



Highland Senior Center



Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,
Anna Sanchez

December 2021

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

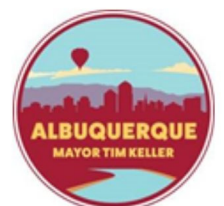
Saturday

10:00am - 4:00pm

**ONE
ALBUQUE
ROQUE**

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
Each Month
No Appointment Necessary!

Tuesday, December 21, 2021

1:00 p.m. General Lecture on wills, probate, powers of attorney, related topics.

2:00 p.m. Medicaid/Estate Planning

1st Wednesday of
Each Month
By Appointment Only



Wednesday, December 1, 2021

(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 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.



Annual Senior Holiday Donation Drive 2021

As we enter into the season for giving, Senior Affairs is collecting donations for the Annual Senior Holiday Donation Drive. The annual drive provides critical needs for Albuquerque's homebound older adult population. Examples of items needed are new towels, toiletries, personal hygiene products, adult depends, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off donations at any of our senior or multigenerational centers during center operating hours until December 31, 2021. For more information regarding locations and hours, please call 505-764-6400.



Donation Box is located by the Front Desk



Highland On-Going Activities

Monday

- 8:00am - 1:00 pm Arts Mart/Flea Market(January 2022)
- 8:30am - 10:00am AM Adapted Aquatics **(TBD)**
- 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 **(TBD)**
- 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
- 2:00 pm - 4:00 pm Senior LGBT Meeting **(every 2nd)**

Hello Members,

We are finally returning our classes to a normal status, however some classes, groups etc.. have discontinued meeting altogether please view this schedule to see the changes. If anyone is interested in starting up a class or group please see the front desk so that you can be directed to the Program Coordinator. In addition to this, some classes have been moved to accommodate the needs of the center or the class so please see the changes at the front desk.

Thanks, Julianna Brooks, Center Manager

Friday

- 8:30 am - 10:00 am AM Adapted Aquatics **(TBD)**
- 9:00 am - 10:00 am Exercise to Music w/Jane
- 9:30 am - 11:00 am Rosemalers
- 10:00 am - 12:00 pm Compassion & Choices Lecture (Every 1st)
- 10:15 am - 11:15 am Gentle Exercise w/Jane
- 10:30 am - 12:00 pm Hi-Toners (every 1st, 2nd, 3rd)
- 12:30 pm - 2:00 pm Adapted Aquatics **(TBD)**
- 2:00 pm - 4:00 pm Afternoon Matinee Movie

Saturday

- 10:00 am - 12:00 pm Roadrunner Strummers **(2nd, 3rd & 4th)**
- 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)**
- 12noon - 3:30pm LGBTQIA+ **(every 2nd)**
- 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



Afternoon Matinee

Friday's starting at 2:00pm

Dec. 3	Joe Bell	R
Dec. 10	No Man for God	NR
Dec. 17	The Misfits	R
Dec. 24	Center Closed Holiday	
Dec. 31	Center Closed Holiday	

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

LET US PICK YOU UP!

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.

"New" Class Starting at Highland



TAI CHI WITH
DAVE
THURSDAYS
10:30AM-11:30AM



2:00 pm - 4:30pm

Bingo will resume on
Monday, November 8th

Please note that the time has changed and Bingo players will have to wait until 1:45pm to enter the Social Hall while we get it set up and cleaned. No early birds please! Saving tables will not be permitted!

Highland Senior Center Holiday Concert



Refreshments
will be served!



THURSDAY, DECEMBER 16TH

12:30PM - 2:00PM

FEATURING:

THE HIGHLAND HARMONIZERS



Activities

Trips/Outings

Please see our Trip board for trips.



Christmas Holiday Lunch

Highland Senior Center will Host
Christmas Holiday Lunch on
Saturday, December 25th
Serving from 11:30am - 12noon
Come and enjoy a fabulous lunch
menu and festivities. Tickets must
be purchased in advance and a
ticket is required. Ticket Sales will
begin on December 1st. Doors will
open at 11:15am for seating.
Ticket Cost : \$4.00
Seating is limited!!

Menu:
Cornish Hen
Ancient Grain Rice
Asparagus
Dinner Roll
Creme Brulee



Closures for December

Highland Senior Center will be
CLOSED on Friday December
24th & 25th and Friday,
December 31st & January 1st
In observance of the Christmas
Holiday and New Year Holiday.



Cheers



TO THE NEW YEAR

Join us for our "Noon"
day Celebration
Thursday, December
30th @ 12 noon

We will do the count
down and listen to
some music to
welcome the New
Year!

(Just a little early) 😊



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 DECEMBER 2021

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
29	30	1	2	3
<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Green Chile Gravy ◆ Corn ◆ Mashed Potatoes ◆ Dinner Roll/ Margarine ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Brussel Sprouts ◆ Peach Cobbler ◆ Breadstick ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Tilapia w/ Lemon and Tartar Sauce ◆ Rice Pilaf ◆ Green Beans ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Parmesan w/ Mozzarella ◆ Carrots ◆ Breadsticks ◆ Fruit cup ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Diced Pork w/ Gravy ◆ Brown Rice ◆ Oriental Blend ◆ Dinner roll w/ Margarine ◆ Jell-O ◆ 1% Milk
6	7	8	9	10
<ul style="list-style-type: none"> ◆ Beef Stir - Fry ◆ Butter Noddle ◆ Fortune Cookies ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet w/ Peppers & Onions ◆ Stewed Tomatoes ◆ Spinach ◆ Apple Sauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Tamales/ Red Chile ◆ Pinto Beans ◆ Seasonal Vegetable ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lemon Baked Salmon ◆ White Rice ◆ Seasonal Vegetable ◆ Dinner roll w/ Margarine ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/ Spaghetti Sauce/ Mushrooms ◆ Seasonal Vegetable ◆ Breadstick ◆ Pineapple Chunks ◆ 1% Milk
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Carne Adovada/ Red Chile ◆ Spanish Rice ◆ Corn w/ red peppers ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey and Brown Rice/ Gravy ◆ Green Beans ◆ Cauliflower ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Mashed Potatoes ◆ Diced Beets ◆ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sloppy Joe: Hamburger Bun ◆ Roasted Green & Red Bell Peppers ◆ Rosemary Potato ◆ Fruit cup ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Broccoli: Pasta/ Broccoli/ Cheese ◆ Spinach ◆ Cherry Cobbler ◆ Dinner Roll w/ Margarine ◆ 1% Milk
20	21	22	23	24
<ul style="list-style-type: none"> ◆ Baked Cod Fish/ Tartar Sauce ◆ Rice Pilaf ◆ Carrots ◆ Jell-O w/ Mixed Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger/ Chopped Lettuce/ Tomato/ Onions ◆ Baked Beans ◆ Normandy Blend Vegetables ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Tamale ◆ Pinto Beans ◆ Calabacitas ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Mash Potato ◆ Mixed Vegetables ◆ Holiday Dessert ◆ 1% Milk 	<p style="font-size: 24px; margin: 0;">Closed Holiday Christmas Day</p>
27	28	29	30	31
<ul style="list-style-type: none"> ◆ Texas Chili: Ground Beef, Kidney Bean ◆ Corn Bread/ Margarine ◆ Succotash ◆ Diced Peas ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Asian Diced Beef w/ Peppers ◆ Rice Pilaf ◆ Oriental Vegetable Blend ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod w/ Tartar Sauce ◆ Crinkle Cut Fries/ Ketchup ◆ Peas & Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roasted Lemon Chicken ◆ Sweet Potato ◆ Blackeye Peas ◆ Dinner Roll w/ Margarine ◆ Pudding ◆ 1% Milk 	<p style="font-size: 24px; margin: 0;">Closed Holiday New Year Day</p>



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