

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210



Hello,

We are very excited and pleased to announce a few great updates for the month of July!

A new addition to the Department of Senior Affairs is our new Deputy Director Chris Sanchez. Chris possesses an MBA and more than 20 years of executive leadership and strategic management experience in public, private, and non-profit sectors throughout New Mexico. He previously served as the Department Director of Community Services appointed by the Mayor of Santa Fe, has a background in youth corrections and community programming, was the director of the Santa Fe County Youth Development Program and previously worked with State of New Mexico's Family and Community Services. For the past three years, he has served as the Deputy Assessor appointed by the Santa Fe County Assessor. We are pleased to welcome Chris and look forward to him joining us in enhancing our mission of our commitment to providing resources with care and compassion that help our community thrive while embracing aging.

Another eagerly anticipated update is the re-opening of all senior and multigenerational centers on Tuesday, July 6, 2021. The past year has been unlike anything we've ever experienced, and we're working hard to adjust and evaluate how we can continue to provide more programming and activities for community members while still adhering to New Mexico's public health order. As we anticipate many of the state's restrictions to be lifted, we want to continue to bring you the services and connections you need, even if it may look a little different than it has in the past. It really can't be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens. We want to be sure the approach we're taking to reopen is thoughtful, and that we're creating an environment that's safe for everyone. When we do reopen, more than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness sites. We're looking at how to manage the reopening of our programs and some of those plans will include continuation of increased cleaning and sanitization and continuing to offer virtual services.

We thank you for your continued patience with our staff as we work to resume our dynamic programming, events and activities. You can learn more about our approach to re-opening, in-person activities and programs available, or learn more details on how we're making our center sites safe, by calling your center site directly, checking in with our Senior Information Line at 505-764-6400 Monday-Friday between 8am-4:30pm or by visiting our website cabq.gov/seniors.

We are excited to welcome you back and hope to see you again soon.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs

July 2021

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

**ONE
ALBUQUE
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We are committed to providing resources with care and compassion that help our community thrive while embracing aging.



General Information

Educational Services



3rd Tuesday of
Each Month

No Appointment Necessary!

Tuesday, July 20th

1:00 p.m. General Lecture on wills, probate, powers of attorney, related topics.

2:00 p.m. Medicaid/Estate Planning

1st Wednesday of
Each Month
By Appointment Only



Wednesday, July 7th

(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 265-2300 to Schedule your Appointment for the Wednesday Clinics.

Senior Affairs Advisory Council Meeting

Bear Canyon Senior Center - 4645 Pitt NE 87111

Monday, July 26, 2021

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.

Holiday Closures

**All Center's will be Closed on
Monday, July 5th
in Observance of the 4th of July
Holiday**



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.

Daily Breakfast & A-la-Carte-Menu

Breakfast

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

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

Breakfast is Served Monday-Friday
from 8:00 a.m. – 9:00 a.m.

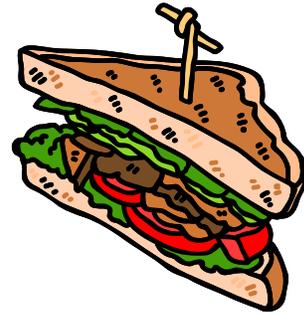


Lunch

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¢
Slice of Pie	.50¢
Salads	Large \$2.00 Small \$1.00



Beverages

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



HOT LUNCH MENU

JULY 2021

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

MON

Center Closed



TUE

6

Lemon Pepper Chicken
Brown Rice,
Beets, Vanilla
Pudding

WED

7

Frito Pie
Mixed Vegetable
Mandarin Orange

THU

8

Steak Fingers
Mashed
Potatoes
Red Apple

FRI

9

Steak Fingers
Mashed Potatoes
Red Apple

12

**Chicken
Parmesan**
Butter Spaghetti
Carrots
Sliced Peaches

13

Breaded Cod
Corn
Mixed
Vegetables
Watermelon

14

**Pasta
Primavera**
Green Beans
Breadstick
Mixed Fruit

15

Beef Fajita
Spanish Rice
Mexi-Corn
Chocolate
Pudding

16

Pork Chop
Potatoes
Mixed
Vegetables
Pear

19

Carne Adovada
Spanish Rice
Pinto Beans
Cookie

20

**Spaghetti
w/Meat Sauce**
Mixed
Vegetables
Banana

21

**Oven Fried
Chicken**
Ancient Grain
Carrots
Green Apple

22

Cheese Omelet
tomatoes
Potatoes
Mandarin
Oranges

23

Salisbury Steak
Mashed
Potatoes
Spinach
Peaches

26

Salmon
Ancient Grains
Green Beans
Red Apple

27

Pork Chop
Au Gratin
Potatoes
Green Peas
Honeydew

28

**Sweet & Sour
Chicken**
Stir Fry
Vegetables
Brown Rice
Fortune Cookie

29

**Mac
& Cheese**
Mixed
Vegetables
Vanilla Pudding

30

**Red Chile Pork
Tamales**
Calabacitas
Pinto Beans
Orange



Highland Senior Center Activities



Monday

- 8:00am - 1:00 pm Arts Mart/Flea Market (August)
- 8:30am - 10:00am AM Adapted Aquatics (August)
- 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
- 12:30pm - 4:00pm Mexican Train Dominoes
- 2:00pm - 4:15pm Bingo
- 12:00pm - 12:45pm Balance & Movement for Parkinson's
- 1:00pm - 2:00pm Yoga w/Mindy (August)

Tuesday

- 8:00am - 4:30pm Hikes (are every other Tues.)
- 8:15am - 9:15am Flex & Tone w/Jane
- 10:00am - 11:30am Portrait Drawing
- 10:00am - 11:00am Beginning Ball Room (August)
- 12:00pm - 4:00pm Pinochle
- 1:00pm - 3:00pm Senior Citizen's Law Office (every 3rd Tues.)

Wednesday

- 8:00am - 12:30pm GEHM Clinic (see front desk)
- 8:30am - 10:00am AM Adapted Aquatics (August)
- 9:00am - 10:00 am Exercise to Music w/Jane
- 9:00am - 12:00pm Senior Citizen's Law Office (every 1st Wed.)
- 10:00am - 12:00pm Highland Harmonizers (August)
- 10:15am - 11:15am Gentle Exercise w/Jane
- 12:30pm - 3:30 pm Mexican Train Dominoes
- 1:00pm - 1:30pm Birthday Celebration (every 1st Wed.)
- 1:00pm - 3:00pm Chess for Fun
- 5:00pm - 6:00pm Corvair Meeting (every 3rd Wed.)
- 4:30pm - 6:30pm Ukulele



Hello Members,

Currently these activities listed have returned to Highland Senior Center starting July 2021. This schedule of On-Going Activities will continue to evolve as we move forward with re-opening.

We are so happy to see folks return. Be safe and healthy!

Julianna Brooks, Center Manager



Thursday

- 8:15 am - 9:15 am Flex & Tone w/Jane
- 9:00am-10:00am Friendship Coffee
- 12:15 pm - 4:15 pm AARP Smart Driver Course(every 1st Thurs.)
- 2:00 pm - 4:00 pm Senior LGBT Meeting (every 2nd Thurs.)

Friday

- 8:30 am - 10:00 am AM Adapted Aquatics (August)
- 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 - 12:00 pm Compassion & Choices Lecture Group 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.) (returning in September)
- 12:30 pm - 2:00 pm PM Adapted Aquatics (August)
- 2:00 pm - 4:00 pm Afternoon Matinee Movie (August)

Saturday

- 10:00 am - 12:00 pm Roadrunner Strummers
- 12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th Sat.)(August)
- 12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change (every 3rd Saturday)