



Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

2022

Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments! I hope you will join us, as we always look forward to visiting with you.

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



Tuesday, August 16th, 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.



Wednesday, August 3rd, 2022
(General Legal Clinic)

SCLO will hold a free general legal clinic on Wednesday, August 3rd 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

Message from the Manager

I would just like to remind members that many extended memberships have expired on June 30th. You can still renew your membership and are encouraged to do so as soon as you can. Membership is required to participate in our programming at DSA facilities.

Department of Senior Affairs Catalog will soon come to the centers again, the catalogs will feature on-going activities at all centers. We will continue to advertise NEW classes, trips, Special Events in our Newsletter on Social Media and also on our bulletin boards.

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



EXTRA EXTRA!!!!



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



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 noon 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)
4:30pm - 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
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

Presentation



Highland's Fun Day Sponsored by



Come join us at Highland Senior Center for some informational fun, games, and some snacks!

- Are you UHC member?
- Current members want to know more about benefits on your plan or concerns.
- Just wanna have some fun, games and some snacks (freebies, giveaways, etc.!)

FRIDAY AUGUST 26TH, 2022
9:00AM - 11:00AM
HIGHLAND SENIOR CENTER



Afternoon Matinee

Friday's starting at 2:00pm

8/5	Father Stu	R
8/12	The Contractor	R
8/19	Fatherhood	PG-13
8/26	Knight and Day	PG-13

** 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.

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

Various Trips are TBD.
Thank You for your Patience!



Coordinators Corner:

Wow, the summer is almost over and its been hot! Hope you attend the AFR Fall Prevention Class it was very helpful and informative! Look for the next one to attend in October. Also big thanks and shout to Marlene from Humana for the cool & tasty root beer floats! 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



SATURDAY Afternoon Dance



Enjoy the upbeat sounds of your favorite classics from country, folk, pop and Spanish-language artists!



Music by:

A Long Drink of Water

Saturday August 27th

From 12 noon - 3pm

Cost: \$3.00

Flea MARKET

COME AND SUPPORT OUR VENDORS AND FIND SOME GREAT DEALS. VENDORS WILL HAVE ALL TYPES OF ITEMS FOR SALE!

EVERY MONDAY
8AM - 12NOON
ROOM 7



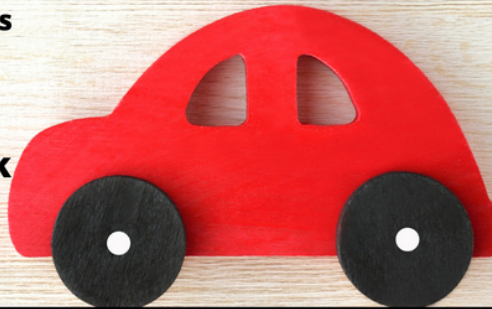
Classes

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

Ukuleles Are ...



Portable
Inexpensive
Mellow Sounding
Solo Instruments
Ensemble Instruments
Educational
Cross-cultural
Great for ear-training
Excellent music theory tools
Appealing and engaging
Melodic, rhythmic & harmonic
Flexible—FUN!!



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

Ukulele Beginners

With Anne Withrow, who says:
"If you can't have fun, it isn't worth it."

Wednesday

4:30 pm - 6:30 pm

Check Front Desk for Room Number

A GATHERING OF ARTISTS



ARTIST SERIES

Started by Ralph Lewis

This group of artists will present and gently critique art pieces

IN ANY MEDIUM

All levels are welcome!

Monday - Room 2

10:00 AM - 11:30 AM



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.



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.



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



Blue Cross Blue Shield of New Mexico Care Van Events

Senior Affairs and Blue Cross and Blue Shield of New Mexico are partnering to bring a no-cost mobile van health event featuring health screenings from 9am-12pm and Medicare IOI education from 10-11am at senior and multigenerational centers. Transportation will be provided. Visit with front desk staff for more information or to sign up and reserve your space today.

Event Dates:

North Domingo Baca Multigenerational Center - Wednesday September 28

Highland Senior Center -Friday October 7

Manzano Mesa Multigenerational Center- Thursday October 20

Los Volcanos Senior Center Friday October- 28



**BlueCross BlueShield
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

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

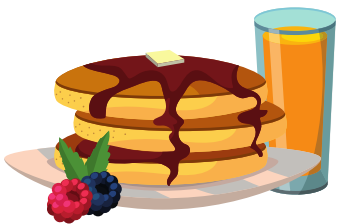
Specials

- 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!



AUGUST 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
1	2	3	4	5
<ul style="list-style-type: none"> ◆ Meatloaf w/ Tomato Gravy ◆ Roasted Red Potatoes ◆ Succotash ◆ Fresh Seasonal Fruit ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Calabacitas ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Philly Cheese Steak Sandwich ◆ Steamed Carrots ◆ Cinnamon Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/ Marinara Sauce ◆ Broccoli w/ Red Peppers ◆ Seasonal Vegetable ◆ Garlic Bread Sticks ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon w/ Pineapple ◆ Brown Rice Pilaf ◆ Diced Beets ◆ Seasonal Vegetable ◆ Honeydew Melon ◆ 1% Milk
8	9	10	11	12
<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Rice ◆ Fajita Blend Veggies ◆ Green Peas ◆ Vanilla Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger w/ Mushrooms ◆ Seasonal Vegetable ◆ Tater Tots ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lime Fish Tacos ◆ Calabacitas ◆ Steamed Carrots ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Spinach w/ Onions ◆ Sweet Potatoes ◆ Watermelon or Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Zucchini w/ Red Peppers ◆ Seasonal Vegetable ◆ Fresh Peaches or Fresh Seasonal Fruit ◆ 1% Milk
15	16	17	18	19
<ul style="list-style-type: none"> ◆ Omelet w/ Red Chile ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit w/ Margarine ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti W/ Meatballs ◆ Green Beans ◆ Seasonal Vegetable ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roasted Pork Loin w/ Brown Gravy ◆ Scalloped Potatoes ◆ Seasonal Vegetable ◆ Whole Grain Roll ◆ Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pollock w/ Tartar Sauce ◆ Brown Rice ◆ Seasonal Vegetable ◆ Green Peas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	CHILLED MEAL <ul style="list-style-type: none"> ◆ Chicken Salad Sandwich on Whole Grain Bread ◆ Fresh Cucumber Slices ◆ Cole Slaw ◆ Cantaloupe ◆ 1% Milk
22	23	24	25	26
<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Brown Gravy ◆ Seasonal Vegetable ◆ Mandarin Oranges ◆ Roasted Rosemary Potatoes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pork ◆ Baked Beans ◆ Whole Grain Roll ◆ Fresh Seasonal Fruit ◆ Broccoli & Red Peppers ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken w/ Brown Rice Pilaf ◆ Sweet Potatoes ◆ Green Beans ◆ Red Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Seasonal Vegetable ◆ Summer Squash ◆ Garlic Breadstick ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Garlic Tilapia ◆ Ancient Grain Blend ◆ Brussels Sprouts ◆ Corn & Bell Peppers ◆ Honeydew Melon ◆ Cookies ◆ 1% Milk
29	30	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

Menu is Subject to Change