

December 2022

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108



*However you Celebrate
Best wishes for a Wonderful
Holiday Season!*

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



**KWANZAA
BLESSINGS**



Our Mission

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



Anna Sanchez, Director
Department of Senior Affairs



General Information



Tuesday, December 20th, 2022
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, December 7th, 2022
(General Legal Clinic)

SCLO will hold a General Legal Clinic on Wednesday, December 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



ONE ALBUQUE RQUE



NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

Senior Affairs
cabq.gov/seniors
505-764-6400

'Tis The Season For Giving

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

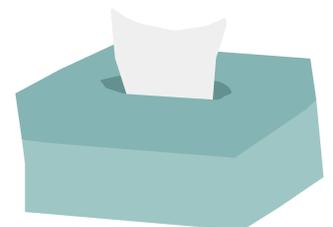
The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Cenral Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

cabq.gov/seniors



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
10:15am - 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 (2nd & 4th only)
5:30pm-6:30pm SAGE Bereavement
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)

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

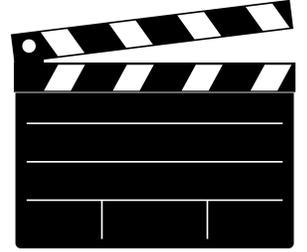
10:00am - 12:00pm Rosemalers (every 2nd)
10:00am - 12:00pm Corvairs of NM (every 1st)
12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th)
12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for
Change (every 3rd)
1:00pm-3:00pm Post-Polio Support (every 1st)
(Discontinued on Saturday July 16th, 2022)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



What's Happening at Highland



AFTERNOON MATINEE



Friday's starting at 2:00pm

12/2	Where The Crawdads Sing	PG-13
12/9	<u>NO MOVIE TODAY</u>	
12/16	Emily The Criminal	R
12/23	ELF	PG
12/30	Wonder	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.**

**COVID-19 & FLU
SHOT CLINIC**

**HIGHLAND SENIOR
CENTER
THURSDAY
December 15TH, 2022
1PM-4PM**

*Friendship
Coffee*

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

We are currently working on some trips so please see our Bulletin Board with the flyers and information. Must be a current member to go on trips!



Coordinators Corner:

Wow, where did the time go! It's the end of the year, another great year in the books! We had a great Veteran's Day Program and had a delicious Thanksgiving dinner! Please take care of yourself, family and friends and get vaccinated!

As always be sure to check out the bulletin boards and monitors for the current events, activities, classes and other important information! Words of wisdom, Age is an issue of mind over matter. If you don't mind, it doesn't matter!

Chris Rogers, Program Coordinator



*Saturday
Afternoon Dances
will resume in January
due the Thanksgiving and
Christmas Holidays!*



**GIVE
THANKS**



EAT PIE

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



SENIOR LGBT MEETING

**Highland Senior Center
131 Monroe St. NE
2nd Thursday of Every Month
2:00 - 4:00 p.m.**



OLOC

THIS GROUP IS A COOPERATIVE COMMUNITY OF OLD LESBIAN FEMINIST ACTIVISTS FROM MANY BACKGROUNDS.

**3rd Saturday of each month
12:30pm-3:30pm**

¿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.**

Closures

Highland Senior Center will be closed on the following dates:



Thursday, December 8th -

All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ sports and Fitness Centers will be Closed for a mandatory staff wide training.



Monday, December 26th - Observance of Christmas Holiday



Monday, January 2nd- Observance of New Year Holiday



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.



Special Event at Los Volcanes Senior Center

DEPARTMENT OF SENIOR AFFAIRS
ANNUAL

Festive Holiday Luncheon

Sunday, December 25, 2022
11 AM - 1 PM

Join us for lots of holiday cheer, live music
entertainment and a traditional holiday lunch
at

Los Volcanes Senior Center
6500 Los Volcanes NW 87121

\$4

Per Person

Call for Reservation &
Pre-Payment Details:

505-767-5999

cabq.gov/seniors

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AmeriCorps Senior Programs



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

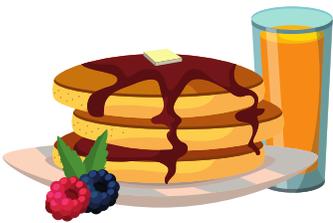
Specials

- 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)**

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

**ONE
ALBUQUE
ROQUE**

December 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



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<ul style="list-style-type: none"> ◆ Salisbury Steak/Mashed Potatoes w/Gravy ◆ Sliced Carrots ◆ Diced Beets ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Stewed Tomatoes ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Tamales ◆ Pinto Beans ◆ Calabacitas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	CLOSED	<ul style="list-style-type: none"> ◆ Sesame Beef w/Pepper & Onions ◆ Chow Mein Noodles ◆ Stir Fry Vegetables ◆ Fortune Cookie ◆ 1% Milk 
12	13	14	15	16
<ul style="list-style-type: none"> ◆ Seasoned Baked Salmon/Rice Pilaf ◆ Succotash ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion ◆ Brown Rice ◆ Okra w/Diced Tomatoes ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Gravy/ Bowtie Pasta ◆ Garlic Brussel Sprouts ◆ Peach Crisp ◆ Croissant/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes ◆ Seasonal Vegetable ◆ Warmed Sliced Apples ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Broccoli ◆ Garlic Breadstick ◆ Pear ◆ 1% Milk 
19	20	21	22	23
<ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Crinkle Cut Fries ◆ Steamed Spinach ◆ Mixed Fruit ◆ Whole Grain Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Pot Pie ◆ Ancient Rice ◆ Steamed Broccoli ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Pork Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Peas w/Carrots ◆ Strawberries w/ Pound Cake ◆ Dinner Roll w/ Margarine ◆ 1% Milk 
26	27	28	29	30
<p>Closed for Christmas</p> 	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Roasted Potatoes ◆ Stewed Tomatoes ◆ Whole Grain Biscuit ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod over Brown Rice ◆ Green Beans ◆ Caluliflower w/ Red Peppers ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Calabacitas ◆ Steamed Cabbage ◆ Flour Tortilla ◆ Rice Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes ◆ Collard Greens and Black eyed Peas ◆ Cornbread ◆ Grapes and a Fortune Cookie ◆ 1% Milk 

Menu is Subject to Change