Hello,
Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities. Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:
• 4,469 hours spent on senior home renovation and maintenance though our home services department.
• 38,944 transportation rides for older adults through our senior transportation services.
• 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
• 293,103 community members that participated in socialization programming though senior meal program sites.
Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.
Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.
Wishing you a happy and healthy fall!
Sincerely,

Anna Sanchez, Director
Department of Senior Affairs
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.

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic.

Fall is in the Air...
I am so happy that Fall is approaching and we will get some relief from the heat. Highland Senior Center also looks forward to special events that are in the planning stages so please see our flyers posted and the monthly newsletters for these events!

I would also like to mention that lately I have noticed may folks leaving their car windows down in our Parking lot, with that observation I caution you to make sure that you roll your windows up and secure your vehicles in order to keep your vehicles and yourself safe.

Thank You for your Cooperation and if you should have any questions or concerns please feel free to talk to me!
Julianna Brooks, Center Manager

Highland Senior Center is in need of these donation items if you have them!

- Aprons
- Beads
- Buttons
- Small dolls
- Eye-hooks
- feathers
- Lace
- Paint brushes
- Plastic bowls/Tubs
- Ribbon
- Straws
- Wood Glue
- Wrapping Paper
- Yarn
- Trinkets
- Glue Guns
Monday
8:00am - 12:00 pm  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
1:00pm - 2:00pm  Yoga w/Mindy

Thursday
8:15 am - 9:15 am  Flex & Tone w/Jane
11:00am-12:00pm  Friendship Coffee
10:30am -11:30am  Tai Chi w/Dave
2:00 pm - 4:00pm  Senior LGBT Meeting (every 2nd)
3:45pm-4:45pm  SAGE Bereavement

Tuesday
8:15am - 9:15am  Flex & Tone w/Jane
10:00am - 11:30am  Blood Pressure Check
9:30am - 12:00pm  Watercolor
10:30am-II:30pm  Energy Yoga w/Dave Plummer
10:00am-II:00am  Beginning Ball Room w/Beth
12:00pm - 4:00pm  Pinochle
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)

Friday
8:15 am - 10:00 am  AM Adapted Aquatics
9:00 am - 10:00 am  Exercise to Music w/Jane
9:30 am - 11:00 am  Rosemalers
10:15 am - 11:15 am  Gentle Exercise w/Jane
12:30 pm - 2:00 pm  Adapted Aquatics
1:30pm - 3:30pm  Wonderful World of Papier-Mache`
                                       (6 Week workshop)
2:00 pm - 4:00 pm  Afternoon Matinee Movie

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
10:00am- 12:00pm  Sage Men's Coffee (every other week)
10:15am - 11:15am  Gentle Exercise w/Jane
12:30 pm - 3:30 pm  Mexican Train Dominoes
12:00pm - 12:30pm  Birthday Celebration (every 1st)
4:00pm-6:00pm  SAGE Game Night
4:30pm - 6:30pm  Beginning Ukulele

Saturday
10:00am - 12:00pm  Rosemalers (every 2nd)
10:00am - 12:00pm  Corvairs of NM  (every 1st)
12:00 pm - 3:00 pm  Monthly Afternoon Dance (every 4th)
12:30 pm - 3:30 pm  NM OLOC/Old Lesbians Organizing for
                                       Change  (every 3rd)
1:00pm-3:00pm  Post-Polio Support (every 1st)
(Discontinued on Saturday July 16th, 2022)
1:30pm-3:30pm-Music Jam Session (every 2nd)

JUST
HAVE
FUN
What's Happening at Highland

Join us for coffee & and treats from one of our Sponsors every Thursday from 11am - 12pm (Friendship Coffee is subject to change!)

Friendship Coffee

Friday's starting at 2:00pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Title</th>
<th>Rating</th>
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<tbody>
<tr>
<td>9/2</td>
<td>Dog</td>
<td>PG-13</td>
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<tr>
<td>9/9</td>
<td>Everything Everywhere All At Once</td>
<td>R</td>
</tr>
<tr>
<td>9/16</td>
<td>Uncharted</td>
<td>PG-13</td>
</tr>
<tr>
<td>9/23</td>
<td>Family Camp</td>
<td>PG</td>
</tr>
<tr>
<td>9/29</td>
<td>The Accountant</td>
<td>R</td>
</tr>
</tbody>
</table>

***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.

Afternoon Matinee

Blue Cross and Blue Shield of New Mexico

CARE VAN EVENT 9am-12pm

NO-COST FOOT CARE CLINIC AND MEDICARE 101 PRESENTATION

Do you have difficulty trimming your toenails? Have your toenails professionally trimmed by a podiatrist in a private setting. No appointment required.

The Medicare 101 will take place from 10am - 11am inside the center. Pre-registration is required for the presentation.

WEDNESDAY SEPTEMBER 28
North Domingo Baca Multigen Center

FRIDAY OCT. 7
Highland Senior Center

THURSDAY OCT. 20
Manzano Mesa Multigen Center

FRIDAY OCT. 28
Los Volcanes Senior Center

Transportation Provided
Visit with your center front desk staff for more information or to sign up.
What Going on at Highland

Trips
Please see some special event trips in this newsletter that are coming up!

Highland Senior Center is CLOSED Monday, September 5th in Observance of Labor Day

Sunday September 11th
Senior Citizens Independence Day Picnic

Sat. Sept. 17th
Senior Day of Golf & Good Food at the Highland Golf Course

Saturday September 24th
Saturday afternoon dance plays a variety of Rancheras, country western & good ole rock "n" roll!!

Music by: De Luz
Saturday September 24th
From 12 noon - 3pm
Cost: $3.00

Coordinators Corner:
Wow the year is almost over! We have a lot great things planned to finish the year. We have a car show, presentations, and some major holidays events coming up. Look out for upcoming shot clinics and center closures. Please be respectful one to another, and remember that laughter is the best medicine! Be sure to check out the bulletin boards and monitors for the current events, activities, classes and other important information. Still looking for a beginning Spanish instructor or anyone that would like to lead a class, activity, or club etc. ! Come see me or set up an appointment to talk about some ideas!

Chris Rogers, Program Coordinator
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

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
PINOCHLE

TUESDAYS
12:00PM-4:00PM
ROOM 3

PINOCHLE IS DERIVED FROM THE CARD GAME BEZIQUE; PLAYERS SCORE POINTS BY TRICK-TAKING & ALSO BY FORMING COMBINATIONS OF CARDS INTO MELDS

Space is limited!

WELCOME TO THE WONDERFUL WORLD OF PAPIER-MACHE

Come join us a 6-week workshop using papier-mache. You will be able to create a hot air balloon sculpture using a balloon, papier-mache, and mixed materials like paint, beads, cord, wire, papers and fabric scraps.
Come exercise your imagination and develop your artistic skills.

Starting on Friday
August 19th, 2022
1:30PM - 3:30PM
Room 2

Habla Español?
RSVP Advisory Council
Council members are needed to promote and recruit for senior volunteer opportunities, evaluate program effectiveness, and assist with volunteer recognition event planning.

- Council members serve two-year terms.
- The council meets once a month at the Highland Senior Center.

Call 505-767-5225 for more information.

RSVP Advisory Council
RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations.

RSVP Advisory Council Members Needed

1. Gain clear understanding of RSVP volunteer program and assist in short and long term council and RSVP program planning.
2. Participate in annual review of Advisory Council and RSVP work.
3. Visit at least one volunteer site annually.
4. Become knowledgeable of RSVP project’s service impact within the community.
5. Create positive relationships with council members and other community stakeholders.

Interested in being a part of this fulfilling and meaningful opportunity?

Call 505-767-5225 for more information.

26TH ANNUAL
H Prime Time
OCTOBER 11TH 2022
8AM TO 1:30PM
EMBASSY SUITES
1000 WOODWARD PL NE,
ABQ, NM 87102 (LOMAS & I-25)
Free Health Screenings, Entertainment and Much More!
Call 505-242-2429 For More Information

Transportation from Highland will be Provided. Please inquire at front desk
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.
"VETTS & VAIRS" CAR SHOW AND LIVE MUSIC BY J.J. JONES

Highland Senior Center
Thur. Sept. 8th, 2022
Event starts at 12:00pm-2:00pm

Take a cruise on Route 66 to Highland Senior Center to enjoy a car show, ice cream, and live music by J.J. Jones. Thanks to United Healthcare for sponsoring this event!

Delaine Charlie
J.J. Jones
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 egg, 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 & Friday 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¢
Fruit & Yogurt Parfait $1.50
Waffle (Plain) $1.00
Waffle w/Berries & Cream $1.50

See our Full A-la-Carte Menu at our Front Desk!

Lunch
Monday-Friday
11:30 a.m. - 1:00 p.m.

Grilled Cheese $1.25
1/2 Sandwich 75¢
(Salad type sandwich only)
Soup of the Day 50¢
Sandwich of the Day $1.50
Slice of Pie 50¢
Salads Large $2.00
Small $1.00

Sandwich choices change weekly please see front desk for menu.

Beverages

Milk or Juice 25¢
Hot Chocolate 30¢
Hot Tea 30¢

**Friendly Reminder, Meals are to be consumed in the Social Hall and are not permitted to take out. Thank You for your cooperation!**

Menu is Subject to Change
### HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

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**September 2022**

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.

**Menu is Subject to Change**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Aug 29</strong></td>
<td><strong>Aug 30</strong></td>
<td><strong>Aug 31</strong></td>
<td><strong>Sept 1</strong></td>
<td><strong>Sept 2</strong></td>
</tr>
<tr>
<td>Sliced Ham</td>
<td>Beef &amp; Vegetable Stir Fry</td>
<td>Fish &amp; Chips</td>
<td>Chicken Alfredo</td>
<td>Green Chile</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>Buttered Noodles</td>
<td>Steamed Tomatoes</td>
<td>Steamed Broccoli</td>
<td>Cheeseburger</td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>Fresh Seasonal Fruit</td>
<td>Warm Sliced Apples</td>
<td>Seasonal Vegetable</td>
<td>Tater Tots</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Green Beans w/ Mushrooms</td>
<td>Whole Grain Roll</td>
<td>Fresh Strawberries</td>
<td>Sliced Tomatoes</td>
</tr>
<tr>
<td>Peaches</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>1% Milk</td>
<td>Watermelon</td>
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<tr>
<td>1% Milk</td>
<td></td>
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<td>1% Milk</td>
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**Closed for Labor Day Holiday**

**Labor Day**

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<tr>
<th><strong>Aug 5</strong></th>
<th><strong>Aug 6</strong></th>
<th><strong>Aug 7</strong></th>
<th><strong>Aug 8</strong></th>
<th><strong>Aug 9</strong></th>
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</thead>
<tbody>
<tr>
<td>Cod Fish</td>
<td>Beef Tips in Gravy</td>
<td>Beef Chili Bowl</td>
<td>Baked Ziti</td>
<td>Baked Ziti</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Whole Grain Pasta</td>
<td>South Western Omelet</td>
<td>w/Veggies</td>
<td>w/Veggies</td>
</tr>
<tr>
<td>Rosemary Potatoes</td>
<td>Steamed Broccoli</td>
<td>Stewed Tomatoes</td>
<td>Cauliflower</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Roasted Carrots</td>
<td>Hash Browns</td>
<td>Breadstick</td>
<td>Breadstick</td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>Pineapple</td>
<td>Flour Tortilla</td>
<td>Fresh Berries</td>
<td>Fresh Berries</td>
</tr>
<tr>
<td>1% Milk</td>
<td>1% Milk</td>
<td>Fresh Banana</td>
<td>Yogurt</td>
<td>Yogurt</td>
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</tbody>
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**Special Event Menu**

**Sept 2**

<table>
<thead>
<tr>
<th><strong>Aug 31</strong></th>
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</thead>
<tbody>
<tr>
<td>Baked Ziti w/Veggies</td>
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</tbody>
</table>

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**Menus Subject To Change**