

JUNE 2023

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone.

We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,

Director Anna Sanchez

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



Anna Sanchez,
Director
Department of
Senior Affairs

General Information



Tuesday, June 20th, 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.

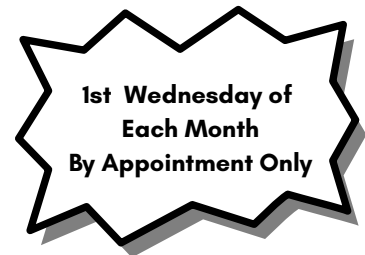
1:00pm-General lecture on wills, probate, powers of attorney.

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, June 7th
(General Legal Clinic)

SCLO will hold a General Legal Clinic on Wednesday, June 7th, 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

Introducing DSA's New
Volunteer Program for
ALL-AGES

Highland Flea
Market

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.

Introducing: VIA (Volunteers In Action)
VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless!

Visit oneabqvolunteers.com,
select "Serve with Seniors", and click
"Respond" to sign-up now!

Highland On-Going Activities

Monday

8:00am - 12:00pm 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
1:00pm - 3:30pm Beginning Knitting & Crocheting
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

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

Friday

8:15 am - 10:00am AM Adapted Aquatics
9:00am - 10:00am Exercise to Music w/Jane
9:30am - 11:00am Rosemalers
10:15am - 11:15am Gentle Exercise w/Jane
10:30am-12:00pm Hi-Toners
12:30pm - 2:00pm Adapted Aquatics
2:00pm - 4:00pm Afternoon Matinee Movie

Saturday

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

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> |
|-------------|--------------------------|---------------|
| 6/2 | A Man Called Otto | PG-13 |
| 6/9 | The Ritual Killer | NR |
| 6/16 | NO MOVIE TODAY | |
| 6/23 | Plane | R |
| 6/30 | High Crimes | 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! Please see our bulletin board for trip flyers and details!

Upcoming Trips

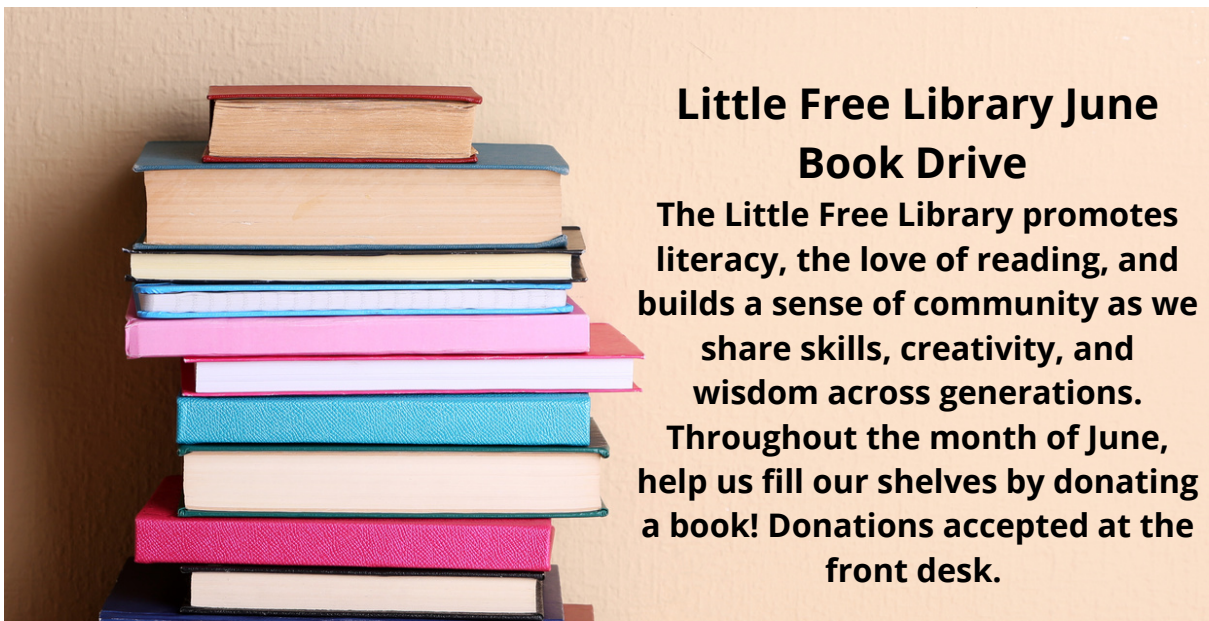
Santa Fe Cemetery Visitation
Wednesday, June 14th
8:30am-3:30pm



Little Free Library June Book Drive

The Little Free Library promotes literacy, the love of reading, and builds a sense of community as we share skills, creativity, and wisdom across generations.

Throughout the month of June, help us fill our shelves by donating a book! Donations accepted at the front desk.



What's Going on at Highland

Coordinators Corner:

We are like the Energizer Bunny, we just keep going and going! Just want to say thanks Steve & the NM Marimba Band and to our sponsor Sandia Vista Senior Living, for providing root beer floats at our Cinco de Mayo Celebration! For all the moms and grandmas, they received a sweet poem and treat, what a great month. Change is coming here at Highland as you can see. We have moved the fitness room, moved the Billiards, and now started some demolition for the multipurpose room! Change is hard at first, messy in the middle and gorgeous at the end. Sometimes, good things fall apart so better things could fall together. Please remember that registration is required for ALL programs and activities. Check out the bulletin boards and monitors for the current events, activities, classes and other important information! Words of wisdom, growing old can be fun if you do it with right people!

Chris Rogers, Program Coordinator



**Join us on Friday, June 16th for
some music by
Kobe the Drummer in
celebration of Juneteenth
in the Social Hall
10am-11am**

**Highland Senior
Center will be Closed
on Monday,
June 19th, 2023, in
honor of Juneteenth
Celebration**



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**



¿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.**

HIGHLAND SENIOR CENTER



ORCA GROUP GAME NIGHT

EVERYONE IS INVITED TO JOIN

Spare Your Time for Fun

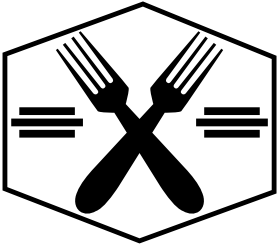
**Wednesdays
Every 2nd & 4th Wednesday
4:00pm-6:00pm
Room 3**

**Games to Play
BOARD GAMES, CARD GAMES, & DICE GAMES, FUN GAMES, ETC.**



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.

Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- Support the program development by acting as the ears and eyes of the Department, assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities.
- Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.

Senior Affairs Advisory Council Meetings All Meetings start at 12 noon

Monday, June 26, 2023

Bear Canyon Senior Center - 4645 PITT NE

Monday, July 17, 2023

Highland Senior Center - 131 Monroe NE

August- NO Meeting

Monday, September 18, 2023 - Location to TBD

Monday, October 16, 2023

Senior Information & Assistance - 1620 1st St. NW

Monday, November 20, 2023

Manzano Mesa Multigenerational Center - 501 Elizabeth

December 2023 - NO Meeting

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.



Big changes here at Highland

CENTER UPDATES FROM THE MANAGER

As many of our members have heard by now, Highland Senior Center will be under construction for Approx. 3 months. The start date is scheduled for June 16th. We are getting a new "Multi-Purpose" room which will be used for a variety of activities, particularly Exercise classes, Yoga, Tai Chi etc.. There will be a few changes to these classes during that time. We will have to place Gentle Exercise, Flex and Tone exercise classes in other rooms as well as Yoga and Tai Chi with Dave.

(Please see flyers or ask front desk for details)

Also, our Billiards room is getting a new space too. We will be moving Billiards to room 1 and the Fitness room has been moved to the west side of the building, where the RSVP offices used to be located. Come by and check out the new spaces; these rooms are still a work in progress as we plan on making them very pleasant to our guests.

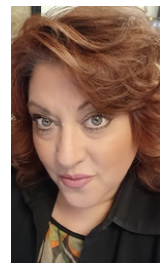
We will try not to disrupt activities as much as possible and the center will remain open during construction without changes to programming and meals.

We may have to deal with some noise; however, this is just temporary. I ask that you be patient during this time!

I had announced a fence project for mid-May in the last newsletter however, this construction project has been delayed, but it is still coming! I am so pleased and excited that Highland Senior Center is making progress to create more usable spaces, as we continue to grow in numbers and participants. I am so very proud of our members who advocate and appreciate this center! We would also like to Thank Pat Davis our Council person for his generosity and allocating funds for this project.

Like always if you have any questions, please feel free to reach out to me.

Julianna Brooks, Center Manager



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

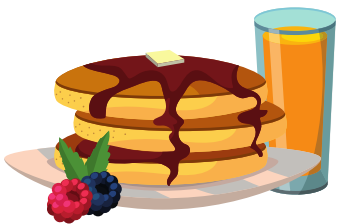
Specials

- 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

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**

June 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 |
|--|--|---|--|--|
| 29  | 30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk  | 31 ♦ Soft Tacos-Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk  | 1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk  | 2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk  |
| 5 ♦ Salisbury Steak ♦ Scalloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk  | 6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk  | 7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk  | 8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk  | 9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk  |
| 12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk  | 13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll/Margarine ♦ 1% Milk  | *Cold Meal* 14 ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk  | 15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk  | 16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk  |
| 19  | 20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Cornbread ♦ Peaches ♦ 1% Milk  | 21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk  | 22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk  | 23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk  |
| 26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk  | 27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk  | *Cold Meal* 28 ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk  | 29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk  | 30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk  |

Menu is Subject to Change