

February 2023

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm



HEARTS ON FIRE VALENTINES DAY CELEBRATION

Highland Staff

Julianna Brooks
Center Manager

Chris Rogers
Program Coordinator

Gloria Ortiz
Office Assistant

Stacie Davis
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef

Lexie Garcia
Cook Assistant

JOIN US FOR A VALENTINE'S DAY
CELEBRATION

FRIDAY, FEBRUARY 10TH

2:00PM - 3:00PM

WITH MUSIC BY JIMMY "JJ" JONES.

DANCING AND SNACKS.

Our Mission

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.



Anna Sanchez, Director
Department of Senior
Affairs

ncoa
National Council on Aging

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General Information



Tuesday, February 21st, 2023
Medicaid/Estate planning presentation

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) will be 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.

1:00pm-General lecture on wills, probate, powers of attorney.

2:00pm-Medicaid coverage on nursing homes, home & community based services



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.



Wednesday, February 1st
(General Legal Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, February 1, 2023, 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 between a Free Legal Clinic and a Power of Attorney Clinic



Seeking Decorating Teams at Highland Senior Center

Do you like to decorate and are you creative?

Do you enjoy all the holidays?

Do you like to volunteer at your local senior center?

We are looking for you! Come join the Highland Helpers!

Come help us set up for special events, various holiday decorating, along with other activities to help with. We have some opportunities at Highland Senior Center! Come out and meet new people, catch up with friends, and have fun! If you are interested in helping, please call Isaiah Valenzuela with

RSVP 505-767-5225 or Elan Tena 505-767-5226



Highland On-Going Activities

Monday

8:00am - 12:00 noon Arts Mart/Flea Market
8:15am - 10:00am AM Adapted Aquatics
9:00am - 10:00am Exercise to Music w/Jane
10:00am - 11:30am Gathering of Artists
10:15am - 11:15am Gentle Exercise w/Jane
12:30pm - 2:00pm PM Adapted Aquatics
2:00pm - 4:15pm Bingo

Tuesday

8:15am - 9:15am Flex & Tone w/Jane
9:30am - 12:00pm Watercolor
10:30am-11:30am Energy Yoga w/Dave
Plummer
10:00am-11:00am Beginning Ball Room
w/Beth
12:30pm - 4:30pm AARP Smart Driver
Course (every 1st)
1:00pm - 3:00pm Conversation Spanish
1:00pm - 3:00pm Senior Citizen's Law
Office
(every 3rd Tues. of every other month see page 2 for
more details)

Wednesday

8:30am - 12:30pm GEHM Clinic (every 1st)
8:15am - 10:00am AM Adapted Aquatics
9:00am - 10:00am Exercise to Music w/Jane
9:00am - 12:00pm Senior Citizen's Law Office
Appointments (every 1st)
10:00am -12:00pm Highland Harmonizers
10:15am - 11:15am Gentle Exercise w/Jane
1:00pm - 3:30pm Mexican Train Dominoes
12:00pm - 12:30pm Birthday Celebration
(every 1st)
4:00pm-6:00pm ORCA Game Night (2nd & 4th
only) [Older Rainbow Community of Albuquerque]
5:30pm-6:30pm ORCA Loss Group
4:30pm - 6:30pm Beginning Ukulele

Thursday

8:15 am - 9:15am Flex & Tone w/Jane
10:30am -11:30am Tai Chi w/Dave
2:00 pm - 4:00pm Senior LGBT Meeting
(every 2nd)

Friday

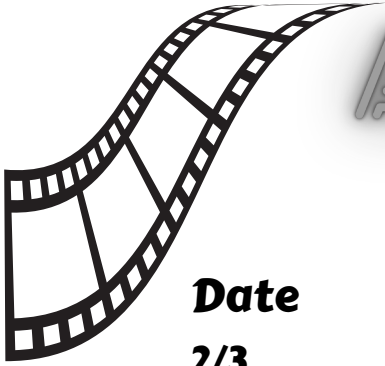
8:15 am - 10:00am AM Adapted Aquatics
9:00 am - 10:00am Exercise to Music w/Jane
9:30 am - 11:00am Rosemalers
10:15 am - 11:15am Gentle Exercise w/Jane
12:30pm - 2:00pm Adapted Aquatics
2:00 pm - 4:00 pm Afternoon Matinee Movie

Saturday

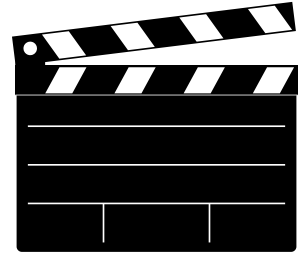
10:00am - 12:00pm Rosemalers (every 2nd)
10:00am - 12:00pm Corvairs of NM (every 1st)
12:00 pm - 3:00pm Monthly Afternoon Dance (every
4th)
12:30 pm - 3:30pm NM OLOC/Old Lesbians Organizing
for Change (every 3rd)
1:30pm-3:30pm - Music Jam Session (every 2nd)



What's Happening at Highland



AFTERNOON MATINEE



Date	Movie Title	Rating
2/3	Poker Face	R
2/10	No Movie Today	
2/17	The Woman King	PG-13
2/24	Wonder	PG

*****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.**

NEW CLASS

Beginners are welcome

Knitting & Crochet Group

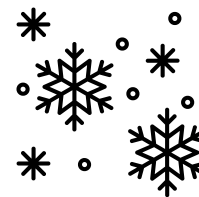
NO CHARGE TO ATTEND!!

STARTING JANUARY 11TH, 2023

COME LEARN ABOUT KNITTING & CROCHET AND JOIN US TO SHARE YOUR SKILLS OR REFRESH THEM! BRING YOUR OWN SUPPLIES OR PROJECTS!

WEDNESDAYS 1PM-3PM

ROOM 3



JUST A REMINDER

We know we don't have to remind you that it is cold outside, but we encourage our participants to stay in their warm car until we open at 8:00am.

We are unable to open the doors early due to janitorial tasks that need to be taken care of before participants enter the building and other center needs before business hours.

Thank you for your Cooperation!

What Going on at Highland

Trips

We are currently working on some trips so please see our Bulletin Board with the flyers and information. Must be a current member to go on trips!



Coordinators Corner:

Wow and just like that January is here and gone! Lots of changes are happening at Highland. We became a meal site, moved some classes around, and added some new classes. With change comes growth. The secret of change is to focus all of your energy not on fighting the old, but on building the new. Don't forget to get your taxes done here! As always be sure to check out the bulletin boards and monitors for the current events, activities, classes and other important information! Words of wisdom, -Old people are just young people who have been alive for a very long time. One benefit of old age is that your secrets are safe with your friends — they can't remember them either!

Chris Rogers, Program Coordinator



Presidents' Day is the popular and commonly used name for the United States federal holiday officially called Washington's Birthday. It is celebrated annually on the third Monday of February and celebrates the life and achievements of George Washington, the first President of the United States (1789-1797) and 'The Father of his Country'. The day is, in practice, often used to honor and remember all past US presidents, and in particular Washington, Abraham Lincoln and Thomas Jefferson.

Saturday Afternoon Dances at Highland



Rogers Burns

Saturday, February

25, 2023

12pm -3pm

Admission: \$3.00



Classes

AARP Smart Driver Course

**1st Tuesday
every Month
12:30pm- 4:30pm**



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



AARP

HIGHLAND SENIOR CENTER MEXICAN TRAIN



**WEDNESDAYS
1:00PM-4:00PM
ROOM 5**

Mexican Train is game played with dominoes. The object of the game is for the player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from central hub or "station".

Open Studio Water Colors

**THIS CLASS IS FOR
SELF-LED INTERMEDIATE-LEVEL STUDENT.
YOU MUST BRING YOUR OWN SUPPLIES!**

**TUESDAYS
10:00AM-12:00PM
ROOM 2**



¿HABLA ESPAÑOL?



**Conversational Spanish
Every Tuesday
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.**



**HIGHLAND SENIOR
CENTER WILL BE
CLOSED ON MONDAY,
FEBRUARY 20TH IN
OBSERVANCE
OF**



Department Participant Code of Conduct

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.



Tax Season Information



Tax Season is upon us!

- AARP volunteers will begin tax preparation starting at the beginning of February.
- Highland Senior Center will begin scheduling appointments starting Tuesday, January 10th.
- Highland will no longer take walk-ins.
- Tax prep will be by appointment **ONLY!**
- Appointments will be made on Thursdays and Fridays for the tax season.
- Please Call 505-767-5210 between the hours of 9:00am-11:00am and 1:00pm-4:00pm to schedule your appointment.
- Taxes are scheduled on a first come first served basis.

AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

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



AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque's Department of Senior Affairs is proud to sponsor these programs for over 40 years!

For more information visit cabq.gov/seniors/volunteer-opportunities

FOSTER GRANDPARENT PROGRAM

Help kids learn, and guide students to higher academic achievement. 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.

- Full Breakfast \$1.50**
2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla
- Mini Breakfast 75¢**
1 eggs, 1 bacon or Sausage, Hash Browns, toast or tortilla
- Breakfast Burrito \$1.50**
egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile
- English Muffin Sandwich \$1.00**
1 egg, Bacon or Sausage, Cheese

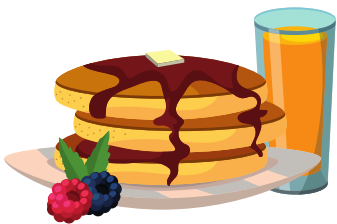
Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

A-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

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



****Friendly Reminder,**

**Meals are to be consumed in the Social
Hall and are not permitted to take out.**

Thank You for your cooperation!

Lunch

Monday-Friday

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

- Grilled Cheese \$1.25**
Soup of the Day 50¢
Sandwich \$1.50
Slice of Pie 50¢
Salad \$1.00
- Sandwich choices change weekly please see front desk for menu.



Beverages

- Milk or Juice 25¢
Hot Chocolate 30¢
Hot Tea 30¢



Menu is Subject to Change

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

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February 2023

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
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
6 ♦ Baked Ziti ♦ Seasonal Vegetable ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk 	7 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	8 ♦ BBQ Pork Chop ♦ Baked Beans ♦ Collard Greens ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	9 ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk 	10 ♦ Breaded Cod ♦ Buttered Pasta ♦ Spinach ♦ Seasonal Fruit ♦ 1% Milk 
13 ♦ Swedish Meatballs ♦ Brown Rice ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	14 ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk 	15 ♦ Catfish ♦ Sweet Potatoes ♦ Seasonal Vegetables ♦ Chocolate Pudding ♦ 1% Milk 	16 ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	17 ♦ Spinach Lasagna ♦ Steamed Carrots ♦ Garlic Breadsticks ♦ Seasonal Fruit ♦ 1% Milk 
20 Closed 	21 ♦ Egg Omelet ♦ Stewed Tomatoes ♦ Seasoned Potatoes ♦ Orange ♦ 1% Milk 	22 ♦ Red Chile Pork Posole ♦ Pinto Beans ♦ Spinach ♦ Tortillas ♦ Seasonal Fruit ♦ 1% Milk 	23 ♦ Cheeseburger ♦ Tater Tots ♦ Coleslaw ♦ Cherry Cobbler ♦ 1% Milk 	24 ♦ Salmon ♦ Angel Hair Pasta ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
27 ♦ Salisbury Steak ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	28 ♦ Beef Fajitas ♦ Tortilla ♦ Spinach ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Seasoned Baked Chicken ♦ Mashed Potato ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	2 ♦ Chile Dog w/Cheese ♦ Tatar Tots ♦ Seasoned Roasted Corn ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Cajun Garlic Butter Tilapia ♦ Orzo w/ Diced Tomatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 



Menu is Subject to Change