

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 19, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s. We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,
Anna Sanchez, Director
Department of Senior Affairs



June 2022

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

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

General Information



Tuesday, June 21st, 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. 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

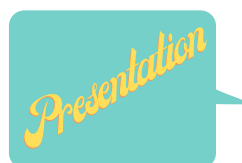
You must Contact the Senior Law Office 265-2300 to Schedule your Appointment for the Wednesday Clinics.



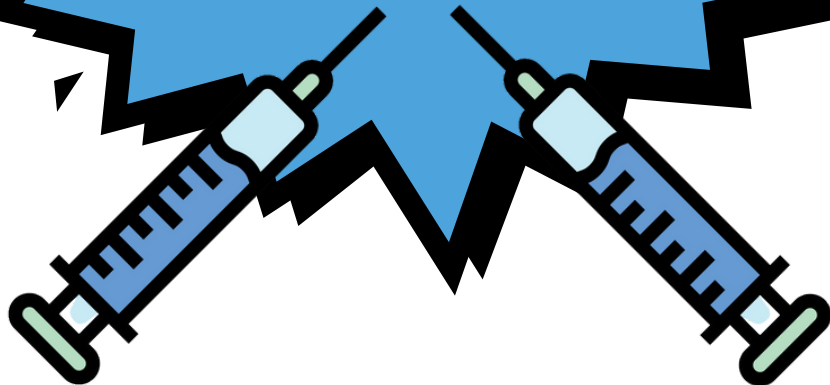
Wednesday, June 1st, 2022

SCLO will hold a free general legal clinic on Wednesday, March 9th, 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



**COVID-19 SHOT CLINIC
@ Highland Senior Center
THURSDAY, JUNE 30TH, 2022
9AM-12PM**



Health crises, dying and even death are difficult subjects. Nobody likes to talk about them, but just about everybody ends up having to experience them. So, let's think about how we can make it better for us as well as our loved ones.

Jan Wilson, volunteer with End of Life Options NM and Compassion & Choices, will discuss all the options we New Mexicans have at the end of our life, from doing everything possible for treatment of disease to the new Medical Aid in Dying law available when suffering is too much to bear. She will also talk about Advance Healthcare Directives, their importance and how to complete one so that you may get the treatments you want and forgo the ones you don't want.

Do yourself and your loved ones a favor and come to her presentation on Thursday, June 2, at 9:15 AM at the Highland Senior Center to hear more. All materials are free. Although registration at the Front Desk is appreciated, walk-ins will be welcome.

Highland On-Going Activities

Monday

8:00am - 12:00 pm Arts Mart/Flea Market **(July 2022)**
 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
 9:00am - 10:30am Blood Pressure Check
 9:30am - 12 noon Watercolor
 10:30am-11:30pm Energy Yoga w/Dave Plummer
 10:00am - 11:30am Portrait Drawing
(Discontinued as of March 2022)
 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 - 4:00 pm Senior LGBT Meeting **(every 2nd)**
 3:00pm - 4:30 pm Teeniors**(1st Thurs. of month only)**

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)**
 1:30pm-3:30pm-Music Jam Session **(every 2nd)**

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.

What's Happening at Highland

Friendship Coffee



Join us for coffee & treats from one of our Sponsors every Thursday from 9am - 10am
(Friendship Coffee is subject to change!)



Afternoon Matinee

Friday's starting at 2:00pm

6/03	Venom: Let There Be Carnage	PG-13
6/10	Spider-Man No Way Home	PG-13
6/17	For The Love of Money	R
6/24	Last Samurai	R

** 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.

SATURDAY Afternoon Dance

A Long Drink of Water

Saturday, June 25th
From 12 noon - 3pm
Cost: \$3.00



WE'RE CLOSED

Highland Senior Center will be Closed on Monday, June 20th in Observance of Juneteenth Holiday.



Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth."

Kudos Box

Please share your comments in our "NEW" Kudos box. Located next to the front desk. If someone has done something that has made your day better or did something kind, thoughtful, friendly, we would like to publish your Kudos in our upcoming newsletters! Fill out the comment form and put it in the box. Please let us know who you are so we can recognize you as well!

Donna Fastle Writes: Three Cheers for the Teeniors! Juliet helped me with my smart phone. She was kind, patient, respectful and good-natured. The learning experience was lots of fun.

****Big Shout out to the Teeniors who come to Highland every 1st Thursday of the month to assist seniors! This group is very popular, if you would like more info please see the front desk!**

Manager-Julianna Brooks

What Going on at Highland

Trips

Various Trips will Resume in August 2022



Flea MARKET

COMING BACK SOON!



Table Sales will start June 27th

9:30am at the front desk

All tables are \$2 and you can purchase 2 tables per month for July, August & September.

Names will be pulled to purchase tables first come first served! Please have your up-dated membership card at the time of purchase.

AARP Smart Driver Course

1st Tuesday every Month
12:30pm- 4:30pm
Starting June 7th

Cost: \$20 for AARP members
\$25 Non-members
Sign up Required at the front desk



AARP

Coordinators Corner:

Thanks for all the great feedback! Your voices are being heard! Many have talked to me and we starting some new classes. We have conversation Spanish class, music jam session and another Yoga class called Energy Yoga! So, continue to brainstorm and bring me more ideas, suggestions for classes, presentations, etc. We have the space we just need to work out the time! Come see me! Chris Rogers

New Classes at Highland!



Jam Session
2nd Saturday of the month
1:30pm-3:30pm



Energy Yoga with Dave
Starting Tues. May 3rd
10:30am-11:30am

Conversational Spanish
Starting Tues. May 17th
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.

HOLA!



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. Guide students to higher academic achievement. Care for infants and toddlers. 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.**

VOLUNTEERING

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 egg, 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

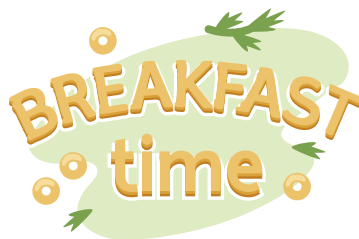
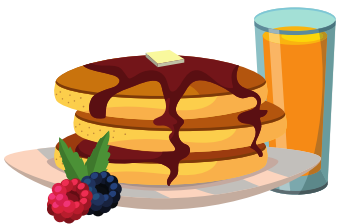
Specials

- 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)**

Al-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¢
Coffee 30¢
Hot Chocolate 30¢
Hot Tea 30¢



Menu is Subject to Change



HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30 CLOSED MEMORIAL DAY 	31 ♦ Greek Pasta Salad ♦ Cucumber & Red Onion Salad w/ Ranch Dressing ♦ Wheat Crackers ♦ Fruit ♦ 1% Milk	1 ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Stewed Tomatoes ♦ Green Apple ♦ 1% Milk	2 ♦ Turkey Tetrazzini ♦ Steamed Spinach ♦ Peas & Carrots ♦ Red Grapes ♦ 1% Milk	3 ♦ Beef Steak with Grilled Onions ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pudding ♦ 1% Milk
6 ♦ BBQ Chicken Sandwich ♦ Sweet Potato ♦ Apple Cobbler ♦ 1% Milk	7 ♦ Salisbury Steak Mushroom & Onion Gravy ♦ Green Beans ♦ Scalloped Potatoes ♦ Orange ♦ 1% Milk	8 ♦ Baked Ziti ♦ Steamed Carrots & Cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% Milk	9 ♦ Turkey Pot Pie ♦ Ancient Grains ♦ Broccoli ♦ Diced Peaches ♦ 1% Milk	10 ♦ Bean & Rice Burrito with Red Chile ♦ Cauliflower ♦ Warm Cinnamon Apples ♦ 1% Milk
13 ♦ Beef Tips w/ Gravy in Bowtie Pasta ♦ Steamed Green Beans ♦ Peach Cobbler ♦ 1% Milk	14 ♦ Baked Chicken Thigh ♦ Steamed Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk	15 ♦ Garlic Tilapia ♦ Black-eyed Peas ♦ Steamed Carrots ♦ Pudding ♦ 1% Milk	16 ♦ Sliced Turkey w/ Brown Gravy ♦ Steamed Carrots ♦ Mashed Potatoes ♦ Pear ♦ 1% Milk	17 ♦ Pork Roast w/ Creamy Onion Gravy ♦ Steamed Broccoli & Carrots ♦ Mashed Potatoes ♦ Dinner Roll w/ Margarine ♦ Green Grapes ♦ 1% Milk
20 CLOSED (OBSERVED) 	21 ♦ Chicken Thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% Milk	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Bread Stick ♦ Cantaloupe ♦ 1% Milk	23 ♦ Baked Salmon ♦ Roasted Peppers ♦ Ancient Grain ♦ Pudding ♦ 1% Milk	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Brown Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk
27 ♦ Baked Pork Chops ♦ Sweet Potatoes ♦ Broccoli/Cauliflower/Carrot ♦ Yogurt ♦ Dinner Roll w/ Margarine ♦ 1% Milk	28 ♦ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ♦ Green Peas ♦ Brown Rice ♦ Orange ♦ 1% Milk	29 ♦ Garlic Tilapia ♦ Steamed Potatoes ♦ Collard Greens ♦ Dinner Roll w/ Margarine ♦ Strawberries ♦ 1% Milk	30 ♦ Baked Ziti ♦ Steamed Green Beans & Mushrooms ♦ Garlic Breadstick ♦ Pears ♦ 1% Milk	1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/ Ketchup ♦ Watermelon ♦ 1% Milk

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative

****Friendly Reminder,**

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

Thank You for your cooperation!

Menu is Subject to Change