

January



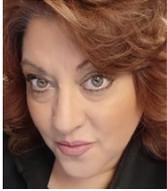
Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210



Message from the Manager

Farewell 2023, Hello New Adventures!

As we bid farewell to 2023, the Highland Senior Center staff is eagerly anticipating the new year. It's worth noting that 2024 brings about some changes – starting January 2nd, I will be transferring to North Valley Senior Center. While I'm excited about embarking on a new adventure, I want to express my gratitude to all of the members at Highland. I've had the pleasure of managing the center for 11 years and working here since 2012. Even though I'm moving on, I will always cherish my time at Highland, which has been an integral part of my 20-year career with the Department of Senior Affairs. It's been an honor and a pleasure to be a part of the center's significant progress and growth. Although I'll miss seeing you all daily, I'll only be a short distance away at North Valley Senior Center. Do come say hi, but don't wait too long - I'll be retiring in five years! I encourage you to keep supporting the dedicated staff at Highland as they continue to serve and support this exceptional center and the seniors who consider it their second home.

Warm regards,
Julianna Brooks, Center Manager

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Vacant
Center Manager

Chris Rogers
Acting Manager

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

Happy New Year 2024

**ONE
ALBUQUE
RQUE**

ncoa
National Council on Aging

General Information

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

Tuesday, February 20th, 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,
(Power of Attorney Clinic)**

SCLO will hold a General Legal Clinic on Wednesday, January 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
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

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-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)
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

AFTERNOON MATINEE



UPCOMING MOVIES AT HIGHLAND TO BE DETERMINED

Ahoy, adventure-seekers! We can feel the excitement bubbling up for your upcoming escapades! But, wait up, before you start packing your bags and daydreaming, let's talk numbers. Some of these incredible outings need a minimum head count to kick off. To avoid any bummer cancellations, let's put on our smart traveler hats and sign up at least two weeks in advance. Let's make these adventures happen!



Kudos

Oh boy, what a year it's been at Highland! We were so busy; we almost forgot our teeny-tiny friends! But hey, we broke out of our shell and tried new things - hosting Juneteenth, Pride, and even a rocking Dudes and Dollies Dance!

You go, Highland!

But wait, there's more! Our very own Beth Ciccone and Sung Lee showed off their mad dance skills and won big. Plus, our talented Madd-hatters knit over 200 cozy hats and scarves for our members and the UNM Dialysis Ward.

Wowza! We've got some mega-talented members with hidden singing and art skills to boot!

So, here's a big shout-out to everyone who rocked it this year!

And just you wait - in 2024, we plan to give even more kudos to our awesome individuals, groups, and volunteers at Highland. Keep shining, folks!

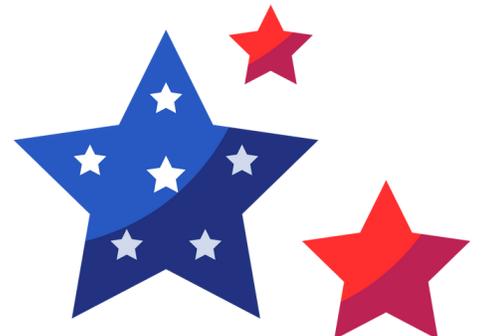
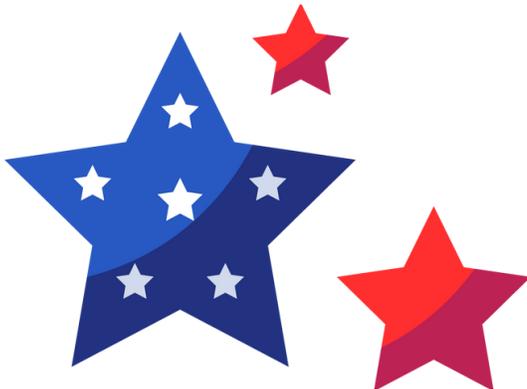
Coordinator Corner

Welcome, welcome to the Coordinator's Corner, where magic and adventure await! It's finally 2024, and we're itching to see what wild and wacky things will happen this year! So, what's on the menu? New people, new experiences, and pushing ourselves out of our comfort zones! If you're feeling daring, why not try something new, like art, yoga, or even the ukulele? We're jazzed to bring you new classes, have lunch, and explore the beautiful sights of New Mexico! Come on down to Highland and let's feast, laugh, and bond together! And speaking of bonding, here's a nugget of wisdom from a famous poet: "People may forget what you said or did, but they'll never forget how you made them feel." Let's make 2024 a year to remember!

Chris Rogers, Program Coordinator



**Highland Senior
Center is
CLOSED
Monday, January
15, 2024
in honor of
Dr. Martin Luther
King**

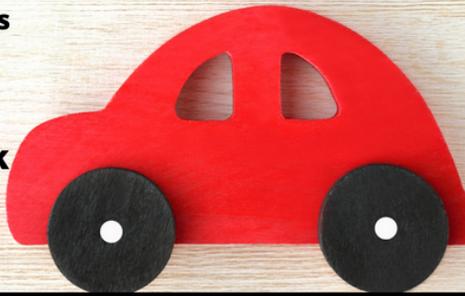


Classes

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

STARTING A WRITERS CLUB

Do you have a personal story itching to be put on paper? Are words knocking around in your noggin begging to be unleashed? Maybe you've dreamt of becoming a writer, but never took the plunge. The wait is over! Freelance writing is calling your name and we're here to help make your writing dreams a reality.

Join us on Thursdays 2pm-3pm, bring your pen and paper or laptop, and let's dive into the exciting world of writing together!

**FIRST MEETING THURSDAY
DECEMBER 7TH**

Veterans' Health Administration Veterans Program 2024

Veteran Outreach Health Promotion Fair



Where: Highland Senior Center Veterans Outreach – 131 Monroe Street NE, Albuquerque, NM 87108

When: Tuesday's
January 9th
March 12th
May 7th
July 9th
September 12th
November 14th

Time: 9:00 am to 1:00 pm.

We invite all Highland Senior Center Area Veterans, their families, and caregivers to learn more about the

VA Health Care, other VA Resources:

Suicide Prevention, [MyHealtheVet](#)

Health Promotion & Disease Prevention

Women's Veterans Health, Minority Veterans Programs,

And many others.

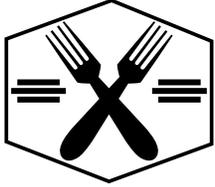
¿HABLA ESPAÑOL?



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 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.

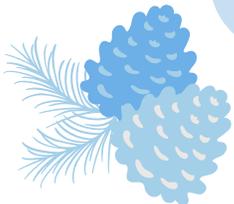
Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

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



Who said that resolutions are only for the young? Forget about the age number, because it's never too late to revamp your life and set new goals! Here are 10 fantastic ideas to kickstart your new year with a bang and show everyone that age is just a number. Whether it's a brand new you, a more fulfilled life, or a brighter future, these resolutions will show you that anything is possible, no matter what stage of life you're in!

1. *Eat more nutritious foods.*
2. *Move joyfully.*
3. *Learn something new.*
4. *Make new friends or spend more time with old ones.*
5. *Organize your life.*
6. *Sleep better.*
7. *Stay creative.*
8. *Preserve your life story.*
9. *Learn new technology.*
10. *Be more authentic.*



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

Before you know it Tax Season will be here, but currently we are working on the details, so please stay tuned. AARP will continue to volunteer their time to prepare taxes. So please express gratitude for the work that they do. Please contact the front desk Mid-January to find out when you can start to make appointments. Typically AARP will start in early February and make tax appointments until April. See you then!



Big News for Highland

WE ARE THRILLED TO ANNOUNCE THAT THE HIGHLAND SENIOR CENTER HAS BEEN SELECTED AS THE LOCATION FOR A NEW SMALL DOG PARK. THIS PARK WILL BE SITUATED ON THE WEST SIDE OF OUR BUILDING, PROVIDING A CONVENIENT AMENITY FOR OUR SENIOR COMMUNITY AND THE SURROUNDING NEIGHBORHOOD.

AS MANY OF OUR SENIORS ARE PROUD PET OWNERS, WE BELIEVE THAT THIS PARK WILL BE A WONDERFUL ADDITION TO OUR CENTER. THE DEPARTMENT OF SENIOR AFFAIRS ADMINISTRATION WILL KEEP EVERYONE INFORMED ON ALL THE DETAILS AS THEY DEVELOP.

ADDITIONALLY, WE WILL BE HOSTING A TOWN HALL MEETING IN THE NEAR FUTURE TO DISCUSS THIS PROJECT IN MORE DETAIL. FLYERS WILL BE POSTED TO PROVIDE INFORMATION ON THE DATE AND TIME, SO THOSE WHO ARE INTERESTED CAN ATTEND.



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, 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.**

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

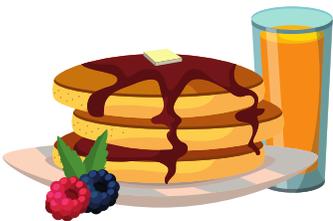
Specials

- 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



January 2024

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 |
|---|---|---|---|--|
| 1  | 2 ♦ Beef tip w/bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk  | 3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk  | 4 ♦ Omelet w/cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk  | 5 ♦ Pork chop w/gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk  |
| 8 ♦ Hot dog w/bun ♦ Steak fries w/ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk  | 9 ♦ Chicken alfredo w/green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk  | 10 ♦ Baked cod w/tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk  | 11 ♦ Meatloaf w/tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk  | 12 ♦ Pork chop over brown rice w/sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk  |
| 15  | 16 ♦ Sloppy joe w/hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk  | 17 ♦ Green chile chicken posole w/flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk  | 18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/tomatoes ♦ Pineapple ♦ 1% milk  | 19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk  |
| 22 ♦ Ground beef w/onions and mushrooms ♦ Mashed potatoes ♦ Black-eyed peas ♦ Chocolate chip cookie ♦ 1% milk  | 23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk  | 24 ♦ Baked cod over brown rice w/tarter sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk  | 25 ♦ Ham mac & cheese w/broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk  | 26 ♦ Chicken parmesan w/marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk  |
| 29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk  | 30 ♦ Pork egg rolls w/sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk  | 31 ♦ Omelet w/bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk  | 1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk  | 2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk  |