

October 2022

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108



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.

ncoa
National Council on Aging

**ONE
ALBUQUE
RQUE**

General Information



Tuesday, October 18th, 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, October 5th, 2022
(General Legal Clinic)

SCLO will hold a free General Legal Clinic on Wednesday, October 5th 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

Message from the Manager



2021 marked the first year that we recognized and celebrated Indigenous Peoples Day, as many of you know our Centers are now closed on this day as it is a National Holiday, I thought that I would give you a bit of a narrative as to what and why we are now honoring this day. Please read below!

Julianna Brooks, Center Manager



Highland Senior Center will be Closed on Monday, October 10th in Honor of



What is Indigenous Peoples Day and why is it celebrated?

Indigenous Peoples' Day honors the past, present, and futures of Native peoples throughout the US. The holiday recognizes the legacy and impact of colonialism on Native communities, and it also celebrates the cultures, contributions, and resilience of contemporary Native peoples.

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

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-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)

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)

Wednesday

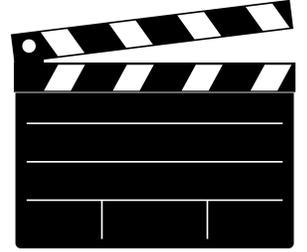
8:30am - 12:30pm GEHM Clinic (every 1st)
8:15am - 10:00am AM Adapted Aquatics
9:00am - 10:00am Exercise to Music w/Jane
9:00am - 12:00pm Senior Citizen's Law Office
Appointments (every 1st)
10:00am -12:00pm Highland Harmonizers
10:00am- 12:00pm Sage Men's Coffee (every other week)
10:15am - 11:15am Gentle 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



What's Happening at Highland



AFTERNOON MATINEE



Friday's starting at 2:00pm

10/7 Elvis PG-13 starting this one at 1:30pm

10/14 No movie today

10/21 No movie today

10/28 The Intern PG-13 starts at 2 pm

***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
OCTOBER 20TH, 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:

Fall is in the air! Check out the what's planned to finish the year, 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. Let me know if you would like to lead a class, activity, or club etc. !

Chris Rogers, Program Coordinator



Wondering about open enrollment or questions
Events from multiple sponsors
Humana & United Healthcare

UNITED HEALTHCARE

Tuesday Octo.4th,2022

8:30am -10:30am

HUMANA

Wed. Octo. 19th, 2022

9:00am-11:00am

Saturday Afternoon Dance

*Dance to the sounds of Ranchera's,
Cumbia's, Polka's, Country
and Rock-n-roll.*

Saturday, October 22nd, 2022

12:00pm-3:00pm

\$3.00 per person



*Music by:
Impresion*

Saturday October 22nd

From 12 noon - 3pm

Cost: \$3.00

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

HIGHLAND SENIOR CENTER MEXICAN TRAIN



**WEDNESDAYS
12:30PM-4:00PM
ROOM 5**

Mexican Train is game played with dominoes. The object of the game is for the player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from central hub or "station".

Learn To Play Ukulele With Us

UKULELE BEGINNERS WITH
ANNE WITTHROW, WHO
SAYS: "IF YOU CAN'T HAVE
FUN, IT ISN'T WORTH IT."

Learn the basics of
ukulele; holding,
strumming, chords and
playing songs!

**WEDNESDAYS:
4:30PM-6:30PM
ROOM 7**



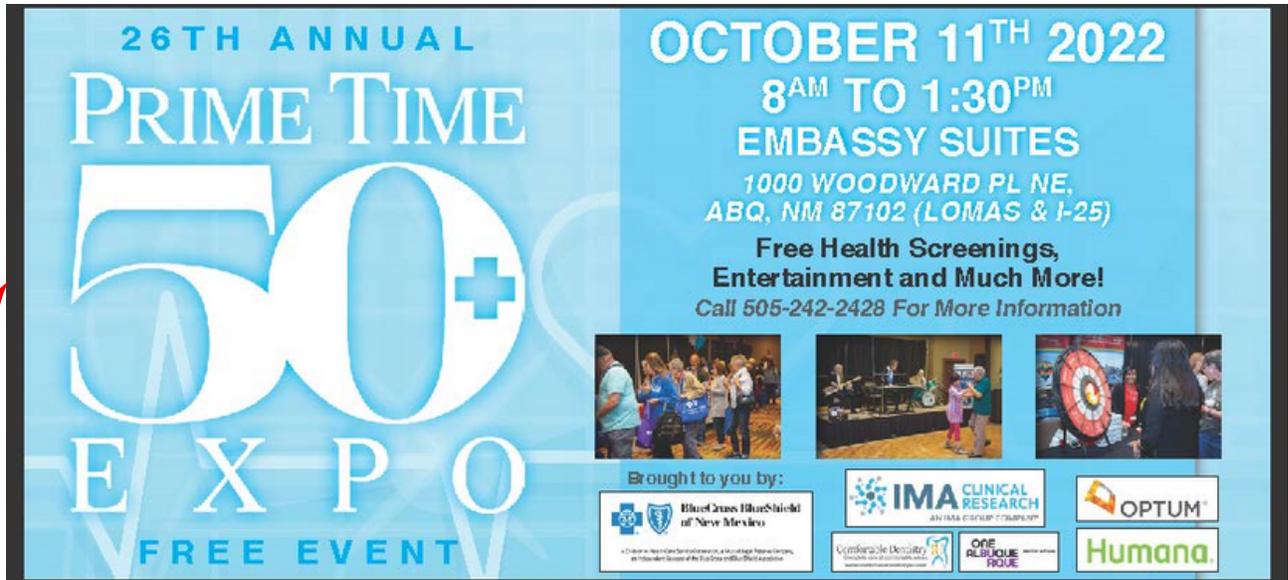
¿HABLA ESPAÑOL?



**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.**

Special Events at Highland



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:

- Blue Cross BlueShield of New Mexico
- IMA CLINICAL RESEARCH
- OPTUM
- Veritas Health Systems
- ONE ALBUQUE RIQUE
- Humana



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



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.

<p>WEDNESDAY SEPT 28</p> <p>North Domingo Barra Multigen Center</p>	<p>FRIDAY OCT. 7</p> <p>Highland Senior Center</p>	<p>THURSDAY OCT. 20</p> <p>Manzano Mesa Multigen Center</p>	<p>FRIDAY OCT. 28</p> <p>Los Volcanes Senior Center</p>
--------------------------------------------------------------------------------------------	----------------------------------------------------------------	-------------------------------------------------------------------------	---------------------------------------------------------------------

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

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

**Hey
BOO**

**Stay
SPOOKY**

HALLOWEEN BASH

Join us on Thursday, October
27th for our Annual Halloween
Bash

2:00pm - 4:00pm

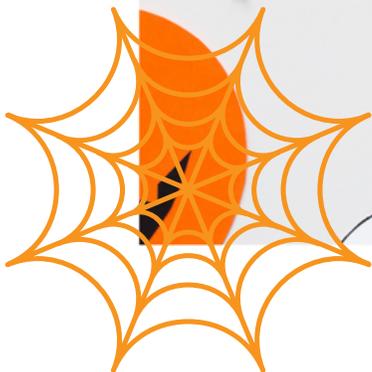
Music, treats, cake walk and
costume contest!

**Music by Jimmy Jones

**TRICK
OR
TREAT**



BOO



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

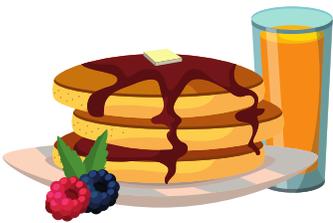
Specials

- 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-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!



****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
RQUE**

OCTOBER 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
3	4	5	6	7
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Pinto Beans ◆ Roasted Corn ◆ Pineapple ◆ Flour Tortilla ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Stroganoff ◆ Broccoli & Red Peppers ◆ Seasonal Vegetables ◆ Bread Stick ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Omelet w/ Fajita Blend ◆ Buttered Spinach ◆ Tater Tots ◆ Rice Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/ Gravy ◆ Mashed Potatoes ◆ Brussel Sprouts ◆ Dinner Roll ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Zucchini & Red Peppers ◆ Seasonal Vegetables ◆ Grapes ◆ 1% Milk 
10	11	12	13	14
CLOSED FOR INDIGENOUS PEOPLES DAY	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Rice ◆ Vegetable Blend ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Frito Pie ◆ Pinto Beans ◆ Spinach ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Catfish ◆ Crinkle Cut Fries ◆ Diced Tomato ◆ Collard Green ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Macaroni and Cheese ◆ Green Beans ◆ Seasonal Vegetables ◆ Cantaloupe ◆ 1% Milk 
17	18	19	20	21
<ul style="list-style-type: none"> ◆ Bratwurst w/ Onion & Peppers ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Diced Pears ◆ Hoagie Bun ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/ Gravy ◆ Sweet Potatoes ◆ Beets ◆ Dinner Roll ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Eggplant Parmesan ◆ Pasta w/ Marinara ◆ Carrots ◆ Broccoli ◆ Greek Yogurt w/ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Butter Tilapia ◆ Brown Rice ◆ Green Peas ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Beef Stew ◆ Pinto Beans ◆ Calabacitas ◆ Cinnamon Apples ◆ Flour Tortilla ◆ 1% Milk 
24	25	26	27	28
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Bread ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Baked Chicken ◆ Collard Greens ◆ Seasonal Vegetables ◆ Croissant ◆ Cranberry Sauce ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Brown Rice ◆ Cauliflower ◆ Green Peas ◆ Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Butter Salmon ◆ Orzo Pasta ◆ Carrots w/ Parsley ◆ Broccoli & Cauliflower ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Pasta ◆ Corn w/ Red Peppers ◆ Brussel Sprouts ◆ Tapioca Pudding ◆ 1% Milk 
31	Nov. 1	Nov. 2	Nov. 3	Nov. 4
 <ul style="list-style-type: none"> ◆ Red Swamp Water (Posole) ◆ Witches Potion ◆ Mystery Mix ◆ Bat Wings ◆ Ghostly Pumpkin ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Burger ◆ Tater Tots ◆ Diced Tomatoes ◆ Peppers & Onions ◆ Banana ◆ Hamburger Bun ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Ancient Grains ◆ Broccoli ◆ 5-Way Vegetables ◆ Diced Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Macaroni & Cheese ◆ Sliced Zucchini ◆ Carrots ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Catfish ◆ Sweet Potatoes ◆ Pinto Beans ◆ Collard Greens ◆ Grapes ◆ 1% Milk 

****Friendly Reminder,**

Menu is Subject to Change

Meals are to be consumed in the Social Hall and are not permitted to take out.

Thank You for your cooperation!