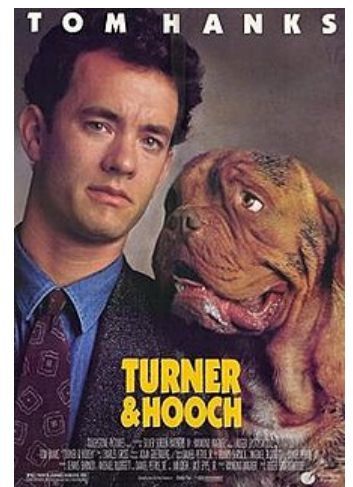


*Movie Titles are Subject to Change

Thursday February 17th -- Turner & Hooch

(PG) 1 hr 49 min

Det. Scott Turner (Tom Hanks) is an uptight, by-the-book police officer who hopes to leave his sleepy California town and work in the big city. When his friend Amos Reed (John McIntire), the proprietor of a junkyard, is killed, Turner reluctantly inherits the man's dog. Realizing that the canine may be able to help him solve the murder case, Turner attempts to adjust to life with the big dog, resulting in much household destruction and unwelcome chaos.



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!



February 8th "The Long Call" by Ann Cleeves



Palo Duro Singers

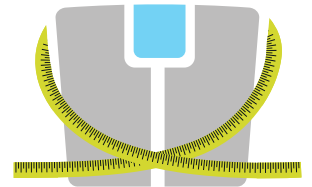
Mondays 9:00 - 12:00pm

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

T.O.P.S Take Off Pounds Sensibly

Mondays 11:45 - 1:00pm

(TOPS) is an organization whose focus is on promoting a healthy lifestyle through realistic weight loss and long term weight maintenance. Through weekly weigh-ins members are encouraged to reach their goal weight in a friendly and non judgemental setting. Come Check us out and discover how T.O.P.S can help you.



Visiting Artist Program

Tuesdays 1:00 - 3:00pm

Visiting Artist is Open Studio for the time being. Please join us for painting, drawing, make new friends and lots of fun.



ALL ARE WELCOME

Yoga

Fridays 9:30 - 10:30am

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

-Gentle Stretching -Breathing -Meditation

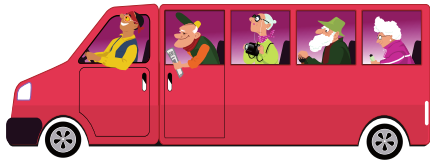
\$3.00 per class



Palo Duro Features



LET US PICK YOU UP!



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

Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT 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.



Visit with center staff for enrollment details

Special Events - February

Popcorn Days, Thursday All day

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

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

1st Monday of the month

Valentines Day Dance — Monday. February 14 - 1:30 - 4:00pm

\$3 per person, Band- Chile Beans Express

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

3rd Tuesday of the month

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

Movie every 3rd Thursday

Presidents Day— Monday. Febuary 21

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





Up Coming Special Events

Thursday, March 3 — Trip- Lunch & More at Tucanos

Check in - 11:15am-1:00pm

Tuesday, March 15 — Trip- Ojo Caliente

\$45 day pass includes towel/locker.

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

Wednesday, March 16 — St. Patrick's Dance

\$3 per person, Band - Impression



Sports & Fitness

Adapted Aquatics

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

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

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

Session 1 & 2 Begin Monday 2/7/2022

Session 3 begins Tuesday 2/1/2022

Palo Duro Sports & Fitness 880-2800

Los Volcanes Sports & Fitness 767-5990





Sports & Fitness Continued...

Yoga

Friday 9:30 - 10:30 am

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



Trips



All Expenses on Your Own

Sign Up Starts Wednesday February 5th at 9am

Tuesday, February 8 — Trip- Veteran's Memorial Museum

Check in - 9:45am Returns 2:00pm

Thursday February 17 — Trip- Lunch & More Cheddars

Check in - 11:30am Returns 1:00pm

Thursday, February 24 — Trip- NM Museum of Natural History & Science Planetarium & Church Street Café for Lunch

Check in - 9:00am Returns 2:00pm

Volunteer Opportunities

Palo Duro Senior Center

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

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

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

Learn how you can make a difference!





Volunteer Opportunities -- Continued

Retired Senior Volunteer Program (RSVP)

Volunteers work throughout the Albuquerque/Bernalillo County community by providing support services to more than 220 public & nonprofit agencies including schools, hospitals, museums, senior centers, frail elderly programs, police departments, juvenile programs, social services, homeless facilities, child abuse & neglected shelters, environmental projects & disaster relief programs. Volunteers also work on one-time special event projects, such as Daffodils for Hospice & Make A Difference Day.
Program Supervisor: Angel Gomez, 767-5223



RSVP Benefits include

- Mileage & Meal Reimbursement
- Supplemental accident & liability coverage while on duty
- Assistance with volunteer placement

Foster Grandparent Program (FGP)

Volunteers work with children who are at-risk or have special needs. Volunteers are placed in schools, hospitals, correctional institutions, Head Start and day care centers. The heart of the program is the one-to-one daily attention that Foster Grandparents provide and the sense of hope they foster in the hearts of children. Call 764-6413 for more information or to volunteer.

Program Supervisor: Bianca Olona-Elwell, 764-6412

- Willing to donate 20 hours a week
- Love children

Foster Grandparent benefits include

- Stipend for those who are income-eligible
- Transportation/Mileage reimbursement
- Meals while on duty
- Supplemental accident and liability coverage while on duty



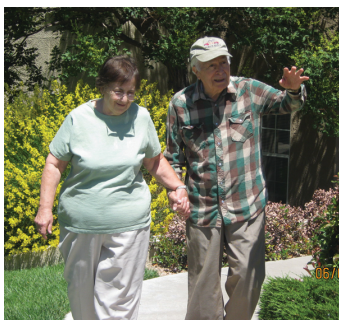
Senior Companion Program (SCP)

Volunteers work one-on-one with the homebound frail elderly & assist clients with paying bills, grocery shopping, transportation to medical appointments, & light housekeeping. Most importantly, they develop friendships with their clients.

The Senior Companions oftentimes allow recipients to stay at home rather than being institutionalized, resulting in major health care cost-savings for seniors, their families, & communities.

Call 764-1612 for more information or to volunteer.

Program Supervisor: Triston Lovato, 764-1612



- Willing to donate 20 hours a week
- Work with frail, at-risk, and homebound elderly

Senior Companion benefits include

- Stipend for those who are income-eligible
- Transportation/mileage & meals reimbursement
- Supplemental accident and liability coverage while on duty



Other Centers, Fitness Opportunities

Palo Duro Sports & Fitness Center

3351 Monroe St. NE 87110

Exercise Classes

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

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

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

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

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

Instructor: Diane Chase (50¢ suggested donation)

- **Wednesday – 12:00pm-1:00pm**

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

- **Tuesday/Thursday – 8:15am-9:15am**

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

- **No classes February 21st.**

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

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

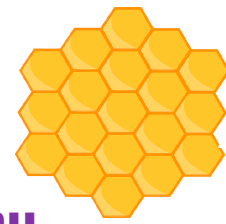
- **More information, please contact Palo Duro Sports & Fitness Center**

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



The Honeycomb Cafe

Menu items subject to change.



Breakfast and Lunch Menu

Breakfast Menu

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

Monday through Friday

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

A-la-Carte

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

Biscuits & Gravy (Thursdays) 1.00

Huevos Rancheros (Wednesdays) 1.50

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 Salad1.00

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

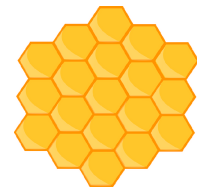
Slice of Pie (daily selection varies) .50

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Seasonal Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Baked Cod w/ Tartar ◆ White Rice ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Seasonal Vegetables ◆ Cornbread ◆ Seasonal Fruit ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Peas and Carrots ◆ Peach Crumble ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Red Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 
7 <ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Homemade Mac-N-Cheese ◆ Collard Greens ◆ Dinner Bread w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	8 <ul style="list-style-type: none"> ◆ Turkey with Gravy ◆ Mashed Potato with Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Cookie ◆ 1% Milk 	9 <ul style="list-style-type: none"> ◆ Low Sodium Ham and Potato Soup ◆ Steamed Carrots ◆ Biscuit ◆ Seasonal Fruit ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Rec Chile Beef Enchilada ◆ Spanish Rice ◆ Pinto Beans ◆ Seasoned Fruit ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Buttered Noodles ◆ Succotash ◆ Seasoned Fruit ◆ 1% Milk 
14 <ul style="list-style-type: none"> ◆ Baked Ziti/Pasta/ Marinara and Cheese ◆ Season Vegetable ◆ Garlic Bread Stick ◆ Yogurt ◆ 1% Milk 	15 <ul style="list-style-type: none"> ◆ Baked Ham w/ Pineapple Sauce ◆ Sweet Potatoes ◆ Broccoli-Cauliflower-Carrots ◆ Pudding ◆ 1% Milk 	16 <ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ White Rice ◆ Steamed Crinkle Cut Carrots ◆ Apple ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Tilapia w/Tartar Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Seasoned Fruit ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Red Chile Beans with Beef, Cheese and Onions ◆ Crispy Roasted Cauliflower ◆ Tortilla ◆ Brownie ◆ 1% Milk 
21 <p>Closed Holiday Presidents Day</p>	22 <ul style="list-style-type: none"> ◆ Soft Chicken Tacos ◆ Tortillas ◆ Spanish Rice ◆ Corn with Red Peppers ◆ Cookie ◆ 1% Milk 	23 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Bun ◆ Baked Beans ◆ Steamed Carrots ◆ Seasonal Fruit ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Swedish Meatballs w/ Gravy ◆ Steamed Green Beans ◆ Cherry Cobbler ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Salmon with Garlic Sauce ◆ Angel Hair Pasta with Diced Tomatoes ◆ Season Vegetable ◆ Jell-O w/ Fruit ◆ 1% Milk 



The Department of Senior Affairs Senior Meal Program is proud to be part of the "New Mexico Grown" state initiative:
-Supporting economic growth by incorporating **fresh local produce** provided by our own New Mexican farmers.
-Providing locally sourced produce with less single use packaging which **lessens our environmental impact**.
-Providing fresh produce is higher in vitamins than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.

Palo Duro Announcements



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

Classroom doors are emergency exit only doors.

Thank you.



Mask Mandates Strictly Enforced:

In order to keep our community safe and to keep our centers operational, the current mask mandate will be strictly enforced. Violation of this policy could result in membership consequences, up to and including suspension.



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**