

# December 2024

# Highland Senior Center

Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from Dir. Sanchez:

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelmas Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelmas neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbra Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,  
Anna M. Sanchez, Director



Chris Rogers  
Center Manager



## Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

## Highland Staff

**Chris Rogers**  
Manager

**Vacant**  
Program Coordinator

**Gloria Ortiz**  
Office Assistant

**Vacant**  
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!

On Tuesday, December 17th, 2024, SCLO will host a free group presentation on Estate Planning (including wills, probate, powers of attorney) and Medicaid coverage for nursing homes. The sessions will occur every other month on the 3rd Tuesday. To attend, seniors must sign up at the Highland front desk. The schedule is as follows:

- 1:00pm: General lecture covering wills, probate, and powers of attorney.
- 2:00pm: Discussion on Medicaid coverage for nursing homes, home & community-based services.

**Did you know that you can find all our current activities on the City of Albuquerque website?**

**For details about services, the monthly menu, and information on individual centers, please visit:  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)**

**We're also active on social media, so be sure to look for us there!**



Please carefully review the instructions and information pertaining to 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

On Wednesday, December 4th, 2024, SCLO will host a General Legal Clinic starting at 9 am, available by appointment only. During this clinic, an attorney will meet one-on-one with seniors to offer legal advice. To schedule a General Legal Clinic, contact the Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will still be arranged through SCLO at 505-265-2300.

## SENIOR CITIZENS LAW OFFICE

### Important Information for Seniors:

#### Please be aware of the following:

- Appointments for all general legal clinics will be arranged through the Highland Senior Center front desk, not directly with SCLO.
- For Powers of Attorney clinics, appointments will still be made with SCLO at 505-265-2300.
- The Medicaid/Estate Planning Presentation will be held exclusively in October and December, at the 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

## Tuesday

- 8:15am-9:15am Flex & Tone
- 9:30am-12:00pm Watercolor
- 10:30am-11:30am Energy Yoga
- 10:00am-11:00am Partner Dance Class
- 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 (every 3rd)

## 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 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-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

## Saturday

- 10:00am-12:00pm Rosemalers (every 2nd)
- 10:00am-12:00pm Corvairs of NM (every 1st)
- 10:30am-12:00pm Improver Line Dancing
- 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

## PAINTING WITH SUKI WED. DEC. 11 TH



Sailing on the gentle winds of summer, there's no place we'd rather be than creating art with you! Can you grasp it? The year has flown by in the blink of an eye. We've had an unforgettable journey, crafting masterpieces with Suki and our incredible community. Echoing the words of ol' Blue Eyes, "the end is near", but fear not, only until 2025! Embracing the spirit of generosity, we're bestowing the gift of Painting with Suki upon our first eight fortunate members. Here's to a holiday season filled with joy and creativity!

Sign up at the front desk!

## Special Notices

**The Highland Senior Center is taking a holiday snooze on Wednesday, December 25th, to soak in the Christmas cheer! And don't forget, we'll also be closed on Wednesday, January 1st, to ring in the New Year with some well-deserved rest!**



# Coordinator's Hub

We kicked off a remarkable month by exercising our fundamental right to vote! Not even the frosty weather could put a damper on our spirited celebrations for our veterans! Despite the chilly temperatures, each center hosted heartfelt ceremonies, complete with a digital Veterans Wall of Honor that sparked admiration and appreciation. Mid-month, the annual Artisan Fair at Manzano Mesa was a resounding success, drawing an impressive crowd of 1,100 attendees! As the month progressed, we received energy-saving kits from PNM, and the Bernalillo County Treasury Office imparted wisdom on how to save on property taxes. A heartwarming local program, The Walking School, introduced us to an inspiring initiative that bridges generations, fostering connections between seniors and students. The mini-Medicare Fair offered a wealth of information about healthcare programs and benefits for our seniors. To top it all off, we were treated to a delectable pre-Thanksgiving feast courtesy of Richard and his dedicated team!

**Chris Rogers, Center Manager**

## TEENIORS TECH HELP

### Free Tech Help for Seniors December! *Albuquerque*

Tues, Dec 3 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Noth Domingo Baca Ctr

Thurs, Dec 12 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Santa Barbara Martineztown Ctr

Fri, Dec 6 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Bear Canyon Senior Ctr

Wed, Dec 18 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Highland Senior Ctr

Wed, Dec 11 @ 3:00-5:00p  
1-on-1 Tech Coaching  
Palo Duro Senior Ctr

Mon, Dec 23 @ 2:00-4:00p  
1-on-1 Tech Coaching  
Manzano Mesa Multi-Gen Ctr

RSVP with the center above, or contact Teeniors: (505) 600-1297 | [teeniors@gmail.com](mailto:teeniors@gmail.com).  
All classes & coaching for beginners!



# Classes

## AARP Smart Driver Course

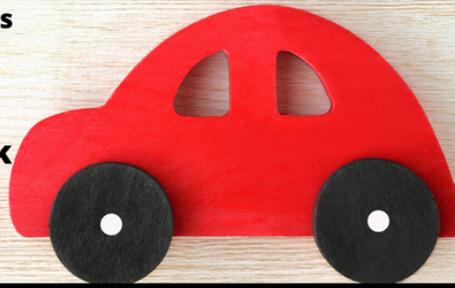
**1st Tuesday  
every Month  
12:30pm- 4:30pm**



**Cost: \$20 for AARP  
members**

**\$25 Non-members**

**Sign up  
Required at  
the front desk**



AARP



## HIGHLAND BIBLE STUDY FELLOWSHIP

Come join us for the Highland Bible Study Fellowship which will center on leisurely reading books from the New Testament to make Biblical teachings more relevant to our daily lives. By incorporating Christian resources, the fellowship aims to connect Biblical principles with everyday experiences, foster discussions, and encourage fellowship among members.

**Bibles are  
encouraged but not  
mandatory!**

**THURSDAYS  
10:00AM-11:00AM  
ROOM 3**

## MEDITATION CLASS

"The essence of meditation lies in cultivating a serene and tranquil mind. This sacred practice alleviates stress and tension, weaving a tapestry of enhanced physical well-being.

Susan Checcio, a devoted meditation teacher at the Kadampa Meditation Center, possesses a wealth of wisdom in the art of meditation. She will gracefully lead simple, accessible sessions for all, inviting participation without the need for prior experience or special attire. Simply bring your radiant self and a sprinkle of curiosity!"

Here are the scheduled dates and times:

- Monday, January 6th, 1:30pm-2:30pm
- Monday, January 13th, 1:30pm-2:30pm
- Monday, January 27th, 1:30pm-2:30pm

HIGHLAND SENIOR CENTER  
ROOM 3



## Join the Senior Citizens' Law Office For a Presentation on Scams and Identity Theft

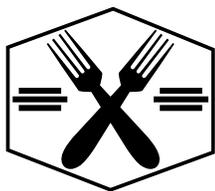
Come learn  
about:

- Common Scams
- Red Flags to Watch For
- How to Fix Identity Theft



**Tuesday, December 10<sup>th</sup>, 2024  
9:30 AM at Highland Senior Center  
Please sign up in advance at the front  
desk.**

# Information



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

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

**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.**



## **Notice**

### **ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY**

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, meals cannot be removed from the meal site designated dining area, however, fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

If you have any questions regarding regulations and guidelines, please call Senior Affairs Nutrition and

**Transportation Division Manager**

**Tim Martinez at 505-764-6450 for further**

**clarification.**

**Thank you in advance for your cooperation.**

## **REMINDER:**

**We kindly ask for your understanding and patience during this busy time. With a rise in membership and activities, we have determined that the best times to process memberships are:**

- After 9:15 AM until 11:00 AM**
- After 1:30 PM until 4:00 PM**

**Thank you for your cooperation.  
Chris Rogers, Center Manager**

# 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.

# Department of Senior Affairs Event



PLEASE JOIN US FOR A  
**HOLIDAY  
LUNCHEON**

**WEDNESDAY, DECEMBER 25, 2024**

**HOSTED BY MANZANO MESA  
MULTIGENERATIONAL CENTER**

**Tickets are \$4 per person. Space is limited, please  
reserve your ticket in person at MMMC beginning  
Monday, December 2, 2024**

**TIME: 11 AM - 1 PM**

**Where: 501 Elizabeth St. SE, 87123**

**Please call 505-275-8731 to reserve**

**\*Center will not be open for regular scheduled activities.\***



# Message from the manager

**As we bid farewell to 2024, let's take a moment to reflect on the remarkable journey we've taken together at Highland. This year, under new leadership and with the addition of fresh faces on our team, we've seen substantial growth, expanding our capacity in numerous ways.**

**We've created a haven for our four-legged friends with the introduction of a dog park and enhanced our infrastructure with the installation of state-of-the-art LED lights, courtesy of PNM. We've also upgraded our PA system in the Social Hall, ensuring Richard's culinary calls and our selection of music can be enjoyed throughout the entire center.**

**Moreover, our billiards room now boasts a television where you can catch up on sports highlights or watch a golf game while waiting your turn at the table.**

**Yet, our journey doesn't end here. We're excited to announce that 2025 will see further enhancements to our center, including an upgraded computer lab and a renovated kitchen. While this means we'll have to pause our kitchen services, rest assured, other centers will be available to provide breakfast and hot meals.**

**We look forward to introducing new and improved programs in the coming year. As always, your feedback is invaluable to us. Should you have any questions or concerns, please do not hesitate to reach out to me.**

**We are deeply grateful for each one of you, our Highland Senior Center community. Thank you for being with us on this journey.**

**Chris Rogers, Center Manager**



# 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

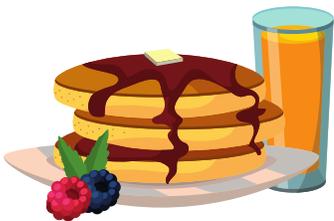
## Specials

- 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



## DECEMBER 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
2 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk	3 ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk	4 ♦ Baked Tilapia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk	5 ♦ Spaghetti /Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk	6 ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk
9 ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk	10 ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk	11 ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/Calabacitas ♦ Chocolate Pudding ♦ 1% milk	12 ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk	13 ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Pears ♦ 1% milk
16 ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk	17 ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk	18 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk	19 ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk	20 ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Combread ♦ Peaches ♦ 1% milk
23 ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk	24 ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk	25 <b>CLOSED</b> <b>Happy Holidays</b>	26 ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk	27 ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk
30 ♦ Texas Chili ♦ Combread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk	31 ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk	1 <b>CLOSED</b> <b>HAPPY NEW YEAR</b>	2 ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk	3 ♦ Breaded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk