



Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108



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 through 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 through 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



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

Lexie Garcia
Cook Assistant

Our Mission

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.



General Information

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

Tuesday, October 18th, 2022
Medicaid/Estate planning presentation

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) 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.



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.



1st Wednesday of Each Month By Appointment Only

Wednesday, September 7th, 2022
(Power of Attorney Clinic)

SCLO will hold a free Power of Attorney on Wednesday, September 7th 2022, 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

EXTRA EXTRA!!!!

ONE ALBUQUE senior affairs RQUE

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



Message from the Manager

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 many 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 On-Going Activities

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

Tuesday

8:15am - 9:15am Flex & Tone w/Jane
10:00am - 11:30am Blood Pressure Check
9:30am - 12:00pm Watercolor
10:30am-11:30pm Energy Yoga w/Dave Plummer
10:00am-11:00am 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)

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
12:30pm - 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

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

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

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)



What's Happening at Highland



cabq.gov/seniors

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
SEPT. 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

**ONE
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ROQUE** senior affairs



Transportation Provided
Visit with your center front desk
staff for more information or to
sign up.



Afternoon Matinee

Friendship Coffee

Friday's starting at 2:00pm

9/2	Dog	PG-13
9/9	Everything Everywhere All At Once	R
9/16	Uncharted	PG-13
9/23	Family Camp	PG
9/29	The Accountant	R

***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.

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



What Going on at Highland

Trips

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



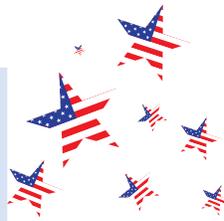
Coordinators Corner:

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



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



let's
CELEBRATE
our
HARD WORK

Saturday Afternoon Dance

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

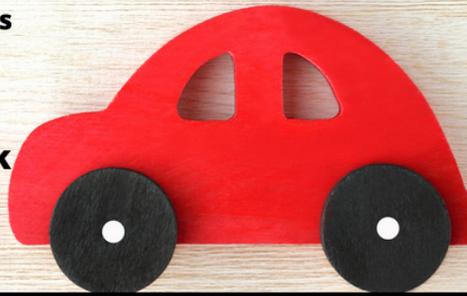
Classes

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

HIGHLAND SENIOR CENTER PINOCHLE



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

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



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**



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.**

Special Events

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.



AmeriCorps Seniors

RSVP Advisory Council Members Needed

RSVP (Retired & Senior Volunteer Program)

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

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.

RSVP Advisory Council Member Responsibilities

- 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

PRIME TIME

50+

EXPO

FREE EVENT

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 505-242-2428 For More Information





Brought to you by:









Transportation from Highland will be Provided. Please inquire at front desk

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.



UPCOMING EVENTS AT HIGHLAND

**"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



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

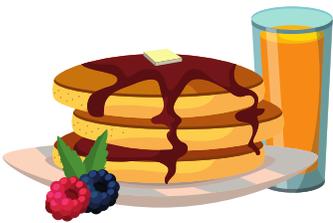
Specials

- Huevos Rancheros \$1.50 (Tuesday & Friday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

A-l-a-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!



****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**
- 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¢



Menu is Subject to Change

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

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

**ONE
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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.



Monday	Tuesday	Wednesday	Thursday	Friday
Aug 29	Aug 30	Aug 31	Sept. 1	Sept. 2
<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef & Vegetable Stir Fry ◆ Buttered Noodles ◆ Fresh Seasonal Fruit ◆ Green Beans w/ Mushrooms ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ Whole Grain Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Tater Tots ◆ Sliced Tomatoes ◆ Watermelon ◆ 1% Milk
5	6	7	8	9
CLOSED FOR LABOR DAY HOLIDAY 	<ul style="list-style-type: none"> ◆ Cod Fish ◆ Brown Rice ◆ Rosemary Potatoes ◆ Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips in Gravy ◆ Whole Grain Pasta ◆ Steamed Broccoli ◆ Roasted Carrots ◆ Pineapple ◆ 1% Milk 	*Special Event Menu BBQ Pulled Pork Sandwich Ranch Beans Spinach w/ onions Peaches 1% Milk	<ul style="list-style-type: none"> ◆ Baked Ziti w/Veggies ◆ Cauliflower Breadstick ◆ Fresh Berries ◆ Yogurt ◆ 1% Milk
12	13	14	15	16
<ul style="list-style-type: none"> ◆ Teriyaki Chicken Stir Fry w/ Veggies ◆ Green Beans w/ Mushrooms ◆ Brown Rice ◆ Mandarin Orange ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pollock Fish ◆ Parsley Potatoes ◆ Green Peas ◆ Combread ◆ Fresh Red Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Camitas ◆ Pinto Beans ◆ Calabacitas ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/ Gravy ◆ Roasted Carrots ◆ Mashed Potatoes ◆ Whole Grain Dinner Roll ◆ Seasonal Fresh Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera w/ Veggies ◆ Spinach ◆ Garlic Breadstick ◆ Cantaloupe ◆ Greek Yogurt ◆ 1% Milk
19	20	21	22	23
<ul style="list-style-type: none"> ◆ Meatloaf w Gravy ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Whole Grain Dinner Roll ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Roasted Beets ◆ Green Beans w/ Mushrooms ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Chili Bowl ◆ Succotash ◆ Combread ◆ Red or Green Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Flour Tortilla ◆ Fresh Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Herbed Pork Loin ◆ Ancient Grain Blend ◆ Cauliflower ◆ Sautéed Zucchini ◆ Applesauce ◆ 1% Milk
26	27	28	29	30
<ul style="list-style-type: none"> ◆ Baked Chicken and Cheesy Rice ◆ Corn & Red Peppers ◆ Broccoli ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon w/ Lemon Butter Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetables ◆ Whole Grain Roll ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet & Sour Pork w/ Stir Fry Veggies ◆ Cabbage ◆ Warm Apples ◆ Whole Grain Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Italian Vegetables ◆ Bread Stick ◆ Sugar Cookie ◆ 1% Milk

Menu is Subject to Change