

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!

Best, Anna Sanchez , Director
Department of Senior Affairs



May 2022

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm



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

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

General Information



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.



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, May 4th, 2022 9am - 11am
SCLO will hold a free power of attorney clinic on Wednesday, March 9th, starting at 9 am. Seniors who want to complete a health care power of attorney form, a financial power of attorney form, and a cremation authorization form need to call SCLO at 505-265-2300 and sign up with the SCLO receptionist for this clinic.

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

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!

We got some nice comments in the Kudos Box this month here are a few, keep them coming they are fun to read and publish! Manager-Julianna Brooks

Mary Swayne writes: Thank You Mr. Berry for doing an excellent job in the lobby helping the participants who fell and for helping me and my mom!

A few general comments written:
Thank You for the wonderful Lunch!
&

Really enjoyed the live music at lunchtime!



Sorry We're
CLOSED

**Monday, May 30th
in Observance of**



Highland On-Going Activities

Monday

8:00am - 12:00 pm Arts Mart/Flea Market **(Pending)**
 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
 1:00pm - 2:00pm Yoga w/Mindy

Tuesday

8:15am - 9:15am Flex & Tone w/Jane
 9:00am - 10:30am Blood Pressure Check
 9:30am - 12 noon Watercolor
 10:30am-11:30pm Energy Yoga w/Dave Plummer
 10:00am - 11:30am Portrait Drawing
 (Discontinued at of March 2022)
 10:00am - 11:00am Beginning Ball Room w/Beth
 12:00pm - 4:00pm Pinochle
 1:00pm - 3:00pm Conversation Spanish
(Starting May 17th)
 1:00pm - 3:00pm Senior Citizen's Law Office
(every 3rd Tues. of every other month)

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
 10:00am- 12:00pm Sage Men's Coffee (every other week)
 10:15am - 11:15am Gentle Exercise w/Jane
 12:30pm - 3:30 pm Mexican Train Dominoes
 12:00pm - 12:30pm Birthday Celebration **(every 1st)**
 4:30pm - 6:30pm Beginning Ukulele
 5:45pm-6:45pm Bereavement Group

Thursday

8:15 am - 9:15 am Flex & Tone w/Jane
 11:00am-12:00pm Friendship Coffee
 10:30am -11:30am Tai Chi w/Dave
 2:00 pm - 4:00 pm Senior LGBT Meeting **(every 2nd)**
 3:00pm - 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 - 11:00 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

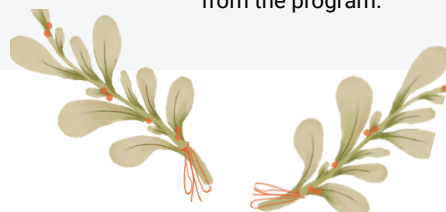
10:00am - 12:00pm Rosemalers **(every 2nd)**
 10:00am - 12:00pm Corvairs of NM **(every 1st)**
 12:00 pm - 3:00 pm Monthly Afternoon Dance **(every 4th)**
 12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change
(every 3rd)
 1:00pm-3:00pm Post-Polio Support **(every 1st)**
 1:30PM-3:30PM-Music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



What's Happening at Highland

Friendship Coffee



Join us for coffee & 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

5/6:	American Underdog	PG
5/13:	The Suicide Squad	R
5/20:	Red Rocket	R
5/27:	When Harry Met Sally	R

** 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 Featuring:

Chili Bean Express Band
Saturday
May 28, 2022
12noon-3pm
Admission: \$3.00



New Classes coming to 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



Cinco de Mayo Luncheon

Join us for some fun food and Live Music by Chili Bean Express!
Ticket Required: \$4.00



Thursday May 5, 2022

Serving from 11:30am - 12noon
Limited Seating
Purchase your ticket at the front desk!

Menu
Crunchy Beef Tacos
Spanish Rice, Beans,
Dessert:
Tres Leche Parfait

What Going on at Highland

Trips & Presentations

Please see our Trip board for trips.



IMPORTANT DATES

- **MAY 11TH- HUMANA PRESENTATION-WHEN LIFE GIVES YOUR LEMONS!**
- **MAY 12TH-COMPASSIONS & CHOICES PRESENTATION**
- **MAY 12TH-MANANA DE ORO TRIP**
- **MAY 19TH-ABQ POLICE MUSEUM TRIP**
- **SIGN UP FOR TRIPS & PRESENTATIONS AT THE FRONT DESK!**

COORDINATORS CORNER:

THANKS FOR ALL THE GREAT FEEDBACK! YOUR VOICES ARE BEING HEARD! MANY HAVE TALKED TO ME AND WE STARTING SOME NEW CLASSES. WE HAVE CONVERSATION SPANISH CLASS, MUSIC JAM SESSION AND ANOTHER YOGA CLASS CALLED ENERGY YOGA! WE HAD A GREAT TIME MOVING AND GROOVING TO THE SOUNDS OF J.J. JONES AT HSC SENIOR PROM WITH OUR SOUL TRAIN THEME. 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

**AGELESS ARTISAN CRAFT FAIR
SATURDAY MAY 21, 2022
NORTH DOMINGO BACA
9AM-1PM
QUESTIONS?
ANGEL MONTOYA 505-767-6476**

**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.

DEPARTMENT OF SENIOR AFFAIRS PRESENTS:



AGELESS ARTISAN CRAFT FAIR

FEATURING WORKS FROM SENIOR CENTER ARTISANS

MAY 21, 2022 9AM-1PM
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER
7521 CARMEL AVE. NE 87113. 505-764-6475

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cabq.gov/seniors

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. 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.**

VOLUNTEERING

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

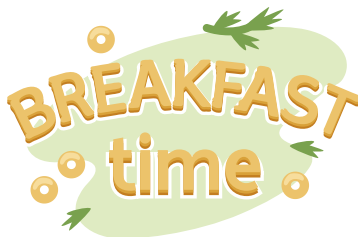
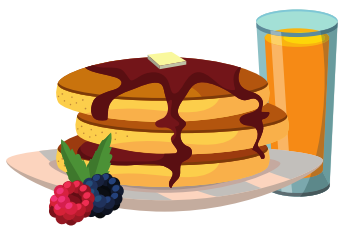
Specials

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

A-l-a-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!



****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
- 1/2 Sandwich 75¢
(Salad type sandwich only)
- Soup of the Day 50¢
- Sandwich of the Day \$1.50
- Slice of Pie 50¢
- Salads Large \$2.00
Small \$1.00

Sandwich choices change weekly please see front desk for menu.



Beverages

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



Menu is Subject to Change








HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

**ONE
ALBUQUE
RQUE**

May 2022



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> ◆ Chicken Tender with BBQ Sauce ◆ Green Beans ◆ Sweet Potatoes ◆ Diced Peaches ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Salmon with Garlic Butter Sauce ◆ Vegetables ◆ Brown Rice ◆ Vanilla Pudding ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions ◆ Steamed Carrots ◆ Orzo ◆ Banana ◆ 1% Milk 	5 	6 <ul style="list-style-type: none"> ◆ Southwest Omelet with Red Chile ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Applesauce ◆ 1% Milk 
9 <ul style="list-style-type: none"> ◆ Ground Beef/Diced Tomato/Cheese ◆ Calabacitas ◆ Pinto Beans ◆ Yogurt ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Cheese Tortellini with Meat Sauce ◆ Breadstick ◆ Vegetables ◆ Apple ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork with Pineapple ◆ Brown Rice ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Cajun Tilapia ◆ Vegetables ◆ Cornbread ◆ Strawberries ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Chicken Breaded Patty with White Gravy ◆ Mashed Potatoes ◆ Vegetables ◆ Orange ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Red Chile Beans with Beef ◆ Cornbread ◆ Peach Cobbler ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Baked Cod with Tartar Sauce ◆ Brown Rice ◆ Vegetables ◆ Pear ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Salisbury Steak with Mushroom/Gravy ◆ Vegetables ◆ Mashed Potatoes ◆ Chocolate Pudding ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Collard Greens ◆ Succotash ◆ Pineapple Chunks ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Sweet Potato ◆ Vegetables ◆ Watermelon ◆ 1% Milk 
23 <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Stewed Tomatoes ◆ Green Beans ◆ Jell-O ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ Spaghetti with Meat Sauce ◆ Spinach with Onions ◆ Warm Sliced Apples ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Corn with Peppers ◆ Vegetables ◆ Honeydew ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Sliced Turkey and Gravy ◆ Stuffing ◆ Vegetables ◆ Yogurt ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mini Corn Dog with Mustard ◆ Steamed Potato ◆ Vegetables ◆ Cantaloupe ◆ 1% Milk 



The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

Menu is Subject to Change

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