

# April 2023

## Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

# SPRING FLING SENIOR PROM

MUSIC BY ROGER BURNS BAND

FRIDAY APRIL 7TH

2:00PM-3:30PM



PROM IS JUST AROUND THE CORNER! SO DUST OFF YOUR DANCING SHOES  
AND RUFFLE SHIRTS, LET'S EAT SOME LIGHT REFRESHMENTS & DANCE TO  
GREAT MIX OF MUSIC FROM SINATRA TO BRUNO MARS!

### 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

**Richard Tucker**  
Cook/Chef

### Our Mission

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

**ncoa**  
National Council on Aging

**ONE  
ALBUQUE  
RQUE**



**Anna Sanchez,**  
Director  
Department of  
Senior Affairs

# General Information



**Tuesday, April 18th, 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, April 5th**  
**(General Legal Clinic)**

SCLO will hold a General Legal Clinic on Wednesday, April 5th, 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

## Senior Tech Connect Event

## Highland Flea Market

**SAVE THE DATE!**

**50+ SENIOR TECH CONNECT**

A chance for older adults to explore today's technology

**APRIL 14, 2023**

🕒 8:30 A.M. to 12:30 p.m.

📍 Palo Duro Senior Center

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

INTERESTED IN BECOMING A SPONSOR?  
CALL (505) 768-3862 FOR MORE INFORMATION

ONE ALBUQUE senior affairs  
diverseIT.  
TEENIORS

**Every Monday from 8am - 12noon**  
**Room 7**

Every last Monday of each month we sell tables for the following month.

Space is limited.

Tables are \$2.00 you must have a current membership to purchase a table.



Please inquire at the front desk if you have any questions or how to purchase a table.

# 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
4/7	NO MOVIE TODAY-SPRING FLING SENIOR PROM	
4/14	Phantom of the Open	PG-13
4/21	The Fablemans	PG-13
4/28	Columbiana	PG-13

\*\*\*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.

## Trips

A minimum of six people must sign up for trips in order for the van to depart. Sign up **REQUIRED** at the front desk for all trips and you must have a current membership to participate in Trips!

### Upcoming Trips

Senior Easter Day @ Bear Canyon  
Thursday April 6th 2pm-4pm

Senior Tech Connect Day @ Palo Duro  
Friday April 14th 8:30am-12:30pm

Manana De Oro @Kimo Theatre  
Thursday May 11th 8:30am-12:00pm

Tarde De Oro Kimo Theatre  
Thursday May 11th 12:30pm-3:00pm

Santa Fe Cemetery Visitation  
Wednesday May 17th 8:30am-3:30pm

Santa Fe Cemetery Visitation  
Wednesday June 14th 8:30am-3:30pm



# What Going on at Highland

## Coordinators Corner:

Even with all the wind and cold weather the Center has been abuzz with activities this new year! April is going to be another fun and full month. Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul! 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, how are stars like dentures? Both come out at night. Don't let aging get you down; it's too hard to get back up!

**Chris Rogers, Program Coordinator**



## **Saturday Afternoon Dances at Highland**

**SAT. APR. 22-LATIN SOUL**

**SAT. MAY 27-TINO'S BAND**

**SAT. JUNE 24-LATIN SOUL**

**TIME: 12PM-3PM**

**COST: \$3.00**



# Classes

## AARP Smart Driver Course

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

**SAFE DRIVING**

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



AARP

## OLOC

**THIS GROUP IS A COOPERATIVE COMMUNITY OF OLD LESBIAN FEMINIST ACTIVISTS FROM MANY BACKGROUNDS.**

**3rd Saturday of each month  
12:30pm-3:30pm**



## Learn To Play Ukulele With Us

**UKULELE BEGINNERS WITH ANNE WITHROW, WHO SAYS: "IF YOU CAN'T HAVE FUN, IT ISN'T WORTH IT."**

**Learn the basics of ukulele; holding, strumming, chords and playing songs!**

**WEDNESDAYS:  
4:30PM-6:30PM  
ROOM 7**



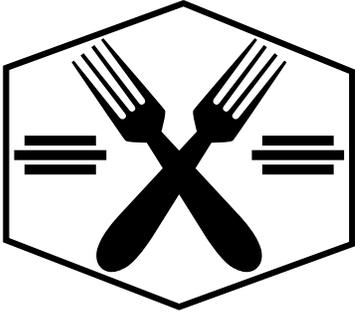
## ¿HABLA ESPAÑOL?



**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.**

## Information



# LUNCH RESERVATIONS



LUNCH RESERVATIONS MUST BE  
MADE BY **1:00PM** ONE DAY IN  
ADVANCE

*If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.*

**WE RESERVE THE RIGHT TO  
GIVE RESERVED MEALS TO  
ANYONE WAITING FOR A  
MEAL AT 12:30PM**

*Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm.*

*Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.*

**THANK YOU FOR YOUR COOPERATION!**

# 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.



## Spring Word Search

R	B	M	G	N	I	T	U	O	R	P	S	D	B	A
I	D	S	Z	O	S	P	U	G	I	I	L	F	Q	B
V	F	Y	R	K	U	W	P	L	G	I	E	S	S	Z
R	D	A	L	E	S	R	C	H	I	R	N	G	A	S
T	A	U	U	F	W	J	I	E	G	P	E	Q	G	O
S	F	I	C	Y	R	O	B	I	N	S	B	E	E	S
U	F	S	N	C	G	E	L	J	J	Z	J	I	N	P
N	O	W	T	E	N	G	T	F	G	F	Q	L	K	R
S	D	Q	B	C	D	H	N	T	A	R	F	M	B	I
H	I	H	M	L	F	P	T	I	U	K	S	Q	J	N
I	L	B	L	O	O	M	A	Y	W	B	H	W	H	G
N	S	D	R	I	B	S	I	I	Q	O	Z	Q	Z	M
E	L	U	C	Y	R	B	S	T	L	R	R	Y	Y	I
P	O	R	T	W	K	P	Z	O	M	S	C	G	F	N
H	A	T	C	H	C	R	A	M	M	K	Q	V	M	K

APRIL  
BEES  
BIRDS  
BLOOM  
BLOSSOM  
BUTTERFLY  
DAFFODILS

EGGS  
FLOWERS  
GREEN  
GROWING  
HATCH  
MARCH  
MAY

RAIN  
ROBINS  
SPRING  
SPROUTING  
SUNSHINE  
TULIP

# AmeriCorps Senior Programs



## AGE 55+ VOLUNTEERS NEEDED!

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



### **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.**

**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](http://cabq.gov/seniors/volunteer-opportunities)**



### **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

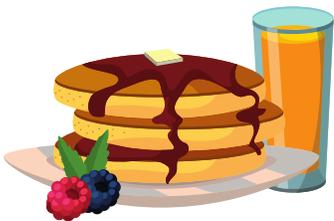
## Specials

- 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)**

## 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¢  
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

**ONE  
ALBUQUE  
RQUE**

## April 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
3	4	5	6	7
<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ mushroom gravy</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Teriyaki Pork/Fajita Blend</li> <li>◆ Brown Rice</li> <li>◆ Stir Fry Vegetable</li> <li>◆ Dinner Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey Chef Salad</li> <li>◆ Macaroni Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Frito Pie: Beef</li> <li>◆ Steamed Broccoli</li> <li>◆ Corn Chips</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Garlic Tilapia </li> <li>◆ Pasta w/Diced Tomatoes</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>◆ Creamy Garlic Baked Chicken</li> <li>◆ Seasoned Orzo Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Yogurt</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg Salad Sandwich</li> <li>◆ Mediterranean Mixed Bean Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Fajita</li> <li>◆ Spanish Brown Rice</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Chop w/ Au Jus</li> <li>◆ Sweet Potatoes</li> <li>◆ Steamed Beets</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sloppy Joe: Beef</li> <li>◆ Tater Tots</li> <li>◆ Steamed Green Beans</li> <li>◆ Chocolate Cake</li> <li>◆ 1% Milk </li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>◆ Carne Adovada: Pork/Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Sugar Cookies</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg/Cheese Omelet w/peppers/onions</li> <li>◆ Stewed Tomato</li> <li>◆ Hash Browns</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Patty w/Swiss Cheese</li> <li>◆ Tater Tots</li> <li>◆ Lettuce/Tomatoes/Onions</li> <li>◆ Hamburger Bun/ Mustard/Ketchup</li> <li>◆ Baked Apples</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/Meat Sause</li> <li>◆ Spinach</li> <li>◆ California Blend</li> <li>◆ Seasonal Fruit:</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roast Beef w/Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>◆ Bean &amp; Cheese Burrito topped w/Red Chile</li> <li>◆ Spanish Rice</li> <li>◆ Calabacitas</li> <li>◆ Pineapple</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Tips w/Bowtie Pasta</li> <li>◆ Steamed Carrots</li> <li>◆ Steamed Broccoli</li> <li>◆ Wheat Dinner Roll/Margarine</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Southern Baked Chicken</li> <li>◆ Turnip Greens/Black-Eye Peas</li> <li>◆ Brown Rice w/Red Peppers</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Cheese Ziti</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Gravy </li> <li>◆ Scalloped Potatoes</li> <li>◆ Green Peas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>