



Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from Dir. Sanchez:

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year.

Special congratulations to our survey contest winners from Barelas Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director

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



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,
(Power of Attorney Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, March 6th, 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 Beginning 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)
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



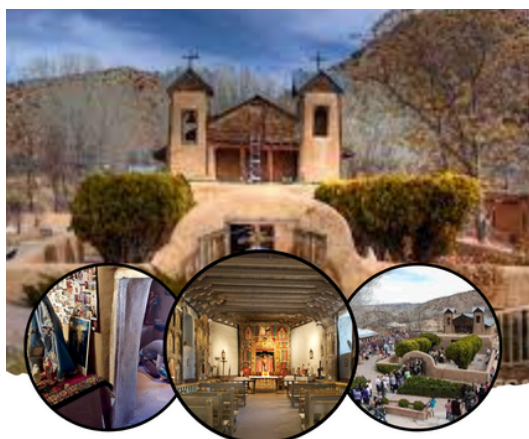
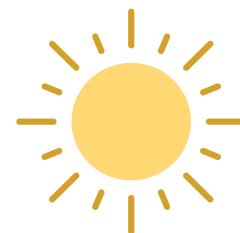
<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
3/1/24	Murder at Yellowstone City	NR
3/15/24	Playing with Fire	PG

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 epic adventures, make sure your crew is geared up and good to go to steer clear of any roadblocks ahead!

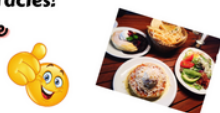
**Wednesday March 20, 2024-
Trip to Chimayo and out to eat at
Pantry Restaurant or Ortega's**



El Santuario de Chimayo, the tiny shrine that is built on the site of what many believe to be a place of miracles!

Check in: 9:15am
Depart: 9:30am
Return: 2:30 pm

Lunch expenses are on you!



Sign-up at front desk. This trip is by lottery system

WEDNESDAY MARCH 20, 2024

**El Santuario de
Chimayo Trip**

Wed. March 20th, 2024

Check-in: 9:15am

Depart: 9:30am

Return: 2:30 pm

Coordinator Corner

February has swiftly passed, same to the snow melting away in New Mexico, a brief yet eventful month that included a leap year occurrence. Despite the cold weather, Highland remained bustling with activities. We embraced Healthy Heart Month by dancing to the beats of DJ Malcolm X at our Sweetheart Dance. To conclude the month, we enjoyed the jazzy tunes of Burning Moonlight in celebration of Mardi Gras. Notably, AARP continues to offer tax assistance for the upcoming months. If you are interested in enrolling in a class or requesting a presentation on specific topics, kindly reach out for further discussion. We eagerly anticipate our upcoming excursion to Chimayo de Santario, where we will savor delightful cuisine. Stay updated with our bulletins and monitors displaying essential information such as dates, closures, and class schedules. Remember, in the words of wisdom: "Live your life and forget your age." Warm regards,

Chris Rogers, Program Coordinator.

SHAKE
YOUR
Shamrocks!



Anne Winthow is on fire for teaching Ukulele beginners! Get ready to dive into the world of Ukulele with her, mastering the art of strumming, chords, and playing your favorite tunes. Post-covid, Anne's class has bloomed from a cozy group of 2-3 to a bustling 12-15, and the numbers keep climbing! I kept whispering to her, "Just trust the magic - strum it, and they will come." With the growing gang, Anne might need a bigger room soon. Not only are her students having a blast, but the front desk is serenaded with sweet sounds every Wednesday evening! 🎵

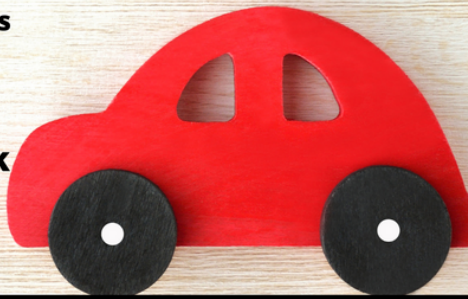
Classes

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

Join the Senior Citizens' Law Office
For a presentation on:

Scams and Identity Theft: How to Protect Yourself

March 12
1:00 PM
at Highland Senior Center



* Topics will include how to spot and avoid scams, how to protect yourself from identity theft, and what to do if you are victimized by scammers or identity thieves.

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

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.

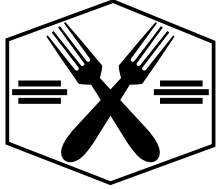
Please sign up in advance
with Highland Senior Center



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

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.*



50+ SENIOR TECH CONNECT

SAVE THE DATE!

APRIL 19, 2024

MANZANO MESA MULTIGENERATIONAL CENTER



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

'Tis the season to dive headfirst into the tax jungle, and our trusty AARP volunteers are swooping in to rescue us yet again! Let's give a round of applause to these tax superheroes for braving the numbers and forms with us! To snag a spot, just ring up our front desk. Remember, we're all in this taxing journey together, so let's sprinkle a dash of patience and kindness as we wade through this chaotic season. From February to April, our tax-saving squad is at your service, so whip out those calendars and let's conquer those taxes!



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.

YOU ARE FORMALLY INVITED TO ATTEND A QUESTION-AND-ANSWER SESSION REGARDING THE UPCOMING MICRO-DOG PARK AT HIGHLAND SENIOR CENTER. OFFICIALS FROM THE CITY OF ALBUQUERQUE PARKS AND RECREATION DIVISION, ALONGSIDE DISTINGUISHED MEMBERS OF THE DEPARTMENT OF SENIOR AFFAIRS, WILL BE AVAILABLE TO ADDRESS ANY QUERIES.

VENUE: HIGHLAND SENIOR CENTER

DATE: THURSDAY, MARCH 7, 2024

TIME: 9:30 AM TO 11:00 AM

LOCATION: ROOM 8



AmeriCorps Senior Programs



VOLUNTEERS



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

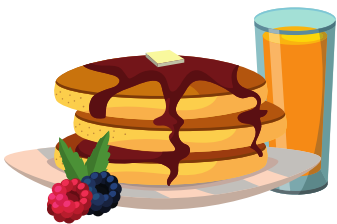
Specials

- 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



March 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
26	27	28	29	1
<ul style="list-style-type: none"> ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4	5	6	7	8
<ul style="list-style-type: none"> ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11	12	13	14	15
<ul style="list-style-type: none"> ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk  	<ul style="list-style-type: none"> ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked ziti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25	26	27	28	29
<ul style="list-style-type: none"> ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 1% milk 