



Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

2023

Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque - from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque - and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on **Wednesday, September 20th.**

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall.

We want to hear from you!

Best regards,

Director Anna Sanchez



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



Anna Sanchez,
Director
Department of
Senior Affairs



General Information

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

Tuesday, October 17th, 2023
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, September 6th, 2023, starting at 9 am (by appointment with SCLO 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. The SCLO receptionist will make sure that SCLO handles the legal issue the senior has.

Introducing DSA's New
Volunteer Program for
ALL-AGES

Introducing: VIA (Volunteers In Action)
VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community.

Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless!

Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!



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
- 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)

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)
- 4:00pm-6:00pm ORCA Game Night (2nd & 4th)
- 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-4:00pm Senior LGBT Meeting (every 2nd)

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
- 10:30am-12:00pm Hi-Toners
- 12:30pm-2:00pm Adapted Aquatics
- 2:00pm-4:00 pm Afternoon Matinee

Saturday

- 10:00am-12:00pm Rosemalers (every 2nd)
- 10:00am-12:00pm Corvairs of NM (every 1st)
- 12:30pm-3:30pm NM OLOC/Old Lesbians Organizing for Change (every 3rd)
- 1:30pm-3:30pm Music Jam Session (every 2nd)

Please see our bulletin board for details about on-going classes



What's Happening at Highland

AFTERNOON MATINEE

Movies start at 2pm unless otherwise noted

<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>	
9/1	The Book Club	PG-13	2pm
9/8	Missing	PG-13	2pm
9/15	Shazam Fury of the Gods	PG-13	1:30pm
9/22	Creed III	PG-13	2pm
9/29	Open Range	R	1:30pm



***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.

Trips

A minimum of six people must sign up for trips in order for the van to depart. Sign up **REQUIRED** at the front desk for all trips and you must

have a current membership to participate in Trips!

Please see our bulletin board for trip flyers and details!

MON. SEPT. 11TH-TRIP TO STATE FAIR

WED. SEPT. 20TH-TRIP TO NATURAL HISTORY

MUSEUM



http://



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!



What's Going on at Highland

Coordinators Corner:

Did you know that September is “National Senior Center” Month? There are over 10,000 senior centers in communities and neighborhoods across the country, providing access to information, opportunities, and support to improve the lives of older adults. Let's remember our vision and mission this month. Our vision, to be the community leader, who, in partnership with others, involves seniors in creating, and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life. Department of Senior Affairs: we are committed to providing resources with care and compassion that help our community thrive while embracing aging. We will continue to improve and add more programming at Highland Senior Center. As always, please see me about starting a class or any activities that you would like to see around Highland Senior Center! *Please remember that a \$20.00 membership is required for ALL programs and activities.* Check out the bulletin boards and monitors for the current events, activities, classes, and other important information!

**Words of wisdom, in youth we learn in age we understand.
To some people age is just a number. But to others, it's a gift.**

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**



AARP

BEGINNING LINE DANCING

Don't miss out on this awesome opportunity!



**Join our class every Wednesday.
2:00pm- 3:30pm and enjoy learning some basic line dancing steps!**

**HIGHLAND SENIOR CENTER
WEDNESDAYS
2:00PM-3:30PM
SOCIAL HALL**



HIGHLAND JAM SESSION

We jamming! We jamming! Come on and jam with us!!! The jam session is open to anyone who wants to sit-down and share the gift of music with others. See ya there!!

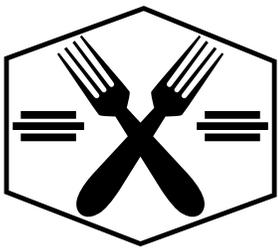
**2ND SATURDAY OF THE MONTH
1:30PM-3:30PM**

Bring an instrument or two if you have one, so we can share. Come share your musical experience with old friends or meet new people while jamming!



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

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm.

Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

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

Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- Support the program development by acting as the ears and eyes of the Department, assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities.
- Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.

Senior Affairs Advisory Council Meetings **All Meetings start at 12 noon**

August- NO Meeting

Monday, September 18, 2023
Casa Kitchen - 2540 Karsten Ct. SE

Monday, October 16, 2023
Senior Information & Assistance - 1620 1st St. NW

Monday, November 20, 2023
Manzano Mesa Multigenerational Center - 501 Elizabeth

December 2023 - NO Meeting



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.

Our Mission

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



SPECIAL EVENT



*Saddle up and mosey on down to
Highland Senior Center for our*

Dudes & Dollies Dance



Featuring

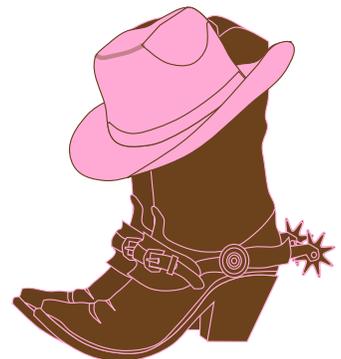
Paul Pino & Tone Daddies

**Tickets Only \$3.00
please purchase your
ticket at the front desk
starting August 14th.**

Thursday, September 28th

Time: 2:00pm-4:00pm

Food, Fun, and Dancing



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

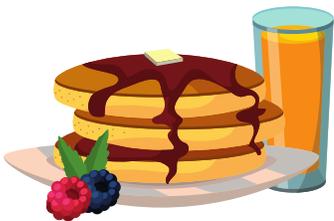
Specials

- 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

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**

September 2023

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
28	29	30	31	1
<ul style="list-style-type: none"> ◆ Sliced ham w/ cornbread ◆ Pinto beans ◆ Collard greens ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef and vegetable stir fry ◆ Buttered noodles ◆ Green beans w/ mushrooms ◆ Fresh seasonal fruit ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Fish and chips ◆ Stewed tomatoes ◆ Warm sliced apples ◆ Whole grain dinner roll ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken w/ ziti pasta ◆ Steamed broccoli ◆ Carrots and zucchini ◆ Fresh strawberries ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile cheeseburger ◆ Tater tots ◆ Sliced tomatoes ◆ Whole grain bun ◆ Watermelon ◆ 1% milk 
4	5	6	7	8
<p>Closed</p> 	<ul style="list-style-type: none"> ◆ Cod Fish over brown rice w/ tarter sauce ◆ Roasted bell peppers ◆ Brussel sprouts ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef tips in brown gravy over bow tie pasta ◆ Steamed broccoli ◆ Roasted carrots ◆ Pineapple ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked ziti blended vegetables ◆ Cauliflower ◆ Garlic breadstick ◆ Fresh blueberries or seasonal fruit ◆ 1% milk 	<ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Ranch style beans ◆ Spinach w/ pearl onions ◆ Whole grain dinner roll w/ margarine ◆ Peaches ◆ 1% milk 
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Teriyaki chicken brown rice ◆ Green beans w/ mushrooms ◆ Stir fry vegetables ◆ Fortune cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pollock fish w/ tarter sauce ◆ Parsley potatoes ◆ Green peas ◆ Banana ◆ Cornbread ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pork Carnitas ◆ Pinto beans ◆ Calabacitas ◆ Flour tortilla ◆ Grapes ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Roast beef w/ brown gravy ◆ Sliced carrots ◆ Mashed potatoes ◆ Whole grain dinner roll w/ margarine ◆ Fresh plum or seasonal fruit ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pasta primavera w/ parmesan ◆ Spinach ◆ Garlic breadstick ◆ Cantaloupe ◆ Greek yogurt ◆ 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Southwest omelet ◆ Stewed Tomatoes ◆ Hash browns ◆ Flour tortilla ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Rotisserie chicken over brown rice ◆ Sliced beets ◆ Green beans w/ mushrooms ◆ Banana ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chili bowl: beef, beans, red chile ◆ Succotash ◆ Cornbread ◆ Fresh grapes ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/ gravy ◆ Mashed potatoes ◆ Sliced carrots ◆ Whole grain dinner roll w/ margarine ◆ Mandarin Oranges ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Herb pork loin w/ gravy over ancient grain blend ◆ Cauliflower ◆ Sautéed zucchini ◆ Applesauce ◆ 1% milk 
25	26	27	28	29
<ul style="list-style-type: none"> ◆ Baked chicken and cheesy brown rice ◆ Corn & red peppers ◆ Broccoli ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/ lemon butter ◆ Roasted rosemary potatoes ◆ Seasonal vegetable ◆ Whole grain dinner roll w/ margarine ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Sweet & sour pork w/ stir fry vegetables ◆ Steamed cabbage ◆ Warm sliced apples ◆ Whole grain dinner roll ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef enchiladas ◆ Pinto beans ◆ Calabacitas ◆ Sugar cookie ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Turkey tetrazzini: turkey, spaghetti, green peas ◆ Italian vegetable blend ◆ Breadstick ◆ Cherry cobbler ◆ 1% milk 