

The Highland Fling

“ Where Friends are made and Friendships grow ”



A Message from the Center Manager



Now that the Holidays are behind us and we have Welcomed 2020, lets look forward to the New Year with some new Activities and Trips so please view the new Department of Senior Affairs Catalog located in the lobby to see what is going on at Highland and other centers. The DSA Catalog and Highland newsletter are also located on our website so there are many ways to find information. Please go to www.cabq.gov/seniors where you can locate all of our centers on the web page. During the month of February we will have a few events so please view page 12 for our Special Luncheon. Highland Senior center and All DSA departments will be CLOSED on Monday, February 17th in Observance of Presidents Day.

Truly, Julianna Brooks

February 2020

ONE ALBUQUERQUE senior affairs



Mayor Timothy M. Keller



Anna M. Sanchez,
Director

**131 Monroe NE 87108
Phone # 767-5210**

Highland Senior Center Hours of Operation

Monday
8:00 a.m. - 5:00 p.m.

Tuesday
8:00 a.m.- 5:00 p.m.

Wednesday
8:00 a.m.-7:00 p.m.

Thursday
8:00 a.m.- 5:00 p.m.

Friday
8:00 a.m.- 5:00 p.m.

Saturday
10:00 a.m.- 4:00 p.m.

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Accredited by



National Institute of
Senior Centers

Coordinator's Corner

THE LOVE TREE



Love is hanging around the tree at Highland Senior Center.

Please help us spread the love by hanging hearts for those so dear to our heart. We will leave the tree up all year around. Please feel free to give us ideas and also help us decorate the tree monthly.



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!



Please remember to put your name on your suggestion. Only Suggestions with a name will be selected for the newsletter. Suggestions are selected at random by Highland Senior Center manager Julianna Brooks. Thanks for your Cooperation!

Pat Otto Writes:
How about Blueberry Pancakes for Breakfast.

Thanks Pat for that wonderful Suggestion! Blueberry pancakes sound delicious, I will speak with Richard our cook and ask about this. Perhaps we can do blueberry pancakes as a special breakfast every now and then?

Julianna Brooks, Ctr. Mgr.

**Our Mission....
The Department of Senior Affairs is a community leader, who in partnership with others, involves Seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity**





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.

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



SENIORS GOT TIME? NEED \$\$\$\$\$?

The Senior Companion Program Needs YOU!

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

Educational Services

REGISTER NOW

AARP

Every 1st Thursday

Smart Driver Course

Thursday, February 6, 2020

12:15 p.m. - 4:15 p.m.

****Please call the front desk to register for a class**

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.



Wednesday, February 12, 2020

8:00 a.m.- 12:30 p.m.



3rd Tuesday of Each Month
No Appointment Necessary!

Tuesday, February 18, 2020

1:00 p.m. General Lecture on wills, probate, powers of attorney, related topics.
2:00 p.m. Medicaid/Estate Planning

1st or 2nd Wednesday of Each Month
By Appointment Only

Wednesday, February 5, 2020
(One on one - General Legal Clinic)

The Senior Law Office will be offering the following Clinics here at Highland Senior Center.

- Preparation of Powers of Attorney
- Cremation Authorizations
- EMS/DNR

You must Contact the Senior Law Office Yourself to Schedule your Appointment for the Wednesday Clinics.

265-2300

Presentation

ClearCaptions

Wednesday, February 26, 2020

9:00 a.m. - 11:00 a.m.

Room 8

Presenter: ClearCaptions

Medicare 101 Informational

Wednesday, March 25, 2020

10:00 a.m. - 11:00 a.m.

Room 8

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
Palo Duro Senior Center—5221 Palo Duro NE
Monday, February 24, 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.

New Classes

Learn to Play the Ukulele

Basic Ukulele Class
Wednesdays
4:30 p.m. to 6:30 p.m.
Instructed by: Anne



“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.

February 22, 2020

Impresion 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 February Members!
Come join us in the social hall for
a time of celebration!

Wednesday, February 5, 2020
from 1:00 p.m.- 1:30 p.m.
Special Music and Birthday Cake.
1st Wednesday of the month



Afternoon Matinee Movie

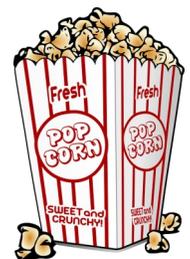


02/07/2020	Cancelled - No Movie
02/14/2020	Once Upon a Time in Hollywood R
02/21/2020	Harriet PG - 13
02/28/2020	Shawshank Redemption R

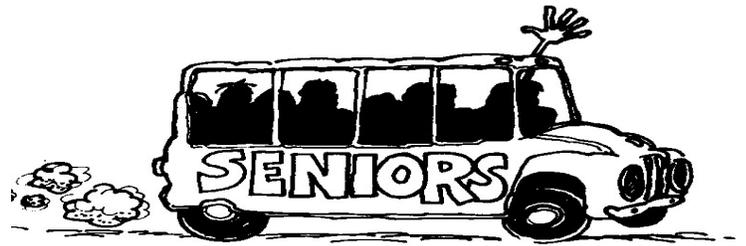
Friday's at 2:00 p.m.

Free bag of popcorn

Movies are subject to change



Trips



Sweet Candy/Coffee Tour/Lunch

Tuesday, February 11, 2020
Check in: 9:00 a.m.



Santuario de Chimayo/Lunch

Tuesday, March 31, 2020
Check in: 9:00 a.m.



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

Hiking



Signing-Up with the Front Desk Is Required!

Check In: 8:00 a.m. • Depart: 8:15 a.m.

Tuesday, February 11, 2020 - Silver Minnow Habitat

Tuesday, February 25, 2020 - Corrales to Rivers Edge

*Hikes are subject to change.

You may view the Hike Schedule at www.aschg.org

Announcements



Highland is currently taking CALLS to Schedule Tax Appointments !

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

Highland Senior Center will host a food market on

Wednesday, February 26th

Tickets will be distributed at 1:30 p.m.

Food Market Starts at 2:30 p.m.

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

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!

On-Going Activities

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 - 2:30pm	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

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
10:00am - 11:00am	Ball Room Dance
12:00 pm - 4:00 pm	Pinochle
12:30 pm - 3:00 pm	Spanish Intermediate w/Shirley
1:00 pm - 4:45pm	Bridge Group
1:00 pm - 3:00 pm	Senior Citizen's Law Office (every 3 rd 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 1 st Wed.)
10:00 am - 12:00 pm	Senior SAGE Men's Group (every 3 rd 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 3 rd Wed.)
4:30pm - 6:30pm	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'aun 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 1 st 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'aun Short Form w/Sifu Ty Beh
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2 nd 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 2 nd 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 1 st , 2 nd , 3 rd 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 1 st Sat.)
10:00 am - 12:00 pm	Roadrunner Strummers
12:00 pm - 3:00 pm	Monthly Afternoon Dance (every 4 th Sat.)
12:30 pm - 3:30 pm	NM OLOC/Old Lesbians Organizing for Change (every 3 rd Saturday)
1:00 pm - 3:00 pm	Gray Panthers Group (every 4 th Sat.)
2:45 pm - 3:45 pm	Novel Book Club (every 2 nd Sat.)



Nutrition Tips

Healthy eating begins with you! Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a **chronic condition**, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

6 Ways to Eat Well As You Get Older



- 

Know what a healthy plate looks like
See how to build a healthy plate at ChooseMyPlate.gov
- 

Look for important nutrients
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- 

Read nutrition labels
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- 

Use recommended servings
Learn the recommended daily servings for adults aged 60+ at heart.org
- 

Stay hydrated
Water is an important nutrient too! Drink fluids consistently throughout the day.
- 

Stretch your food budget
Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

ncoa
National Council on Aging

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
(Monday Only)	
Huevos Rancheros.....	\$1.50
(Tuesday & Friday Only)	
Biscuits & Gravy.....	\$1.00
(Wednesday Only)	
Ham & Cheese Omelet.....	\$1.50
(Thursday Only)	



See our Full AI-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

Monday-Friday 11:30 a.m. - 1:00 p.m.

Grilled Cheese.....	\$1.25
Sandwich of the Day.....	\$1.50
1/2 Sandwich (Salad Only).....	75¢
Soup of the Day	50¢
Pie.....	50¢
Salads.....	Large.....\$2.00
	Small.....\$1.00

Beverages

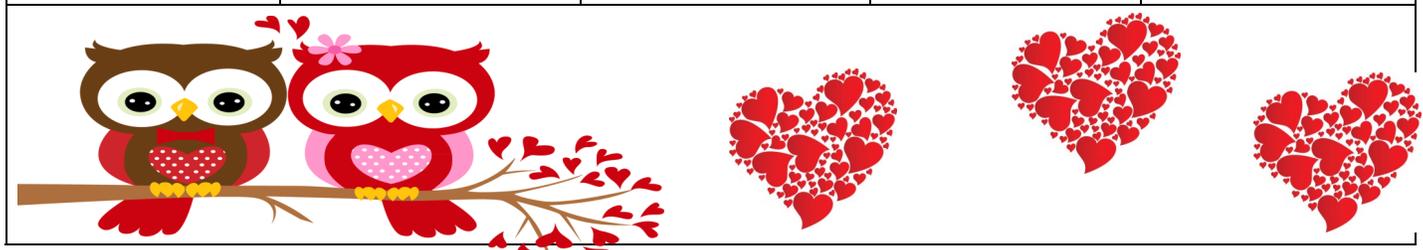
Milk, or Juice....	25¢
Coffee	30¢
Hot Chocolate...30¢	
Hot Tea.....	30¢



Highland Grill Hot Lunch Special: \$3.25

Reservations Required by 1:00 p.m. the Previous Day - Call 767-5210
Lunch is Served from 11:30 a.m. - 1:00 p.m. * Menu is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta Primavera Green Beans Pineapple Tidbits w/Cinnamon	4 Green Chile Meatloaf Green Beans, Mashed Potatoes, Banana 	5 Memphis Chicken Brown Rice Mixed Vegetables Corn Bread Orange	6 Beef Tips Bowtie Pasta Peas & Carrots Peach Crumble	7 Pork Chop Mashed Potatoes Brussel Sprouts Apricots
10 Oven Fried Chicken Mac-N-Cheese Spinach Orange	11 Turkey w/Gravy Mashed Potato Mixed Vegetables Oatmeal Cookie	12 Breaded Pollock Bowtie Pasta Succotash Fresh Pear	13 Special Luncheon Ticket Required! 	14 Spinach Lasagna Mixed Vegetables Garlic Breadstick Cottage Cheese w/Pineapple
17 Center Closed 	18 Ham & Potato Soup Mixed Vegetables Biscuit Sliced Peaches	19 Italian Chicken Steak Fries Carrots Granny Smith Apple	20 Meatloaf White Rice Mixed Vegetables Yogurt	21 Red Chile Beans w/Beef Cauliflower & Squash Tortilla Brownie
24 Roasted Pork Red Potatoes Mixed Vegetables Sliced Apricots	25 Chicken Tacos Spanish Rice Corn w/Peppers Cantaloupe	26 Red Chile/Cheese Omelet Spinach w/Onions Beans Pineapple Chunks	27 Meatball Sub Steak Fries Green Beans Orange	28 Salmon W/Garlic Sauce Angel Hair Pasta Mixed Vegetables Chocolate Chip Cookie



February

Special Event

King and Queen of Hearts Valentine's Luncheon

Come enjoy a time of royalty with other King and Queens.

Story Telling by: Duchess of Hearts - Vivian Harris - 11:30 a.m.

Enjoy Special Love Songs by: Jimmy E. Jones - 12:00 p.m.

Thursday, February 13, 2020

Lunch will be served at 11:30 a.m. to 12:00 p.m.

\$4.00 Ticket Required

Purchase tickets and sign up at the front desk.

Space is limited. See flyer for Menu.

Tickets cannot be refunded or exchanged.



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**