In this Issue
Coordinator’s Corner..............Page 2
Information .........................Page 2
DSA Departments .................Page 3
Educational Services .............Page 4
Meetings, Groups & New Classes....Page 5
What’s Happening at Highland ....Page 6
What’s Happening (Continued) ......Page 7
Announcements .....................Page 8
On-going Activities ................Page 9
Code of Conduct .................Page 8
Special Event........................Page 10
Highland Grill Menu ...............Page 11
Important Numbers ..............Page 12
A Current membership is required to participate in Senior Center Activities, and Trips. Membership is only $20 per year. Please look at the back of your card to check your expiration date. If you have lost, or misplaced your card please check with the Highland Senior Center front desk to see how to replace it! Thank You for your Cooperation!

Eleanor Martinez Writes: What ever happened to the delicious ham salad sandwiches and also tuna sandwiches?

Thank you Eleanor for mentioning this, I spoke with our cook and he still serves Ham salad at least once a month for a week at a time, maybe you just missed the last time it was on the menu, however the Tuna is another story, we cannot purchase Tuna because it is not on our contract, so unfortunately we cannot add this to our menu.

Julianna Brooks, Ctr. Mgr.

Davetta Wells writes: The prices on the machine (vending) items don’t match the amount charged.

Thank you Davetta for letting us know, it would be helpful if you let the front desk know also so that we can call the person who maintains the vending machines. The COA does not own or operate these vending machines. Hopefully it will be fixed soon!

Julianna Brooks, Ctr. Mgr.
Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. The Retired Senior Volunteer Program is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion’s Pizza.

Mileage reimbursement is available to RSVP volunteers. RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members. Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year.

Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn $1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of $200 - $400/month for your volunteer service.

For information call Heath Barkley at (505) 764-1612

The Foster Grandparent Program

FGP supports over 80 volunteers who contribute more than 80,000 hours to children each year! Volunteers serve in over 40 sites throughout Albuquerque, including: elementary schools, head start programs, and day care centers.

Having a volunteer in the classroom benefits everyone involved: The Teacher, by providing additional support to mentor and tutor children, one-on-one, The Senior, by providing an opportunity to remain active and engaged in their community, and Children with special and exceptional needs, by offering assistance from another positive adult role model and giving them the necessary attention for mental, emotional, and social development.

Eligibility Requirements:
- Be 55 or above and willing to serve 20 hours per week
- Pass a physical, tuberculosis test, and background check
- Love Children and wish to make a positive difference in their lives

Benefits:
- Pre-service and monthly trainings
- Supplemental accident and liability coverage while on duty
- Meals while on duty
- Mileage reimbursement
- Annual recognition events
- Stipend for those who are income-eligible
- Remain active while making a difference

Call (505) 764-6412 For more Information
GEHM Clinic

GEHM Clinics are nurse managed clinics, that promote healthy aging by addressing the concerns of senior citizens. The clinics provide a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by Registered nurses from University of New Mexico College of Nursing assisted by UNM Health Sciences students.

Tuesday, January 28, 2020
8:00 a.m. - 12:30 p.m.

Presentation

Medicare 101 Informational Presentation

Are you confused about your Medicare Health Plan?

Wednesday, January 22, 2020.
10:00 a.m. - 11:00 a.m.

Presenter: Med Care Senior Insurance Solutions

Please view the flier board for more information and sign up at the front desk.

Presentations are subject to change.
Meetings & Groups
Senior Affairs Advisory Council Meeting
Los Duranes Community Center
2920 Leopoldo Rd NW
Monday, January 27, 2020 - Noon

Promote awareness and education on senior issues, increasing community involvement and commitment.

Advocate on behalf of seniors, insuring the senior population is represented and the policies support the mission of the Department of Senior Affairs

Support the program development by acting as the ears and eyes of the Department assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities

Support the development of strategic alliances by identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities

The Council is looking for members! Attend this meeting to find out how you can join.

Or Apply at www.cabq.gov/clerk/boards-commissions.

Learn to Play the Ukulele

Basic Ukulele Class
Wednesdays
4:30 p.m. to 6:30 p.m.
Instructed by: Anne
Sign-up at the front desk!

“Guitar Consortium”
Wednesdays
1:00 p.m.- 2:30 p.m.
Instructor: Den

“Get Moving Cardio/Aerobics/Dance”
Join this fun group and learn some new moves!!
Tuesdays - 2:00 - 3:00 p.m.
Instructor: Gigi Osoria
Sponsored by Silver Sneakers

Beginning Belly Dance Class
Get in touch with your inner beauty while learning the gentle approach to this ancient art form that can be enjoyed by women of all ages, abilities, sizes and shapes.
Fridays
8:45 a.m. to 9:45 a.m.
Room 8
What's Happening at Highland

Enjoy an afternoon of music, dancing with a live band.

Saturday, January 25, 2020
Roger Burns Band
Refreshments will be served.
Dances are held every
4th Saturday of the month
12:00 to 3:00 p.m.
Cost: $3.00

Monthly Birthday Celebration

Happy Birthday January Members!
Come join us in the social hall for a time of celebration!

Wednesday, January 8, 2019
from 1:00 p.m.- 1:30 p.m.
Special Music and Birthday Cake.
1st or 2nd Wednesday of the month

Afternoon Matinee Movie

1/03 Blinded by the Light  PG-13
1/10 Bennett’s War  PG-13
1/17 The Goldfinch  R
1/24 Judy  PG-13
1/31 The Interpreter  PG-13

Movies are subject to change

Friday’s at 2:00 p.m.

Free bag of popcorn
Traps

**UNM Law Library/Lunch**
Tour the University of NM School of Law Library and also visit the Governor Bruce King Reading Room.
Tuesday, January 7, 2020
Check in: 9:15 a.m.

**Sweet Candy/Coffee Tour/Lunch**
Tuesday, February 11, 2020
Check in: 9:00 a.m.

**Santuario de Chimayo/Lunch**
Tuesday, March 31, 2020

Please see flyers on the bulletin board for more information. Please check in at the front desk

Trips are subject to change and we will make every attempt to notify you of any changes. Entry Fees are subject to change. Thank you for your cooperation! An “UPDATED” Department of Senior Affairs Senior Center Membership Card is also Required

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**Hiking**

**Signing-Up with the Front Desk Is Required!**
Check In: 8:00 a.m. • Depart: 8:15 a.m.
Tuesday, January 14, 2020 - Nature Center
Tuesday, January 28, 2020 - Gypsum Slot Canyon

*Hikes are subject to change.

You may view the Hike Schedule at www.aschrg.org
Highland Senior Center will NOT host a food market in January 2020. We hope to resume Food Markets in February!

If you need further information on Food Markets please call Silver Horizons at 800-1400.

Highland will begin taking CALLS to Schedule Tax Appointments starting Thursday, January 9th after 9:00am.

Appointment’s will begin every Thursday, January 30th - April 9th

Walk-in Only will take place every Friday, starting January 31st - April 10th

**Walk-in is a first come first served basis, numbers will be given to those in line at Approx. 7:45am. Doors will open at 8:00am

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**Participant Code of Conduct**

In order that all users may have a pleasant experience at the center, all participants are expected to respect the rights of others and use the center for the purposes of the center only, and adhere to the following behaviors: Maintain personal hygiene that is not offensive or unhealthy.

Use voice and behavior that will not disturb other participants. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive. Show courtesy to other participants and staff.

Respect decisions made by center management and bring issues involving the operation of the center to management’s attention for resolution. Show consideration for the diversity of staff and fellow participants.

Treat the center material, equipment, furniture, grounds and facility with respect. Use the center and center equipment in a safe and appropriate manner. Keep the building and grounds neat, clean and litter free.

All participants need to be able to:

Function without one-on-one assistance (staff) or have the help of a caregiver, walk safely and independently in the center or use assistive devices independently. All participants need to be able to: Function without one-on-one assistance (staff) or have the help of a caregiver.

Thank You for your Cooperation!
### Monday
- 8:00 am - 1:00 pm: Arts Mart/Flea Market
- 8:30 am - 10:00 am: AM Adapted Aquatics
- 9:00 am - 10:00 am: Exercise to Music w/Jane
- 10:00 am - 11:30 am: Gathering of Artists
- 10:15 am - 11:15 am: Gentle Exercise w/Jane
- 12:30 pm - 2:00 pm: PM Adapted Aquatics
- 12:30 pm - 4:00 pm: Mexican Train Dominoes
- 12:30 pm - 2:30 pm: Friendship Coffee
- 1:00 pm - 4:00 pm: Canasta Card Group
- 1:30 pm - 3:45 pm: Bingo
- 1:30 pm - 2:30 pm: Yoga w/Mindy
- 2:45 pm - 3:30 pm: Balance & Movement for Parkinson’s & Others w/Mindy
- 3:15 pm - 5:00 pm: Highland Players

### Tuesday
- 8:00 am - 4:30 pm: Hikes (are every other Tues.)
- 8:00 am - 12:00 pm: Quilting
- 8:15 am - 9:15 am: Flex & Tone w/Jane
- 9:00 am - 12:00 pm: Open Studio Craft Group
- 10:00 am - 11:30 am: Portrait Drawing
- 10:00 am - 11:00 am: Ball Room Dance
- 12:00 pm - 4:00 pm: Pinochle
- 12:30 pm - 3:00 pm: Spanish Intermediate w/Shirley
- 1:00 pm - 4:45 pm: Bridge Group
- 1:00 pm - 3:00 pm: Senior Citizen’s Law Office (every 3rd Tues.)
- 1:00 pm - 2:00 pm: Open Studio Spanish Conversation
- 3:15 pm - 5:00 pm: Highland Players

### Wednesday
- 8:00 am - 12:30 pm: GEHM Clinic (see front desk)
- 8:30 am - 10:00 am: AM Adapted Aquatics
- 9:00 am - 10:00 am: Exercise to Music w/Jane
- 9:00 am - 12:00 pm: Senior Citizen’s Law Office (every 1st Wed.)
- 10:00 am - 12:00 pm: Senior SAGE Men’s Group (every 3rd Wed.)
- 10:00 am - 12:00 pm: Highland Harmonizers
- 10:15 am - 11:15 am: Gentle Exercise w/Jane
- 12:30 pm - 3:30 pm: Mexican Train Dominoes
- 1:00 pm - 1:30 pm: Birthday Celebration (every 1st Wed.)
- 1:00 pm - 3:00 pm: Chess for Fun
- 1:00 pm - 3:00 pm: Open Computer Lab
- 1:00 pm - 2:30 pm: Guitar Consortium
- 1:30 pm - 2:30 pm: Gentle Yoga w/Mindy
- 2:45 pm - 3:30 pm: Balance & Movement for Parkinson’s & Others w/Mindy
- 3:30 pm - 5:00 pm: Table Tennis/Ping Pong
- 5:00 pm - 6:00 pm: Corvair Meeting (every 3rd Wed.)
- 4:30 pm - 6:30 pm: Ukulele

### Thursday
- 8:15 am - 9:15 am: Flex & Tone w/Jane
- 9:30 am - 12:00 pm: Open Studio Watercolor
- 9:30 am - 10:30 am: Traditional T’ai Chi Ch’uan w/Sihing Ilene
- 10:30 am - 11:45 am: Spanish Beginners Level w/Cindy
- 11:15 am - 12:15 pm: Nia w/Michelle
- 12:15 pm - 4:15 pm: AARP Smart Driver Course (every 1st Thurs.) (details page 4)
- 1:00 pm - 4:00 pm: Open Studio Pottery
- 1:30 pm - 2:30 pm: Intermediate Traditional T’ai Chi Ch’uan Short Form w/Sifu Ty Beh
- 2:00 pm - 4:00 pm: Senior LGBT Meeting (every 2nd Thurs.)

### Friday
- 8:30 am - 10:00 am: AM Adapted Aquatics
- 9:00 am - 10:00 am: Exercise to Music w/Jane
- 9:00 am - 11:00 am: Senior Softball Meeting (every 2nd Fri.)
- 9:30 am - 11:00 am: Rosemalers
- 10:00 am - 11:00 am: Free Blood Pressure Checks w/Betsy (Walk-ins, No Appt. Needed)
- 10:00 am - 12:00 pm: Compassion & Choices Lecture Group on Advance Healthcare (every 1st Fri.)
- 10:15 am - 11:15 am: Gentle Exercise w/Jane
- 10:30 am - 12:00 pm: Hi-Toners (every 1st, 2nd, 3rd Fri.)
- 12:30 pm - 2:00 pm: PM Adapted Aquatics
- 1:00 pm - 3:00 pm: Mah Jongg Chinese Game
- 1:30 pm - 3:00 pm: Writing About Our Lives
- 2:00 pm - 4:00 pm: Afternoon Matinee Movie

### Saturday
- 10:00 am - 12:00 pm: OFA of Nob Hill Meeting (every 1st Sat.)
- 10:00 am - 12:00 pm: Roadrunner Strummers
- 12:00 pm - 3:00 pm: Monthly Afternoon Dance (every 4th Sat.)
- 12:30 pm - 3:30 pm: NM OLOC/Old Lesbians Organizing for Change (every 3rd Saturday)
- 1:00 pm - 3:00 pm: Gray Panthers Group (every 4th Sat.)
- 2:45 pm - 3:45 pm: Novel Book Club (every 2nd Sat.)
New Year’s Noon Celebration
Thursday, January 2, 2020
We will have a Dj that will play all your favorite party songs, then we will cheer in the new year during lunch at noon!
The event is free and so are the party favors while supplies last.

Breakfast Menu
Full Breakfast.....................................$1.50
Mini Breakfast...................................75¢
Breakfast Sandwich .........................$1.00
Burrito.............................................$1.50
French Toast or Pancake..................25¢
Oatmeal w/Milk....................................70¢
Breakfast Quesadilla......................$1.50
(Happy New Year)
Huevos Rancheros..........................$1.50
(Tuesday & Friday Only)
Biscuits & Gravy..............................$1.00
(Happy New Year)
Ham & Cheese Omelet.....................$1.50
(Thursday Only)

See our Full Al-A-Carte Menu at our Front Desk!
Breakfast is Served Monday-Friday from 8:00 a.m. — 9:00 a.m.

Lunch Al-a-Carte

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Cheese</td>
<td>$1.25</td>
</tr>
<tr>
<td>Sandwich of the Day</td>
<td>$1.50</td>
</tr>
<tr>
<td>1/2 Sandwich (Salad Only)</td>
<td>$0.75</td>
</tr>
<tr>
<td>Soup of the Day</td>
<td>$0.50</td>
</tr>
<tr>
<td>Pie</td>
<td>$0.50</td>
</tr>
<tr>
<td>Salads</td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Small</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

(Al-a-Carte Menu)

Beverages
Milk, or Juice…25¢
Coffee ............30¢
Hot Chocolate...30¢
Hot Tea..........30¢
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Center Closed</td>
<td>2 Smoked Chicken</td>
<td>3 Breaded Cod</td>
<td>4 Breaded Cod</td>
<td>5 Breaded Cod</td>
</tr>
<tr>
<td>6 Lemon Pepper</td>
<td>7 Beef Tips</td>
<td>8 Turkey Stew</td>
<td>9 Omelet w/Cheese, Mushrooms &amp; Spinach</td>
<td>10 Salmon w/Garlic Butter</td>
</tr>
<tr>
<td>Tilapia</td>
<td>Bowtie Pasta</td>
<td>Rosemary Potatoes</td>
<td>Stewed Tomatoes</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Orzo Pasta</td>
<td>Mixed Vegetables</td>
<td>Mashed Yams</td>
<td>Hash Browns</td>
<td>Peas</td>
</tr>
<tr>
<td>Marinated Chickpeas</td>
<td>Mashed Yams</td>
<td>Rosemary Potatoes</td>
<td>Sliced Peaches</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>Honeydew</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tapioca Pudding</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>13 Salisbury</td>
<td>14 Chicken Posole</td>
<td>15 Asian Wings</td>
<td>16 Roast Beef</td>
<td>17 Roast Pork</td>
</tr>
<tr>
<td>Steak</td>
<td>w/Green Chile</td>
<td>Oven Fries</td>
<td>Mashed Potatoes</td>
<td>Corn</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Tortilla</td>
<td>Mixed Vegetables</td>
<td>Spinach</td>
<td>Stuffing</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Pinto Beans</td>
<td>Apple Crisp</td>
<td>Brownie</td>
<td>Blueberry Crisp</td>
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<tr>
<td>Yogurt</td>
<td>Calabacitas</td>
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<tr>
<td>20 Center Closed</td>
<td>21 Meatloaf</td>
<td>22 Red Chile Beef</td>
<td>23 Spinach Lasagna</td>
<td>24 BBQ Riblet Sandwich</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Enchiladas</td>
<td>Green Beans</td>
<td>Brown Rice</td>
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<td></td>
<td></td>
<td></td>
<td>Spanish Rice</td>
<td>Broccoli</td>
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<td></td>
<td></td>
<td>Pinto Beans</td>
<td>Mixed Fruit</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Cantaloupe</td>
<td></td>
</tr>
<tr>
<td>27 Rotisserie</td>
<td>28 Carne Adovada</td>
<td>29 Pork Loin</td>
<td>30 Green Chile Cheeseburger</td>
<td>31 Italian Chicken</td>
</tr>
<tr>
<td>Chicken</td>
<td>Flour Tortilla</td>
<td>Fettuccine</td>
<td>Sweet Potatoes</td>
<td>Spaghetti Marinara</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Refried Beans</td>
<td>Mixed Vegetables</td>
<td>Cottage Cheese</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Corn</td>
<td>Apple</td>
<td>Dinner Roll</td>
<td>w/Sliced Peaches</td>
<td>Cantaloupe</td>
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<tr>
<td>Chocolate Chip</td>
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</tr>
<tr>
<td>Cookie</td>
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<tr>
<td>30 Green Chile</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Italian Chicken</td>
<td>Spaghetti Marinara</td>
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</tbody>
</table>

Lunch is Served from 11:30 a.m. - 1:00 p.m. * Menu is Subject to change

Reservations Required by 1:00 p.m. the Previous Day - Call 767-5210

Highland Grill Hot Lunch Special: $3.25
Highland Senior Center will be **CLOSED** on Monday, January 20th In Honor of Dr. Martin Luther King Jr.

Martin Luther King Jr. dedicated his life to the nonviolent struggle for racial equality in the United States. The third Monday in January marks Martin Luther King Jr. Day, a U.S. holiday that honors King’s legacy and challenges citizens to engage in volunteer service in their communities.

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**Other DSA Centers & Departments**

**Centers**
Barelas........................................... 764-6436
Bear Canyon..................................... 767-5959
Los Volcanes.................................... 767-5999
Manzano Mesa.................................. 275-8731
North Domingo Baca......................... 764-6475
North Valley.................................... 761-4025
Palo Duro......................................... 888-8102

**Fitness Centers**
Palo Duro Sports & Fitness............... 880-2800
Los Volcanes Fitness Center............. 767-5990
North Domingo Baca Fitness............ 767-6496

**Other Services**
DSA Senior Transportation .... 747-6464
RSVP Program..... 767-5225
DSA Information and Assistance......... 764-6400
City of Albuquerque Information...... 311

Did you know you can find this Newsletter and our Catalog on the Web?
www.cabq.gov/seniors