

May 2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers

Acting Manager

Chris Rogers

Program Coordinator

Gloria Ortiz

Office Assistant

Angie Marentes

Program Assistant

Anna Wood

Program Assistant

Mike Berry

General Service

Richard Tucker

Cook/Chef



Acting Manager, Chris Rogers

Highland Senior Center will be closed on Monday, May 27th for Memorial Day.



ONE ALBUQUERQUE

ncoa
National Council on Aging



Anna Sanchez, Director
Department of Senior Affairs

General Information

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

Tuesday, June 18th, 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, May 1st, 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 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>
5/3/24	Red	PG-13
5/17/24	Red 2	PG-13

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 thrilling adventures, make sure your crew is ready to rock and roll, bracing for any unexpected twists and turns!

Tarde De Oro-5/9/2024

Harvey House Musuem-5/16/2024



ONE ALBUQUE RQUE BERN CO City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

Tarde de Oro

FREE EVENT*
May 9, 2024 • 1:30 pm • Doors at 12:45 pm
Kimo Theatre • 423 Central Ave. NW 87102

THE AUDIENCE WILL EXPERIENCE NEW MEXICO'S VERSATILE AND COLORFUL HISTORY THROUGH PICTURES, MUSIC, DANCE, SONG AND SCRIPT.

TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST-SHOW INTERACTION WITH OUR TALENTED PERFORMERS.

*Parking Information
Parking is available behind the theater on Copper.

Show Information
Frances Lujan
505-856-7579
flujan3@msn.com

HARVEY HOUSE MUSEUM

Belen's Harvey House, active from 1910 to 1939, was restored in 1985 and now serves as the Harvey House Museum, managed by Belen City. It exhibits railroad history and is linked to the Belen Public Library.

Thursday May 16th, 2024
10:00am - 3:30pm



Lunch at your own expense at Pete's Cafe and \$5.00 admission for Harvey House Museum

Coordinator Corner

Just like magic, tax season appeared and vanished into thin air! The AARP Tax Aide squad crushed over 900 tax returns! Big shoutout to Blane and Jana for their superhero effort and unwavering commitment. Seniors and the whole community are over the moon with gratitude! Hats off to SCLO for schooling us on savvy shopping, tackling legal stuff, and prepping us for tomorrow. RSVP treated us to ice cream, while Senior Companion kept us in the loop with some cool gear and treats! A round of applause for Manzano Mesa Multigenerational Center for hosting the epic Annual Tech Fair, loaded with freebies and info. April wrapped up with a dive into Natural History and Science Museum, just one of our town's many awesome museums! Let's buckle up and see what surprises May has in store for us, other than just blooming flowers! Words of wisdom "I don't feel old. I don't feel anything until noon. Then it's time for my nap!"

Chris Rogers, Program Coordinator

Kudos



Let's gather at the Highland Senior Center for a wild ride of creativity and camaraderie! With a cozy group, we dive into a world of writing, letting our thoughts soar. Each meeting kicks off with quirky intros and story recitals, followed by quickfire feedback rounds. Spontaneous writing sessions keep our pens dancing, and sharing our scribbles adds zest to the mix. Finally, we unwind with chit-chat, peeking into each other's worlds. Join us for a rollercoaster of words and wonders!



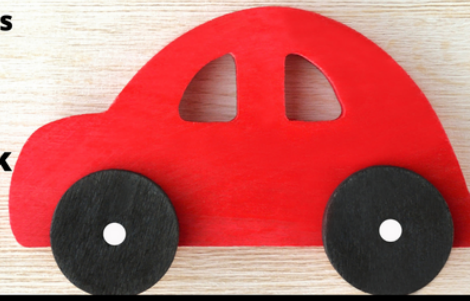
WRITERS CLUB
THURSDAYS AT 2:00PM

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

Highland Flea Market

**Every Monday from 8am - 12noon
Room 7**

Sign up for table purchase for the following month are every last Monday of the Month!
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.

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!

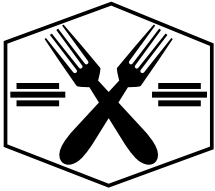
**¿HABLA
ESPAÑOL?**



**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

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.

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



UPCOMING EVENTS

IMPORTANT NOTICE:

All senior/multigenerational centers will be closed starting June 3, 2024 through June 7, 2024 for Employee Training.

We will resume normal business hours on June 8, 2024. Thank you for your cooperation!

NATIONAL SENIOR HEALTH AND FITNESS DAY

**WEDNESDAY
MAY 29, 2024
NORTH DOMINGO BACA
9:00AM TO 12:00PM**

- Fitness demonstrations
- Health vendors
- Giveaways
- Prizes
- Snacks, and more

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

Big News for Highland

WE'VE GOT SOME PAWSITIVELY EXCITING NEWS TO SHARE - THE HIGHLAND SENIOR CENTER IS ABOUT TO GET A FABULOUS NEW FEATURE IN THE FORM OF A SMALL DOG PARK! TUCKED AWAY ON THE WESTERN SIDE OF OUR CENTER, THIS PARK IS SET TO BECOME A PAW-SOME SPOT FOR OUR SENIOR FOLKS AND THE NEIGHBORHOOD TO ENJOY. WITH MANY OF OUR SENIORS BEING PROUD PET PARENTS, WE CAN'T WAIT TO SEE TAILS WAGGING AND NOSES SNIFFING AROUND THIS NEW ADDITION. THE DEPARTMENT OF SENIOR AFFAIRS ADMINISTRATION WILL KEEP EVERYONE IN THE LOOP AS THIS PROJECT UNFOLDS. STAY TUNED FOR MORE UPDATES!



CERAMICS

10-WEEK WORKSHOP BY PABLO TELLO STARTING MAY 30TH TO AUGUST 8TH (EXCLUDING THURSDAY, JULY 4TH).

Pablo, an artist, holds degrees from Berea College, the College of Santa Fe, and the University of New Mexico. With nearly five decades of experience in art, he spent nine years teaching ceramics and watercolor painting in Honolulu, Hawaii before retiring from teaching.

The necessary class supplies are available for purchase on Amazon at a cost of \$9.99. The workshop will employ a lottery system for participant selection, involving the collection of names and phone numbers, with the drawing scheduled for May 24th. Successful candidates will be contacted on May 25th. Please note that the workshop has a maximum capacity of 10 individuals.



After a long hiatus, the ceramics party is back at the Highland Senior Center! Get ready for a 10-week creative extravaganza. We're selecting lucky 10 participants through a thrilling lottery system. Keep your eyes peeled on the center's flyers for all the juicy details coming your way soon! 🎨

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)

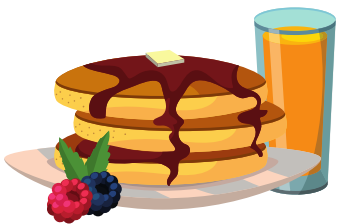
Hash Browns 30¢

Side of Red or Green Chile 25¢

Hot Cereal (Oatmeal w/Milk) 70¢

Waffle (Plain) \$1.00 (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

**ONE
ALBUQUE
RQUE**

May 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
29 ♦ Chicken tender w/ BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk	30 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk	1 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk	2 ♦ Southwest omelet w/ red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk	3 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk
6 ♦ Beef tips w/bowtie pasta ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk	7 ♦ Red chile beef enchilada ♦ Spanish rice ♦ Pinto beans ♦ Jell-O ♦ 1% milk	8 ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk	9 ♦ Tilapia over brown rice w/lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk	10 ♦ Pork chop w/brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk
13 ♦ Ground beef w/diced tomato & cheese ♦ Calabacitas ♦ Pinto beans ♦ Yogurt ♦ 1% milk	14 ♦ Cajun tilapia ♦ Brussel sprouts ♦ Cornbread ♦ Strawberries ♦ 1% milk	15 ♦ Sweet and sour pork w/pineapple ♦ Brown rice ♦ Steamed carrots ♦ Honeydew ♦ 1% milk	16 ♦ Cheese tortellini ♦ Breadstick ♦ Steamed green beans ♦ Apple ♦ 1% milk	17 ♦ Chicken breaded patty w/white gravy ♦ Mashed potatoes ♦ Beets ♦ Orange ♦ 1% milk
20 ♦ Red chile beans w/ beef, cheese, onions ♦ Corn bread ♦ Peach cobbler ♦ 1% milk	21 ♦ Baked cod w/tartar sauce ♦ Brown rice ♦ Steamed carrots ♦ Pear ♦ 1% milk	22 ♦ Baked chicken thigh ♦ Collard greens ♦ Succotash ♦ Pineapple chunks ♦ 1% milk	23 ♦ Cauliflower curry soup ♦ Steamed broccoli ♦ Corn bread ♦ Chocolate pudding cup ♦ 1% milk	24 ♦ BBQ pulled pork ♦ Sweet potato ♦ Peas and carrots ♦ Watermelon ♦ 1% milk
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk	30 ♦ Rotini pasta w/sauce ♦ Spinach w/onions ♦ Warm cinnamon apples ♦ 1% milk	31 ♦ Chicken tender w/ BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk