

MAY 2023

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

MESSAGE from the Manager

A lot of exciting things will be taking place at Highland Senior Center soon, but first I would like to take a moment to thank AARP for the Tax service that they provided for Seniors and members of the community.

AARP volunteers dedicate time and expertise to so many people and conduct their task with such professionalism. We are so grateful for their dedication. In other news, around Mid-May Highland Senior Center will get some extra security, there will be a fence installed around the parking lot and most of the building, with that being said I just want to give everyone a heads up that there will be some construction taking place and we will have some areas of the parking lot that have limited access during that time and some parking will be limited as well. This work is estimated to take approx. 6 weeks. We will post signs regarding restricted areas to make parking more efficient. Our Administration is working hard on other projects as well to expand space at Highland and we are hoping to get other projects off the ground soon! I would be happy to answer any questions you may have so feel free to ask!

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

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, May 3rd
(Power of Attorney Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, May 3rd, 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 - 12:00 noon 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
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

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

Friday

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

Saturday

10:00am - 12:00pm Rosemalers (every 2nd)
10:00am - 12:00pm Corvairs of NM (every 1st)
12:00 pm - 3:00pm Monthly Afternoon Dance (every
4th)
12:30 pm - 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>
5/05	NO MOVIE TODAY-CINCO DE MAYO	
5/12	The Whale	R
5/19	The Estate	R
5/26	COCO	PG

*****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

**Manana De Oro @Kimo Theatre
Thursday May 11th 8:30am-12:00pm**

**Tarde De Oro Kimo Theatre
Thursday May 11th 12:30pm-3:00pm**

**Santa Fe Cemetery Visitation
Wednesday May 17th 8:30am-3:30pm**

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



What Going on at Highland

Coordinators Corner:

I'm so glad everyone is emerging from the cold weather getting out more since its springtime. April was busy we had Roger Burns host our Spring Fling Prom and had Senior Easter Day at Bear Canyon then we cruised Central to experience some great performances at the Kimo! Also, as we emerge from the cold weather, we are seeing an increase in attendance for many of our activities and programs. 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, I've decided: Whatever age I am is the new 30. Don't think of them as "hot flashes." Think of them as your inner child playing with matches.

Chris Rogers, Program Coordinator

Saturday Afternoon Dances

SAT. MAY 27-TINO'S BAND

SAT. JUNE 24-LATIN SOUL

TIME: 12PM-3PM

COST: \$3.00



Join us on Friday, May 5th for
some Cinco De Mayo Fun!

Music by the
New Mexico Marimba Band
From 2:00pm - 3:00pm
Social Hall



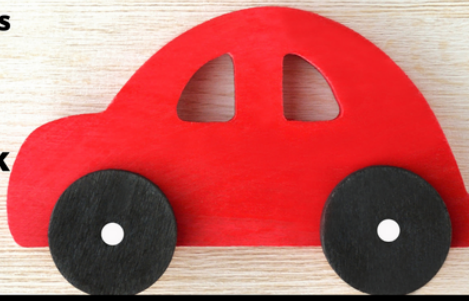
Classes

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

COME JOIN THE HI-TONERS SINGING GROUP



ENJOY SINGING AND LEARNING DIFFERENT MELODIES? THEN, THIS GROUP IS FOR YOU. OPEN TO THOSE WHO READ MUSIC OR WANT TO LEARN.

**FRIDAYS
10:30AM-12PM**

CORVAIRS OF NEW MEXICO

HIGHLAND SENIOR CENTER

DEDICATED TO THE PRESERVATION OF THE CORVAIR!

**1ST SATURDAY
10:00AM-12:00PM
ROOM 7**



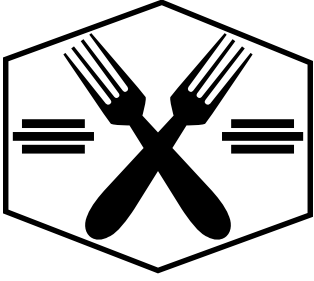
¿HABLA ESPAÑOL?



**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



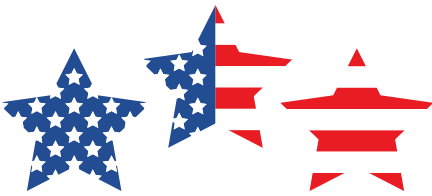
**LUNCH RESERVATIONS MUST BE MADE BY
1:00PM ONE DAY IN ADVANCE**

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.



**Highland Senior
Center will be
Closed on
Monday, May
29th**

**Our 2nd Annual Sports & Fitness
National Senior Health and Fitness
Day will be Wednesday, May 31, 2023
from 9am to noon at North Domingo
Baca Multigenerational Center**



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.



Mind Games

8						2	6	
				3	4	7		
	3	5			7			
		9						5
		1			6		9	
			8				2	7
		4	3			9		
	1				9			6
						4		



SUDOKU
FUN



SEASONEDTIMES.COM



Fill in the numbers 1-9 exactly once in every row, column, and 3x3 region.



	5						9	4
				5				
			7	1				
5						2		
							4	
		6		9	4	3		7
				2			8	
8	9				6	1	3	
2			9				6	

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

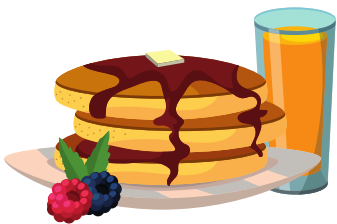
Specials

- 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)
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
ROQUE**

May 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
1	2	3	4	5
<ul style="list-style-type: none"> ◆ Bake Ziti w/ Spinach ◆ Green Beans ◆ Garlic Breadstick ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon w/Garlic Butter Sauce ◆ Steamed Carrots ◆ Seasoned Orzo ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef/Broccoli/Pepper/Onions ◆ Stir Fry Vegetable ◆ Brown Rice ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Salad ◆ Baked Potato Chips ◆ Coleslaw ◆ Sliced Wheat Bread ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada: Diced Pork/Red Chile ◆ Roasted Street Corn ◆ Pinto Beans ◆ Flour Tortilla ◆ Tapioca Pudding ◆ 1% Milk 
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Baked Lemon Pepper Chicken ◆ Brown Rice ◆ Seasoned Beets ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Diced Beef/Green Chile ◆ Calabacitas ◆ Pinto Beans ◆ Flour Tortilla ◆ Pear ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Noodles ◆ Oriental Blend ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Tilapia w/Cajun Buttered Sauce ◆ Seasonal Potatoes ◆ Roasted Brussels Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/Gravy ◆ Cranberry Cornbread Stuffing ◆ Seasonal Vegetable ◆ Pumpkin Pudding ◆ 1% Milk 
15	16	17	18	19
<ul style="list-style-type: none"> ◆ Baked Cod w/Tarter Sauce ◆ Ancient Grains ◆ Steamed Green Peas ◆ Diced Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Alfredo w/Pasta ◆ Normandy Blend ◆ Whole Grain Dinner Roll w/Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Mashed Potatoes ◆ Seasonal Vegetables ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Eggs Salad Sandwich ◆ Carrot Raisin Salad ◆ Watermelon ◆ Sliced Wheat Bread ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Macaroni and Cheese ◆ Spinach w/Diced Tomatoes & Onions ◆ Grapes ◆ 1% Milk 
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Swedish Meatballs w/Gravy ◆ Brown Rice ◆ Garlic Brussel Sprout ◆ Blueberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Garlic Tilapia ◆ Mashed Sweet Potatoes ◆ Seasoned Vegetables ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Bean/Cheese Burrito ◆ Diced Potatoes w/Onions ◆ Spinach ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Tetrazzini ◆ Green Peas ◆ Garlic Breadstick ◆ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef/Sliced Cheese/Hoagie ◆ Lettuce/Tomatoes ◆ Potato Salad ◆ Watermelon ◆ 1% Milk 
29	30	31	1	2
<ul style="list-style-type: none"> ◆ CLOSED 	<ul style="list-style-type: none"> ◆ Baked Potato Broccoli/Cheese/Sour Cream ◆ Fajita Blend Vegetables ◆ Garlic Mushrooms ◆ Granola Bar ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Soft Tacos-Beef/Cheese ◆ Pinto Beans/Green Chile/Onion ◆ Warm Sliced Apples ◆ Lettuce/Tomatoes ◆ Flour Tortilla/Salas ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet ◆ Hash Browns ◆ Spinach ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Greek Pasta Salad: Diced Ham ◆ Creamy Cucumber/Red Onion Salad ◆ Wheat Crackers ◆ Strawberries ◆ 1% Milk 

Menu is Subject to Change