Hello!

It feels like the month of May came and went! In celebration of May’s Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 19, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr’s birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s. We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,
Anna Sanchez, Director
Department of Senior Affairs
Tuesday, June 21st, 2022

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) and Medicaid coverage for nursing homes on the 3rd Tuesday of every other month. This is a group presentation and not a one-on-one clinic. Seniors should sign up for this presentation at the Highland front desk.

Wednesday, June 1st, 2022

SCLO will hold a free general legal clinic on Wednesday, March 9th, starting at 9 am (by appointment with SCLO only). An attorney will meet privately with a senior and provide advice on legal issues. Seniors need to call SCLO at 505-265-2300 to sign up with the SCLO receptionist for this clinic because there are only 6 appointment slots available for 20 minute intervals. The SCLO receptionist will make sure that SCLO handles the legal issue the senior has.

SCLO conducts 2 different clinics alternating on the 1st Wednesday of each month
You must Contact the Senior Law Office 265-2300 to Schedule your Appointment for the Wednesday Clinics.

General Information

Health crises, dying and even death are difficult subjects. Nobody likes to talk about them, but just about everybody ends up having to experience them. So, let’s think about how we can make it better for us as well as our loved ones.

Jan Wilson, volunteer with End of Life Options NM and Compassion & Choices, will discuss all the options we New Mexicans have at the end of our life, from doing everything possible for treatment of disease to the new Medical Aid in Dying law available when suffering is too much to bear. She will also talk about Advance Healthcare Directives, their importance and how to complete one so that you may get the treatments you want and forgo the ones you don’t want.

Do yourself and your loved ones a favor and come to her presentation on Thursday, June 2, at 9:15 AM at the Highland Senior Center to hear more. All materials are free. Although registration at the Front Desk is appreciated, walk-ins will be welcome.

COVID-19 SHOT CLINIC
@ Highland Senior Center
THURSDAY, JUNE 30TH, 2022
9AM-12PM
Highland On-Going Activities

**Monday**
8:00 am - 12:00 pm Arts Mart/Flea Market ([July 2022](#))
8:15 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
2:00 pm - 4:15 pm Bingo
1:00 pm - 2:00 pm Yoga w/Mindy

**Tuesday**
8:15 am - 9:15 am Flex & Tone w/Jane
9:00 am - 10:30 am Blood Pressure Check
9:30 am - 12 noon Watercolor
10:30 am - 11:30 pm Energy Yoga w/Dave Plummer
10:00 am - 11:30 am Portrait Drawing (Discontinued as of March 2022)
10:00 am - 11:00 am Beginning Ball Room w/Beth
12:00 pm - 4:00 pm Pinochle
12:30 pm - 4:30 pm AARP Smart Driver Course (every 1st)
1:00 pm - 3:00 pm Conversation Spanish
1:00 pm - 3:00 pm Senior Citizen’s Law Office (every 3rd Tues. of every other month see page 2 for more details)

**Wednesday**
8:30 am - 12:30 pm GEHM Clinic (every 1st)
8:15 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 Appointments (every 1st)
10:00 am - 12:00 pm Highland Harmonizers
10:00 am - 12:00 pm Sage Men’s Coffee (every other week)
10:15 am - 11:15 am Gentle Exercise w/Jane
12:30 pm - 3:30 pm Mexican Train Dominoes
12:00 pm - 12:30 pm Birthday Celebration (every 1st)
4:30 pm - 6:30 pm Beginning Ukulele

**Thursday**
8:15 am - 9:15 am Flex & Tone w/Jane
11:00 am - 12:00 pm Friendship Coffee
10:30 am - 11:30 am Tai Chi w/Dave
2:00 pm - 4:00 pm Senior LGBT Meeting (every 2nd)
3:00 pm - 4:30 pm Teeniors (1st Thurs. of month only)

**Friday**
8:15 am - 10:00 am AM Adapted Aquatics
9:00 am - 10:00 am Exercise to Music w/Jane
9:30 am - 10:00 am Rosemalers
10:15 am - 11:15 am Gentle Exercise w/Jane
12:30 pm - 2:00 pm Adapted Aquatics
2:00 pm - 4:00 pm Afternoon Matinee Movie

**Saturday**
10:00 am - 12:00 pm Rosemalers (every 2nd)
10:00 am - 12:00 pm Corvairs of NM (every 1st)
12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th)
12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change (every 3rd)
1:00 pm - 3:00 pm Post-Polio Support (every 1st)
1:30 pm - 3:30 pm Music Jam Session (every 2nd)

**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. Does 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.
Highland Senior Center will be Closed on Monday, June 20th in Observance of Juneteenth Holiday.

Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name “Juneteenth” references the date of the holiday, combining the words “June” and “nineteenth.”

Friendship Coffee

Join us for coffee & and treats from one of our Sponsors every Thursday from 9am - 10am (Friendship Coffee is subject to change!)

Afternoon Matinee

Friday’s starting at 2:00pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Title</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/03</td>
<td>Venom: Let There Be Carnage</td>
<td>PG-13</td>
</tr>
<tr>
<td>6/10</td>
<td>Spider-Man No Way Home</td>
<td>PG-13</td>
</tr>
<tr>
<td>6/17</td>
<td>For The Love of Money</td>
<td>R</td>
</tr>
<tr>
<td>6/24</td>
<td>Last Samurai</td>
<td>R</td>
</tr>
</tbody>
</table>

** We include Movie rating so that you can decide if you want to watch! Movie Participants will get 1 free bag of popcorn additional bags are only 25 cents.

SATURDAY Afternoon Dance

A Long Drink of Water

Saturday, June 25th
From 12 noon - 3pm
Cost: $3.00

Kudos Box

Please share your comments in our "NEW" Kudos box. Located next to the front desk. If someone has done something that has made your day better or did something kind, thoughtful, friendly, we would like to publish your Kudos in our upcoming newsletters! Fill out the comment form and put it in the box. Please let us know who you are so we can recognize you as well!

Donna Fastle Writes: Three Cheers for the Teeniors! Juliet helped me with my smart phone. She was kind, patient, respectful and good-natured. The learning experience was lots of fun.

**Big Shout out to the Teeniors who come to Highland every 1st Thursday of the month to assist seniors! This group is very popular, if you would like more info please see the front desk!
Trips

Various Trips will Resume in August 2022

Coordinators Corner:
Thanks for all the great feedback! Your voices are being heard! Many have talked to me and we are starting some new classes. We have a conversation Spanish class, music jam session and another Yoga class called Energy Yoga! So, continue to brainstorm and bring me more ideas, suggestions for classes, presentations, etc. We have the space we just need to work out the time! Come see me! Chris Rogers

Table Sales will start June 27th
9:30am at the front desk
All tables are $2 and you can purchase 2 tables per month for July, August & September.
Names will be pulled to purchase tables first come first served! Please have your up-dated membership card at the time of purchase.

New Classes at Highland!

Jam Session
2nd Saturday of the month
1:30pm-3:30pm

Energy Yoga with Dave
Starting Tues. May 3rd
10:30am-11:30am

Conversational Spanish
Starting Tues. May 17th
1:00pm-3:00pm
**Conversational Spanish is a group for those who already speak Spanish, please see leader for more info. This group is not a beginners class.

Markets

Flea Market COMING BACK SOON!

Table Sales will start June 27th
9:30am at the front desk
All tables are $2 and you can purchase 2 tables per month for July, August & September.
Names will be pulled to purchase tables first come first served! Please have your up-dated membership card at the time of purchase.

AARP Smart Driver Course

1st Tuesday every Month
12:30pm-4:30pm
Starting June 7th

Cost: $20 for AARP members
$25 Non-members
Sign up Required at the front desk

HOLA!

JUST HAVE FUN
AmeriCorps Senior Programs

AGE 55+ VOLUNTEERS NEEDED!

JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.

FOSTER GRANDPARENT PROGRAM
Help kids learn. Guide students to higher academic achievement. Care for infants and toddlers. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. For more information, Call (505) 764-6412.

SENIOR COMPANION PROGRAM
Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. For more information, Call (505) 764-1007.

RSVP (RETIRED & SENIOR VOLUNTEER PROGRAM)
Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you’ve learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute. For more information, Call (505) 767-5225.
# Daily Breakfast & A-la-Carte-Menu

## Breakfast

**Monday-Friday**
8:00 a.m. – 9:00 a.m.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Full Breakfast</td>
<td>$1.50</td>
</tr>
<tr>
<td>2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla</td>
<td></td>
</tr>
<tr>
<td>Mini Breakfast</td>
<td>75¢</td>
</tr>
<tr>
<td>1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla</td>
<td></td>
</tr>
<tr>
<td>Breakfast Burrito</td>
<td>$1.50</td>
</tr>
<tr>
<td>egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile</td>
<td></td>
</tr>
<tr>
<td>English Muffin Sandwich</td>
<td>$1.00</td>
</tr>
<tr>
<td>1 egg, Bacon or Sausage, Cheese</td>
<td></td>
</tr>
</tbody>
</table>

### Specials

**Huevos Rancheros** $1.50 (Tuesday & Friday Only)
2 eggs (your way)Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile

**Biscuit & Gravy** $1.00 (Wednesday Only)

### Al-la-Carte

- 1 Egg 25¢ (each)
- 1 Pancake 25¢ (each)
- 1 French Toast 25¢ (each slice)
- Hash Browns 30¢
- Side of Red or Green Chile 25¢
- Hot Cereal (Oatmeal w/Milk) 70¢
- Fruit & Yogurt Parfait $1.50
- Waffle (Plain) $1.00
- Waffle w/Berries & Cream $1.50

See our Full A-la-Carte Menu at our Front Desk!

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## Lunch

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Cheese</td>
<td>$1.25</td>
</tr>
<tr>
<td>1/2 Sandwich</td>
<td>75¢</td>
</tr>
<tr>
<td>(Salad type sandwich only)</td>
<td></td>
</tr>
<tr>
<td>Soup of the Day</td>
<td>50¢</td>
</tr>
<tr>
<td>Sandwich of the Day</td>
<td>$1.50</td>
</tr>
<tr>
<td>Slice of Pie</td>
<td>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>

Sandwich choices change weekly please see front desk for menu.

## Beverages

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk or Juice</td>
<td>25¢</td>
</tr>
<tr>
<td>Coffee</td>
<td>30¢</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>30¢</td>
</tr>
<tr>
<td>Hot Tea</td>
<td>30¢</td>
</tr>
</tbody>
</table>

**Friendly Reminder,**
Meals are to be consumed in the Social Hall and are not permitted to take out. Thank You for your cooperation!

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Menu is Subject to Change
# HOT LUNCH MENU

**RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY**

## June 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Reserved</td>
<td>Turkey Tetrazzini</td>
<td>Turkey Tetrazzini</td>
<td>Beef Steak with Grilled Onions</td>
</tr>
<tr>
<td>MEMORIAL DAY</td>
<td>Red Chile Omelet</td>
<td>Steamed Spinach</td>
<td>Peas &amp; Carrots</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td><strong>friendly Reminder,</strong> Meals are to be consumed in the Social Hall and are not permitted to take out. Thank You for your cooperation!</td>
<td>Steamed Tomatoes</td>
<td>Green Apple</td>
<td>Red Grapes</td>
<td>Red Grapes</td>
</tr>
<tr>
<td><strong>1% Milk</strong></td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
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</tbody>
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<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken Sandwich</td>
<td>Salisbury Steak Mushroom &amp; Onion Gravy</td>
<td>Baked Ziti</td>
<td>Turkey Pot Pie</td>
<td>Bean &amp; Rice Burrito with Red Chile</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>Green Beans</td>
<td>Steamed Carrots &amp; Cauliflower</td>
<td>Ancient Grains</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Apple Cobbler</td>
<td>Scallop Potatoes</td>
<td>Breadstick</td>
<td>Broccoli</td>
<td>Warm Cinnamon Apples</td>
</tr>
<tr>
<td>1% Milk</td>
<td>Orange</td>
<td>Pineapple</td>
<td>1% Milk</td>
<td>Apples</td>
</tr>
<tr>
<td>1% Milk</td>
<td></td>
<td></td>
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<tr>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Tips w/ Gravy in Bowtie Pasta</td>
<td>Baked Chicken Thigh</td>
<td>Garlic Tilapia</td>
<td>Sliced Turkey w/ Brown Gravy</td>
<td>Pork Roast w/ Creamy Onion Gravy</td>
</tr>
<tr>
<td>Steamed Green Beans</td>
<td>Steamed Collard Greens</td>
<td>Black-eyed Peas</td>
<td>Steamed Carrots</td>
<td>Steamed Broccoli &amp; Carrots</td>
</tr>
<tr>
<td>Peach Cobbler</td>
<td>Brown Rice</td>
<td>Steamed Carrots</td>
<td>Pudding</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>1% Milk</td>
<td>Yogurt</td>
<td>Pear</td>
<td>1% Milk</td>
<td>Dinner Roll w/ Margarine</td>
</tr>
<tr>
<td>1% Milk</td>
<td>Dinner Roll w/ Margarine</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
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</tbody>
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<tr>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED (OBSERVED)</td>
<td>Chicken Thigh</td>
<td>Pasta Primavera</td>
<td>Baked Salmon</td>
<td>Carne Adovada</td>
</tr>
<tr>
<td>Succotash</td>
<td>Steamed Broccoli</td>
<td>Roasted Peppers</td>
<td>Bread Stick</td>
<td>Pinto Beans</td>
</tr>
<tr>
<td>Cornbread</td>
<td>Steamed Carrots</td>
<td>Ancient Grain</td>
<td>Corn</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Apple</td>
<td>Pudding</td>
<td>Pudding</td>
<td>1% Milk</td>
<td>Jell-O</td>
</tr>
<tr>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>Flour Tortilla</td>
</tr>
<tr>
<td>1% Milk</td>
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</tr>
</tbody>
</table>

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<thead>
<tr>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Pork Chops</td>
<td>Cajun Chicken &amp; Sausage Jambalaya w/ Peppers &amp; Onions</td>
<td>Garlic Tilapia</td>
<td>Baked Ziti</td>
<td>Cheeseburger</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Green Peas</td>
<td>Steamed Potatoes</td>
<td>Steamed Green Beans &amp; Mushrooms</td>
<td>Sweet Corn</td>
</tr>
<tr>
<td>Broccoli/Cauliflower/Carrot</td>
<td>Brown Rice</td>
<td>Collard Greens</td>
<td>Garlic Breadstick</td>
<td>Steak Fries w/ Ketchup</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Orange</td>
<td>Dinner Roll w/ Margarine</td>
<td>Pears</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Dinner Roll w/ Margarine</td>
<td>1% Milk</td>
<td>Strawberry</td>
<td>1% Milk</td>
<td>1% Milk</td>
</tr>
<tr>
<td>1% Milk</td>
<td></td>
<td></td>
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</tbody>
</table>

*The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative*

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