

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



January 2022

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm



**ONE
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We are committed to providing resources with care and compassion that help our community thrive while embracing aging.



ncoa
National Council on Aging



General Information

Educational Services



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

Tuesday, February 15, 2022

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 starting February 15, 2022. This is a group presentation and not a one-on-one clinic. Seniors will sign up for this presentation with Highland's front desk.

**1st Wednesday of
Each Month
By Appointment Only**



Wednesday, January 5, 2022

SCLO will hold a free power of attorney clinic on Wednesday, January 5, starting at 9 am. Seniors who want to complete a health care power of attorney form, a financial power of attorney form, and a cremation authorization form need to call SCLO at 505-265-2300 and sign up with the SCLO receptionist for this clinic.

Wednesday, February 2, 2022

SCLO will hold a free general legal clinic on Wednesday, February 2, 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 on the
1st Wednesday of each month
from 9 to 11 am**

**You must Contact the Senior Law Office
265-2300 to Schedule your Appointment for
the Wednesday Clinics.**

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.

**Thanks to the SCLO
for their donations to
our Annual Senior
Holiday Donation
Drive!!!**

Highland On-Going Activities

Monday

8:00am - 1:00 pm	Arts Mart/Flea Market (Pending)
8:30am - 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
9:00am - 10:30am	Blood Pressure Check
9:30am - 12 noon	Watercolor
10:00am - 11:30am	Portrait Drawing
10:00am - 11:00am	Beginning Ball Room w/Beth
12:00pm - 4:00pm	Pinochle
1:00pm - 3:00pm	Senior Citizen's Law Office

(every 3rd Tues.)

Wednesday

8:30am - 12:30pm	GEHM Clinic (every 1st)
8:30am - 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
1:00pm - 1:30pm	Birthday Celebration (every 1st)
1:00pm - 3:00pm	Chess for Fun
5:00pm - 6:00pm	Corvair Meeting (every 3rd)
4:30pm - 6:30pm	Ukulele

Thursday

8:15 am - 9:15 am	Flex & Tone w/Jane
9:00am-10:00am	Friendship Coffee
10:30am-11:30am	Tai Chi w/Dave
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2nd)

Hello Members,

Many classes have not returned to "normal" meaning pre-Covid-19. So please be patient as we work on new programming or programs that are returning to Highland. If you have any questions regarding the status of a class that you like please contact our front desk.

Thanks, Julianna Brooks, Center Manager

Friday

8:30 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
10:30 am - 12:00 pm	Hi-Toners (Returning TBD)
12:30 pm - 2:00 pm	Adapted Aquatics
2:00 pm - 4:00 pm	Afternoon Matinee Movie

Saturday

10:00 am - 12:00 pm	Roadrunner Strummers (Returning TBD)
10:00am - 12 noon	Rosemalers (every 2nd)
10:00am - 12noon	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)

Reminder

We are all required to wear face coverings/masks while in the building and during groups, classes, while standing in line etc...until further notice. Please see signs posted around the building for more information! Thank you all for cooperating with this mandate and together we can help keep each other safe and healthy.



What's Happening at Highland

Friendship Coffee



Join us for coffee & treats from one of our Sponsors every Thursday from 9am - 10am



"New" Class Starting at Highland SMART PHONE WORKSHOP

Teeniors tech-savvy teens and young adults that can help you with anything from your phones to your tablets or laptops. Teeniors help empower seniors.

1st Thursday of the month
3:00pm-4:30pm

Sign up at front desk space is limited



Afternoon Matinee

Friday's starting at 2:00pm

Jan. 7	Old	PG-13
Jan. 14	Respect	PG-13
Jan. 21	Reminiscence	PG-13
Jan. 28	Blind Side	PG-13

We include Movie rating so that you can decide if you want to watch.



2:00 pm - 4:00pm

Please note that the time has changed and Bingo players will have to wait until 1:30 to enter the Social Hall while we get it set up and cleaned. No early birds please! Saving tables will not be permitted!

Swing into the New Year with

SWING SHIFT BAND

DON'T MEAN A THING, IF YOU AIN'T GOT THAT SWING!!!
SO JOIN US FOR AN AFTERNOON OF
FOXTROT, WALTZ, SWING, AND BALLROOM DANCING!

SAT. JANUARY 22, 2022
12PM-3PM
REFRESHMENTS



Activities

Trips/Outings

Please see our Trip board for trips.



New Year, time to do
some day trips:

- **National Nuclear & Science History Museum-Thurs. Jan. 27th, 2022**

**LOOK OUT FOR
OUR MONTH-TO-
MONTH TRIPS...**



To all the volunteers thanks
your involvement and
commitment
though out the year!

Thanks

Closures for January

Highland Senior Center will be
CLOSED December 31st &
January 1st
In observance of the New Year
Holiday.



Highland Senior
Center will be Closed
Monday, January 17th

IN OBSERVANCE OF
MARTIN LUTHER
KING HOLIDAY



**MARTIN LUTHER KING JR. DAY HONORS THE
FAMOUS AMERICAN CIVIL RIGHTS LEADER WHO
DEDICATED HIS LIFE TO ACHIEVING EQUALITY FOR
PEOPLE OF ALL COLORS. THE NATIONAL HOLIDAY
THAT REMEMBERS HIM IS A TIME TO LEARN ABOUT
HISTORY AND REFLECT ON SOME VALUABLE
MESSAGES THAT ARE STILL MEANINGFUL TODAY.**

AmeriCorps Senior Programs

CITY OF ALBUQUERQUE FOSTER GRANDPARENT PROGRAM



AmeriCorps
Seniors

SENIOR COMPANION PROGRAM

ARE YOU 55 OR OVER AND LOOKING FOR A MEANINGFUL WAY TO SPEND SOME TIME? THE SENIOR COMPANION PROGRAM (SCP) NEEDS YOU!

SCP supports volunteers so they can assist frail elderly adults maintain independent living. Volunteers serve directly with elderly clients in their home, helping with errands, light grocery shopping, and simply spending time with them providing companionship and friendship. Volunteers may also provide respite service to family members.

All it takes to be a volunteer is: be 55+, willing to serve a minimum of 16 hours per week, pass a fingerprint based background check, and enjoy working with elderly adults in need of assistance.

Benefits include: a stipend and paid time off for those who are income-eligible, mileage and meal reimbursement, supplemental accident and liability insurance while on duty, access to training and conferences, and recognition throughout the year.

Stay active and engaged while also helping someone in need. Join the Albuquerque Senior Companion Program today! Call the SCP office at (505) 764-1007.

To be a Foster Grandparent:
Be age 55 or older
Be willing to serve 15 - 20 hours a week
Love children and wish to make a Positive difference in their lives
Benefits include:
Pre-service Training
Supplemental accident and liability Coverage while on duty
Meals while on duty
Travel reimbursement
Tax-free, \$3 hourly
Stipend for income-eligible participants
And More For more information call:
(505) 764-6421



RSVP

The Retired and Senior Volunteer Program (RSVP) is all about finding volunteers who are willing to use their lifetime skills to contribute and make our communities better. Our goal is to recruit and facilitate the placement of volunteers in public, government and nonprofit organizations.

We aim to be a vital link that connects your lifetime of talents and experience to the needs of our communities.

RSVP volunteers can choose from a multiple list of opportunities that fall under registered volunteer stations. As an RSVP volunteer you choose where, when and how frequent you would like to volunteer.

As a volunteer of RSVP, you will be covered by accident, personal liability, and excess automobile insurance while performing volunteer duties. This coverage is automatic and free of cost to you if you are an active enrolled member of RSVP. RSVP offers travel reimbursement for your time of service and multiple recognition throughout the year.

If you are 55 years or older and would like more information on how to join RSVP please contact our office at 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¢
- Coffee 30¢
- Hot Chocolate 30¢
- Hot Tea 30¢

Menu is Subject to Change



HOT LUNCH MENU



JANUARY 2022

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY ALL HOT MEALS COME WITH 1% MILK



**ONE
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RQUE**

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> ◆ Baked Cajun Salmon ◆ Brown Rice ◆ Brussel Sprouts ◆ Dinner Roll/Margarine ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tip w/Bowtie Pasta ◆ Seasonal Vegetable ◆ Breadstick ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Baked Apples ◆ Mediterranean Mixed Bean Salad ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Omelet with Cheese, Mushrooms and Spinach ◆ Diced Potatoes ◆ Peach Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop ◆ Brown Rice ◆ Buttery Peas ◆ Seasonal Fruit ◆ 1% Milk 
10	11	12	13	14
<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushrooms and Gravy ◆ Mashed Potatoes ◆ Green Beans w/ Tomatoes ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Green Chile ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/ Tartar Sauce ◆ Seasonal Vegetable ◆ Corn Bread ◆ Chocolate Chip Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Diced Red Potato ◆ Collard Greens ◆ Jell-O ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop/Sweet & Sour ◆ Brown Rice ◆ Stir Fry ◆ Seasonal Fruit ◆ 1% Milk 
17	18	19	20	21
<p>Closed Holiday Martin Luther King Day</p>	<ul style="list-style-type: none"> ◆ Sloppy Joe w/ Hamburger Bun ◆ Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Seasonal Vegetable ◆ Flour Tortilla ◆ Vanilla Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans w/ Tomatoes ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Carrots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
24	25	26	27	28
<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Southern Black-Eyed Peas ◆ Chocolate Chip Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/ Tartar Sauce ◆ Orzo ◆ Cauliflower ◆ Dinner Roll w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Mac & Cheese w/ Broccoli ◆ Sweet Potatoes ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Parmesan w/ Marinara and Cheese ◆ Brown Rice ◆ Steamed Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 
31				
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 				



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Hall and are not permitted to take out.
Thank You for your cooperation!**

LET IT SNOW

Menu is Subject to Change