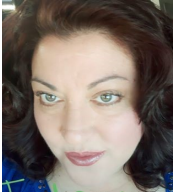


The Highland Fling

131 Monroe NE 87108

767-5210



A Message from the Center Manager



Join us for our Traditional St. Patrick's Day Luncheon, details are on page 12. Reservations are required for this luncheon and we will **NOT** be serving the Ala-Carte Menu on this day. Make your reservations now because space is limited!!

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March 2020



Timothy M. Keller, Mayor



Anna Sanchez Director

Highland Senior Center Hours of Operation

Monday 8:00 a.m. - 5:00 p.m.

Tuesday 8:00 a.m. - 5:00 p.m.

Wednesday 8:00 a.m.-7:00 p.m.

Thursday 8:00 a.m.- 5:00 p.m.

Friday 8:00 a.m.- 5:00 p.m.

Saturday 10:00 a.m.- 4:00 p.m.

Sunday - Closed

Highland Staff

Julianna Brooks
Center Manager

Janie Macias
Program Coordinator

Gloria Ortiz
Office Assistant

Stacie Davis
Program Assistant

Anna Wood
Program Assistant

Darlene Lopez-Martinez
General Service

Richard Tucker
Cook





Coordinator's Corner



March 4th is the only time the calendar gives a command. So if you feel tired on this day....
“March Forth”

The Novel Club is looking for people that would like to join and be part of the reading club.
2nd Saturday of each month
2:45 p.m. to 3:45 p.m.
Food for the brain!

Heart of Cora

King & Queen
Martinez

Duchess



King and Queen of Hearts Valentine Luncheon



Did you know that you can follow us on Facebook? Keep up with what's going on around our centers and with the Department of Senior Affairs.

Find us at:

ABQ Department of Senior Affairs!



A Current membership is required to participate in Senior Center Activities and Trips. Membership is only \$20 per year. Please look at the back of your card to check your expiration date. If you have lost or misplaced your card please check with the Highland Senior Center front desk to see how to replace it! Thank You for your Cooperation!

**Our Mission....
The Department of Senior Affairs is a community leader, who in partnership with others, involves Seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity**





Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza.**

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

The Foster Grandparent Program



FGP supports over 80 volunteers who contribute more than 80,000 hours to children each year! Volunteers serve in over 40 sites throughout Albuquerque, including: elementary schools, head start programs, and day care centers.

Having a volunteer in the classroom benefits everyone involved: The **Teacher**, by providing additional support to mentor and tutor children, one-on-one, The **Senior**, by providing an opportunity to remain active and engaged in their community, and **Children** with special and exceptional needs, by offering assistance from another positive adult role model and giving them the necessary attention for mental, emotional, and social development.

Eligibility Requirements:

- Be 55 or above and willing to serve 20 hours per week
- Pass a physical, tuberculosis test, and background check
- Love Children and wish to make a positive difference in their lives

Benefits:

- Pre-service and monthly trainings
- Supplemental accident and liability coverage while on duty
- Meals while on duty
- Mileage reimbursement
- Annual recognition events
- Stipend for those who are income-eligible
- Remain active while making a difference

Call (505) 764-6412
For more Information



SENIORS GOT TIME? NEED \$\$\$\$\$?

The Senior Companion Program Needs YOU!

Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members. Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year.

Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

For information call Heath Barkley at
(505) 764-1612

Educational Services

REGISTER NOW

AARP

Every 1st Thursday

Smart Driver Course

Thursday, March 5, 2020

12:15 p.m. - 4:15 p.m.

****Please call the front desk to register for a class**

GEHM Clinic

GEHM Clinics are nurse managed clinics, that promote healthy aging by addressing the concerns of senior citizens. The clinics provide a wide variety of health services to help seniors obtain and maintain the highest level of health and independence.

Services are provided by Registered nurses from University of New Mexico College of Nursing assisted by UNM Health Sciences students.



Wednesday, March 11, 2020

8:00 a.m.- 12:30 p.m.



3rd Tuesday of Each Month
No Appointment Necessary!

Tuesday, March 17, 2020

1:00 p.m. General Lecture on wills, probate, powers of attorney, related topics.
2:00 p.m. Medicaid/Estate Planning

1st or 2nd Wednesday of Each Month
By Appointment Only

Wednesday, March 4, 2020

(One on one - General Legal Clinic)

The Senior Law Office will be offering the following Clinics here at Highland Senior Center.

- Preparation of Powers of Attorney
- Cremation Authorizations
- EMS/DNR

You must Contact the Senior Law Office Yourself to Schedule your Appointment for the Wednesday Clinics.

265-2300

Presentation

Medicare 101 Informational

Wednesday, March 25, 2020

10:00 a.m. - 11:00 a.m.

Room 8

Presenter: Med'Care Senior Insurance Solutions

Are you turning 65 and confused about your Medicare Health Plan options?

This presentation will share tools and resources to help you understand the types of coverages right for you.

Please view the flier board for more information and sign up at the front desk.

Presentations are subject to change.



Meetings & Groups



**Senior Affairs Advisory Council Meeting
Highland Senior Center- 131 Monroe NE
Monday, March 16,2020**

Promote awareness and education on senior issues, increasing community involvement and commitment.

Advocate on behalf of seniors, insuring 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 by identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities

The Council is looking for members! Attend this meeting to find out how you can join.

Or Apply at www.cabq.gov/clerk/boards-commissions.

New Classes

Learn to Play the Ukulele

**Basic Ukulele Class
Wednesdays
4:30 p.m. to 6:30 p.m.
Instructed by: Anne**



“Guitar Consortium”

**Wednesdays
1:00 p.m.- 2:30 p.m.
Instructor: Den**



**“Get Moving
Cardio/Aerobics/Dance”
Join this fun group and learn
some new moves!!**

Tuesdays - 2:00 - 3:00 p.m.

Instructor:

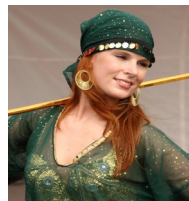
Gigi Osoria

*Sponsored by Silver
Sneakers*



Beginning Belly Dance Class

**Get in touch with your inner beauty
while learning the gentle approach to
this ancient art form that can be
enjoyed by women of all ages,
abilities, sizes and
shapes.**



Fridays

8:45 a.m. to 9:45 a.m.

Room 8

What's Happening at Highland



Enjoy an afternoon of music,
dancing with a live band.

March 28, 2020

Los Recuerdos Band

Refreshments will be served.

Dances are held every
4th Saturday of the month

12:00 to 3:00 p.m.

Cost: \$3.00



Monthly Birthday Celebration

Happy Birthday March Members!
Come join us in the social hall for
a time of celebration!

Wednesday, March 4, 2020

from 1:00 p.m.- 1:30 p.m.

Special Music and Birthday Cake.

1st Wednesday of the month



Afternoon Matinee Movie



03/06/2020

Motherless Brooklyn-R

03/13/2020

Knives Out-PG-13

03/20/2020

Ford v Ferrari-PG-13

03/27/2020

The Bucket List-PG-13



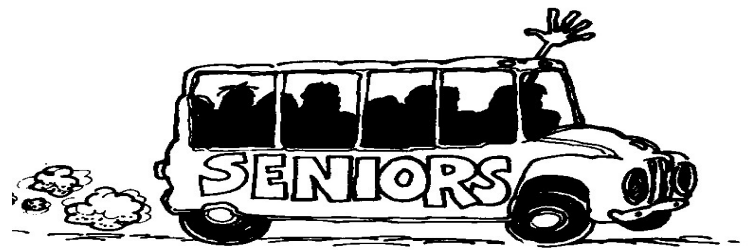
Friday's at 2:00 p.m.

Free bag of popcorn



Movies are subject to change

Trips



Santuario de Chimayo/Lunch

Tuesday, March 31, 2020



Please see flyers on the bulletin board for more information.
Please check in at the front desk

Dates to sign up for trips:
Tuesday, March 10, 2020
for April through June trips.

Skidmore's Holiday Bowling
Wednesday, April 15, 2020



Madrid, New Mexico
Tuesday, May 12, 2020

Los Poblanos Historic Farm
Tuesday, June 23, 2020

Trips are subject to change and we will make every attempt to notify you of any changes.

Entry Fees are subject to change. Thank you for your cooperation!

An "UPDATED" Department of Senior Affairs Senior Center Membership Card is also Required

Hiking



Signing-Up with the Front Desk Is Required!

Check In: 8:00 a.m. • Depart: 8:15 a.m.

Tuesday, March 10, 2020 - Ponderosa Trail

Tuesday, March 24, 2020 - Battleship Rock

*Hikes are subject to change.

You may view the Hike Schedule at www.aschg.org

Announcements



Highland is currently taking CALLS to Schedule Tax Appointments !

Appointment's
(NO MORE APPOINTMENTS AVAILABLE)

Walk-in Only will take place every Friday, starting January 31st - April 10th
**Walk-in is a first come first served basis, numbers will be given to those in line at Approx. 7:45am. Doors will open at 8:00am

Highland Senior Center will host a food market on

Wednesday, March 25th

Tickets will be distributed at 1:30 p.m.

Food Market Starts at 2:30 p.m.

If you need further information on Food Markets please call Silver Horizons at 800-1400.

Participant Code of Conduct

In order that all users may have a pleasant experience at the center, all participants are expected to respect the rights of others and use the center for the purposes of the center only, and adhere to the following behaviors: Maintain personal hygiene that is not offensive or unhealthy.

Use voice and behavior that will not disturb other participants. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive. Show courtesy to other participants and staff.

Respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution. Show consideration for the diversity of staff and fellow participants.

Treat the center material, equipment, furniture, grounds and facility with respect. Use the center and center equipment in a safe and appropriate manner. Keep the building and grounds neat, clean and litter free.

All participants need to be able to:

Function without one-on-one assistance (staff) or have the help of a caregiver, walk safely and independently in the center or use assistive devices independently. All participants need to be able to: Function without one-on-one assistance (staff) or have the help of a caregiver.



Thank You for your Cooperation!

On-Going Activities

Monday

8:00 am - 1:00 pm	Arts Mart/Flea Market
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music w/Jane
10:00 am - 11:30 am	Gathering of Artists
10:15 am - 11:15 am	Gentle Exercise w/Jane
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:00 pm	Mexican Train Dominoes
12:30 pm - 2:30pm	Friendship Coffee
1:00 pm - 4:00 pm	Canasta Card Group
1:30 pm - 3:45 pm	Bingo
1:30 pm - 2:30 pm	Yoga w/Mindy
2:45 pm - 3:30 pm	Balance & Movement for Parkinson's & Others w/Mindy

Tuesday

8:00 am - 4:30 pm	Hikes (are every other Tues.)
8:00 am - 12:00 pm	Quilting
8:15 am - 9:15 am	Flex & Tone w/Jane
9:00 am - 12:00 pm	Open Studio Craft Group
10:00 am - 11:30 am	Portrait Drawing
10:00am - 11:00am	Ball Room Dance
12:00 pm - 4:00 pm	Pinochle
12:30 pm - 3:00 pm	Spanish Intermediate w/Shirley
1:00 pm - 4:45pm	Bridge Group
1:00 pm - 3:00 pm	Senior Citizen's Law Office (every 3 rd Tues.)
1:00 pm - 2:00 pm	Open Studio Spanish Conversation
3:15 pm - 5:00 pm	Highland Players

Wednesday

8:00 am - 12:30 pm	GEHM Clinic (see front desk)
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music w/Jane
9:00 am - 12:00 pm	Senior Citizen's Law Office (every 1 st Wed.)
10:00 am - 12:00 pm	Senior SAGE Men's Group (every 3 rd Wed.)
10:00 am - 12:00 pm	Highland Harmonizers
10:15 am - 11:15 am	Gentle Exercise w/Jane
12:30 pm - 3:30 pm	Mexican Train Dominoes
1:00 pm - 1:30 pm	Birthday Celebration (every 1st Wed.)
1:00 pm - 3:00 pm	Chess for Fun
1:00 pm - 3:00 pm	Open Computer Lab
1:00 pm - 2:30 pm	Guitar Consortium
1:30 pm - 2:30 pm	Gentle Yoga w/Mindy
2:45 pm - 3:30 pm	Balance & Movement for Parkinson's & Others w/Mindy
3:30 pm - 5:00 pm	Table Tennis/Ping Pong
5:00 pm - 6:00 pm	Corvair Meeting (every 3 rd Wed.)
4:30pm - 6:30pm	Ukulele

Thursday

8:15 am - 9:15 am	Flex & Tone w/Jane
9:30 am - 12:00 pm	Open Studio Watercolor
9:30 am - 10:30 am	Traditional T'ai Chi Ch'aun w/Sihing Ilene
10:30 am - 11:45 am	Spanish Beginners Level w/Cindy
11:15 am - 12:15 pm	Nia w/Michelle
12:15 pm - 4:15 pm	AARP Smart Driver Course (every 1 st Thurs.) (details page 4)
1:00 pm - 4:00 pm	Open Studio Pottery
1:30 pm - 2:30 pm	Intermediate Traditional T'ai Chi Ch'aun Short Form w/Sifu Ty Beh
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2 nd Thurs.)

Friday


8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music w/Jane
9:00 am - 11:00 am	Senior Softball Meeting (every 2 nd Fri.)
9:30 am - 11:00 am	Rosemalers
10:00 am - 11:00 am	Free Blood Pressure Checks w/Betsy (Walk-ins, No Appt. Needed)
10:00 am - 12:00 pm	Compassion & Choices Lecture Group on Advance Healthcare (every 1st Fri.)
10:15 am - 11:15 am	Gentle Exercise w/Jane
10:30 am - 12:00 pm	Hi-Toners (every 1 st , 2 nd , 3 rd Fri.)
12:30 pm - 2:00 pm	PM Adapted Aquatics
1:00 pm - 3:00 pm	Mah Jongg Chinese Game
1:30 pm - 3:00 pm	Writing About Our Lives
2:00 pm - 4:00 pm	Afternoon Matinee Movie

Saturday

10:00 am - 12:00 pm	OFA of Nob Hill Meeting (every 1 st Sat.)
10:00 am - 12:00 pm	Roadrunner Strummers
12:00 pm - 3:00 pm	Monthly Afternoon Dance (every 4 th Sat.)
12:30 pm - 3:30 pm	NM OLOC/Old Lesbians Organizing for Change (every 3 rd Saturday)
1:00 pm - 3:00 pm	Gray Panthers Group (every 4 th Sat.)
2:45 pm - 3:45 pm	Novel Book Club (every 2 nd Sat.)



Chef Solus Fruit and Veggies Crossword Puzzle

NOURISH 

Across

4 The opposite of a sour potato

8 The outside of this melon looks like a web

12 Tomatoes, cucumbers and lettuce make a nice ____

13 This vegetable looks like a mini tree

15 Dip the leaves in butter and enjoy the heart of an ____

Down

1 This is a fuzzy stone fruit

2 This is a side dish at Thanksgiving

3 A palm tree grows these

5 One popular big squash at Halloween

6 This tropical fruit has a big seed in the middle.

7 This looks like an orange but is smaller

9 Monkeys love them

10 Dip these into Ranch dressing

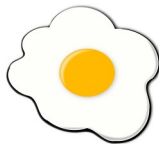
11 Dried grapes are called ____

14 This vegetable has ears (think of cob)

More Nutrition Fun www.ChefSolus.com
Copyright © Nourish Interactive, All Rights Reserved

Breakfast Menu

Full Breakfast.....	\$1.50
Mini Breakfast.....	75¢
Breakfast Sandwich	\$1.00
Burrito.....	\$1.50
French Toast or Pancake.....	25¢
Oatmeal w/Milk.....	70¢
Breakfast Quesadilla.....	\$1.50
(Monday Only)	
Huevos Rancheros.....	\$1.50
(Tuesday & Friday Only)	
Biscuits & Gravy.....	\$1.00
(Wednesday Only)	
Ham & Cheese Omelet.....	\$1.50
(Thursday Only)	



See our Full AI-A-Carte Menu at our Front Desk!
Breakfast is Served Monday-Friday
from 8:00 a.m. — 9:00 a.m.

Lunch al-a-Carte

Monday-Friday 11:30 a.m. - 1:00 p.m.

Grilled Cheese.....	\$1.25
Sandwich of the Day.....	\$1.50
1/2 Sandwich (Salad Only).....	75¢
Soup of the Day	50¢
Pie.....	50¢
Salads.....	Large.....\$2.00
	Small.....\$1.00

Beverages

Milk, or Juice....	25¢
Coffee	30¢
Hot Chocolate...30¢	
Hot Tea.....	30¢



Highland Grill Hot Lunch Special: \$3.25

Reservations Required by 1:00 p.m. the Previous Day - Call 767-5210
Lunch is Served from 11:30 a.m. - 1:00 p.m. * Menu is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Green Chile Chicken Posole Black Beans Calabacitas Sliced Pears	3 Turkey w/Gravy Stuffing Mixed Vegetables Chocolate Chip Cookie	4 Omelet w/Red Chile Rosemary Potatoes Spinach Pineapple	5 Pork Chop White Rice Imperial Blend Vegetables Orange	6 Breaded Cod Steak Fries Coleslaw Brownie
9 Beef Fajitas Tortilla Spanish Rice Pinto Beans Mixed Fruit	10 Chicken Alfredo Penne Pasta Green Beans Garlic Bread Stick Vanilla Pudding	11 Baked Ham Bowtie Pasta Succotash Fresh Pear	12 Chicken Fried Steak Roasted Potatoes Brussel Sprouts Sugar Cookie	13 Baked Ziti Mixed Vegetables Garlic Bread Stick Apple
16 Rotisserie Chicken Baby Carrots Mashed Potatoes Banana	17 Corned Beef Cornbread Red Potatoes Cabbage Green Jell-O	18 Chili Dog w/Cheese Tatar Tots Corn Mandarin Orange	19 Green Chile Meatloaf Brown Rice Mixed Vegetables Sliced Pears	20 Loaded Baked Potato w/ Cheese, Broccoli & Chives Mixed Vegetables Apple Crisp
23 BBQ Chicken Thigh Baked Beans Coleslaw w/ Pineapple & Raisins	24 Swedish Meatballs White Rice Green Beans Apricots	25 Turkey Pot Pie Au Gratin Potato Imperial Vegetables Apple Sauce	26 Beef Enchiladas Corn Flour Tortilla Sliced Pears	27 Cajun Tilapia Pasta w/Garlic Butter Italian Vegetables Grapes
30 Check with front desk for menu	31 Check with front desk for menu			



Special Event

Paddy's Day Party

Tuesday, March 17, 2020

Lunch will be served at:

11:30 a.m. to 1 p.m.

\$3.25

Reservations required.

Make reservations at the front Desk.

Special Music
Gregory
Gould
12:00 p.m.
to
1:30 p.m.

Space is
limited.
See Flyer for
menu.

Other DSA Centers & Departments

Centers

Barelas..... 764-6436
 Bear Canyon..... 767-5959
 Los Volcanes.....767-5999
 Manzano Mesa..... 275-8731
 North Domingo Baca.....764-6475
 North Valley.....761-4025
 Palo Duro..... 888-8102

Fitness Centers

Palo Duro Sports & Fitness..... 880-2800
 Los Volcanes Fitness Center.....767-5990
 North Domingo Baca Fitness.....767-6496



Other Services

DSA Senior
 Transportation 747-6464
 RSVP Program..... 767-5225
 DSA Information and
 Assistance.....764-6400
 City of Albuquerque
 Information..... .311

Did you know you can find this
 Newsletter and our Catalog on the Web?
www.cabq.gov/seniors

