

April

2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

A big thank you to the City of Albuquerque Parks and Recreation Division for hosting a question-and-answer session regarding the proposed installation of a mini dog park at Highland Senior Center. This addition will be a wonderful treat for our furry friends! We had a productive discussion and received clarity on the potential addition. Stay tuned for further updates.

While we eagerly anticipate warmer weather, let's enjoy the amenities offered at Highland Senior Center. I appreciate your patience and understanding during this busy time at the center. A couple of reminders: kindly reserve your hot lunch by calling or visiting before 1:00pm. If you have a service animal, please be mindful of others nearby. Service animals are allowed, however, if they become disruptive or pose a safety concern to others' well-being, you may be asked to leave the premises. Your ongoing support and cooperation are invaluable as we aim to provide exceptional service at our facilities. Feel free to approach me for any inquiries or concerns.

Exciting news ahead! The Department of Senior Affairs is thrilled to announce the upcoming opening of our new multigenerational center! Situated at Santa Barbara-Martineztown Park on 1825 Edith Blvd NE, this facility will offer services for both youth and seniors, including meals, after-school programs, a computer lab, and a community meeting area. Stay tuned for more information, including details on how to join the Grand Opening event scheduled for Spring 2024!

Warm regards,
Chris Rogers, Acting Manager



APRIL SHOWERS
Bring
MAY FLOWERS

ONE
ALBUQUE
RQUE

ncoa
National Council on Aging

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers
Acting Manager

Chris Rogers
Program Coordinator

Gloria Ortiz
Office Assistant

Angie Marentes
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs

General Information

3rd Tuesday of
every other Month
Presentations
No Appointment Necessary!

Tuesday, April 16th, 2024
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



Please read the instructions and information carefully for the Senior Law office!

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic on the 1st Wednesday of each month **You must Contact the Senior Law Office 265-2300 to Schedule your (Power of Attorney Clinic) Appointment for the Wednesday Clinics.**

1st Wednesday of
Each Month
By Appointment Only

Wednesday,
(General Legal Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, April 3rd, 2024, starting at 9 am (by appointment only). An attorney will meet privately with a senior and provide advice on legal issues. General Legal Clinics will be scheduled with Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will continue to be scheduled with SCLO at 505-265-2300.

Did you know that you can view all of our current activities on our City of Albuquerque website?

For all information on services, monthly menu and individual centers please log on to:

www.cabq.gov/seniors

We are also on Social Media look for us there!



SENIOR CITIZENS LAW OFFICE

Seniors please note:

Reminder appointments for

- **All general legal clinics will be scheduled by Highland Senior Center front desk, not with SCLO.**
- **Powers of Attorney clinics will continue to be scheduled with SCLO at 505-265-2300.**
- **Medicaid/Estate planning Presentation will only be in February, April, and June at Highland Senior Center**

Highland On-Going Activities

Monday

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

Tuesday

8:15am-9:15am Flex & Tone
9:30am-12:00pm Watercolor
10:30am-11:30am Energy Yoga
10:00am-11:00am Beginning Ball Room
10:00am-12:00pm Mah Jongg
12:30pm-4:30pm AARP Smart Driver Class
(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)
2:00pm-3:30pm Intermediate Line Dancing
2:00pm-4:00pm Rainbow Artists

Wednesday

8:30am-12:30pm GEHM Clinic (every 1st)
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:00am-12:00pm Senior Law Office Appts.
(every 1st) (See Page 2 for more details)
10:00am-12:00pm Highland Harmonizers
10:15am-11:15am Gentle Exercise
1:00pm-3:30pm Mexican Train Dominoes
1:00pm-3:30pm Beg. Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
2:00pm-3:30pm Beginning Line Dancing
5:30pm-6:30pm ORCA Loss Group
4:30pm-6:30pm Beginning Ukulele

Thursday

8:15am-9:15am Flex & Tone
10:30am-11:30am Tai Chi
2:00pm-3:00pm Writers Club
2:00pm-4:00pm Senior LGBT Meeting
(every 2nd)
2:30pm-4:30pm ORCA Game Time (1st & 3rd)

Friday

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

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
1:30pm-3:30pm Music Jam Session (every
2nd)

Please see our bulletin
board for details about
on-going classes

Our Mission

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

What's Happening at Highland

AFTERNOON MATINEE



<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
4/5/24	Monster Trucks	PG
4/19/24	Cry Macho	PG

Highland Senior Center will only be showing movies on the 1st & 3rd Friday of the month.

***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.

Before diving into thrilling adventures, make sure your crew is ready to rock and roll, bracing for any unexpected twists and turns!

Thursday, April 18, 2024 -
Out to Lunch
Route 66 Diner



**ENJOY THE
TRIP**

City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

Tarde de Oro

FREE EVENT*
 May 9, 2024 • 1:30 pm • Doors at 12:45 pm
 Kimó Theatre • 423 Central Ave. NW 87102

THE AUDIENCE WILL EXPERIENCE NEW MEXICO'S VERSATILE AND COLORFUL HISTORY THROUGH PICTURES, MUSIC, DANCE, SONG AND SCRIPT.

TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST-SHOW INTERACTION WITH OUR TALENTED PERFORMERS.

***Parking Information**
 Parking is available behind the theater on Copper.

Show Information
 Frances Lujan
 505-836-7579
 flujan3@msn.com

Coordinator Corner

Join us for giggles, grub, and good times at the Highland Senior Center! Can you believe it's not a prank? April has snuck up on us! We've had a whirlwind month with SCLO teaching us scam savvy skills, and the Natural History and Science crew taking us down memory lane. Our journey up north to Chimayo for some Zen time at El Santario Church was pure bliss. Plus, we got into the St. Patty's spirit with corned beef and cabbage! The City of Albuquerque Parks and Rec even had us howling with excitement over a potential dog park. Keep an eye on our bulletins for all the must-know info on dates, closures, and classes. And always remember, as the wise saying goes: "Retired but still rocking it!" -

Chris Rogers, your Program Coordinator.



APRIL EVENTS AT HIGHLAND SENIOR CENTER

MONDAY
2 SCLO-Be a smart
shopper presentation

THURSDAY
4 SENIOR COMPANION
TABLE IN LOBBY

THURSDAY
18 OUT LUNCH ROUTE 66
DINER TRIP

FRIDAY
19 SENIOR TECH DAY AT
MANZANO MESA
8:30AM-12:30PM

THURSDAY
25 RSVP-ICE CREAM
SOCIAL 2PM-4PM

TUESDAY
30 NATURAL HISTORY & SCIENCE
MUSEUM TABLE IN LOBBY
9:30AM-11:30AM

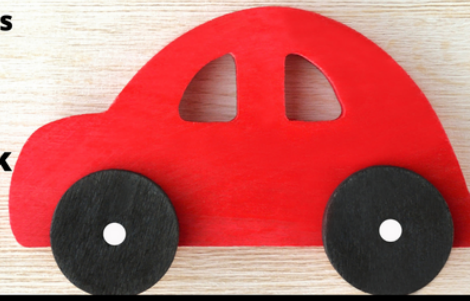
**MORE INFORMATION IS AVAILABLE AT
HIGHLAND SENIOR CENTER**

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

Highland Flea Market

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

Sign up for table purchase for the following month are every last Monday of the Month!
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.

**Join Senior Citizens' Law Office
for a presentation on how you can
"Be a Smart Shopper"**

**April 2, 2024 at
1:00 PM**

Some of the topics covered:

- *Recognizing high-pressure sales tactics*
- *Disputing unauthorized charges*
- *Avoiding scams*
- *Dealing with debt collectors.*



Note: the presenter will only be able to answer general questions, and cannot give individual legal advice.

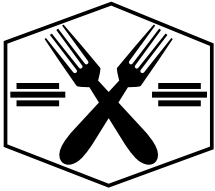
**Please sign up in advance
with Highland Senior Center**



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

Reminder:
*Meals are to be consumed at the center in the Social Hall.
Meals are not permitted to take out.*

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

If you don't have a reservation, you can wait until 12:30 pm for any cancellations. Reserved meals not claimed by 12:30 pm will be given to those waiting on a first-come, first-served basis. Unclaimed meals are considered waste, affecting low-cost services.

GET READY TO TECH! APRIL 19



**50+ SENIOR
TECH
CONNECT**

**Manzano Mesa
Multigenerational Center**

**ONE
ALBUQUE
RQUE** senior affairs

diverseIT

TEENIORS
tech-savvy teens empowering seniors

Department Participant Code of Conduct

In order that all participants experience a pleasant visit and experience at the centers, participants are expected to respect the rights of others and to adhere to the following Code of Conduct. Failure to observe rules of conduct may result in disciplinary action, including suspension from the program.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center Management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

UPDATES AND BIG NEWS

TAX SEASON INFORMATION

Blane, Jana, and their exceptional team of tax preparers have delivered an outstanding service this tax season. Their dedication and reliability in providing free tax assistance to the center and the community are truly commendable. Additionally, popular artists like Johnny Cash with "After Taxes," The Beatles with "Taxman," and Johnny Paycheck with "Me and the I.R.S." have humorously highlighted the importance of taxes through their music. Among these, "For the Love of Money" by the O'Jays resonates as a favorite. A resounding applause and immense gratitude to the tax team for their hard work. Looking forward to the next tax season, echoing the famous line from Terminator, "We'll be back!" To conclude, let's part with a touch of humor. A nervous taxpayer was unhappily conversing with the IRS auditor who had come to review his records. At one point the auditor said, "We feel it is a great privilege to be allowed to live and work in the USA. As a citizen you have an obligation to pay taxes, and we expect you to eagerly pay them with a smile." "Thank God," returned the taxpayer. "I thought you were going to want cash."



Big News for Highland

WE ARE DELIGHTED TO UNVEIL THAT THE HIGHLAND SENIOR CENTER HAS BEEN DESIGNATED AS THE SITE FOR A NEW SMALL DOG PARK. POSITIONED ON THE WESTERN SIDE OF OUR ESTABLISHMENT, THIS PARK WILL SERVE AS A CONVENIENT AMENITY FOR OUR SENIOR RESIDENTS AND THE LOCAL COMMUNITY.

GIVEN THE NUMBER OF SENIORS WHO ARE PET OWNERS, WE ANTICIPATE THAT THIS PARK WILL BE A VALUABLE ADDITION TO OUR CENTER. THE DEPARTMENT OF SENIOR AFFAIRS ADMINISTRATION WILL ENSURE THAT ALL PERTINENT DETAILS ARE COMMUNICATED AS THEY PROGRESS.



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

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

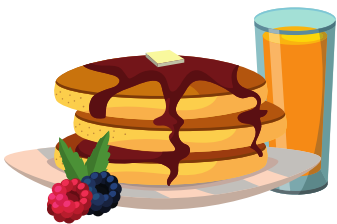
Specials

- 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)
- Bacon or Sausage (2 per order) 50¢
- 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 (Fridays only)

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



April 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk	2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll ♦ Banana ♦ 1% milk	3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk	4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple ♦ 1% milk	5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk
8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk	9 ♦ Chicken tender w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches ♦ 1% milk	10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Tapioca pudding ♦ 1% milk	11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew ♦ 1% milk	12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/ black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Sugar cookie ♦ 1% milk	16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana ♦ 1% milk	17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Rosemary potatoes ♦ Orange ♦ 1% milk	18 ♦ Denver omelet ♦ Stewed tomato ♦ Hash brown ♦ Pear ♦ 1% milk	19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple ♦ 1% milk
22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk	23 ♦ Bratwurst with onion and peppers ♦ Baked beans ♦ Fries w/ketchup ♦ Yellow cake ♦ 1% milk	24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk	25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk	26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine ♦ 1% milk
27 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk	28 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk	29 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk	30 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk	1 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk