

# August 2023

## Highland Senior Center

Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

131 Monroe NE Albuquerque, NM 87108

505-767-5210



### Message from the Manager

Great News, the multi-purpose room construction is completed at Highland Senior Center, we are excited! We are planning on placing all classes back to their regular spaces as soon as possible once the remaining touches are complete. Reminder to ALL, the fence project will be finished soon, so don't forget our business hours. We will be locking the gates as we leave for the day and there will not be a staff person available to let you out of the locked area; please make sure your car is gone by that time. When we do get our secured area, we will be able to plan more trips and Highland will be getting a new van, so this is also great news! Highland is experiencing some back up issues at the front desk during mealtimes, to ease the back-up at the front desk, especially during the lunch hour, I am requesting that if you can, call between the hours of 9am - 11am to make your next day hot lunch reservation, it would be easier for the staff at Highland to make sure that your reservation is documented properly, if you cannot decide in the morning then we ask that you stop by the front Help Desk at lunch time and make your next day reservation.

Julianna Brooks, Center Manager

### 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

ONE  
ALBUQUE  
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Your invited to Join  
Anna Sanchez, Director of  
Department of Senior Affairs  
on  
Thursday, August 24th  
for Coffee with Constituents  
8:30am - 9:30am



Anna Sanchez,  
Director  
Department of  
Senior Affairs

# General Information

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

**Tuesday, August 15th, 2023**  
**Medicaid/Estate planning**  
**presentation**

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) will be 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.

1:00pm-General lecture on wills, probate, powers of attorney.

2:00pm-Medicaid coverage on nursing homes, home & community based services



Please read the instructions and information carefully for the Senior Law office!

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic on the 1st Wednesday of each month You must Contact the Senior Law Office 265-2300 to Schedule your (Power of Attorney Clinic) Appointment for the Wednesday Clinics.

1st Wednesday of  
Each Month  
By Appointment Only

**Wednesday,**  
**(General Legal Clinic)**

SCLO will hold a General Legal Clinic on Wednesday, August 2nd, 2023, 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 Highland Senior Center at 505-767-5210 to sign up with the HSC front desk 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.

Introducing DSA's New  
Volunteer Program for  
ALL-AGES

**Introducing: VIA (Volunteers In Action)**  
VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community.

Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless!

Visit [oneabqvolunteers.com](http://oneabqvolunteers.com), select "Serve with Seniors", and click "Respond" to sign-up now!



# Highland On-Going Activities

## Monday

8:00am-12:00pm Arts Mart/Flea Market  
8:15am-10:00am Adapted Aquatics  
9:00am-10:00am Exercise to Music  
10:00am-11:30am Gathering of Artists  
10:15am-11:15am Gentle Exercise  
12:30pm-2:00pm Adapted Aquatics  
2:00pm-4:15pm Bingo

## Tuesday

8:15am-9:15am Flex & Tone  
9:30am-12:00pm Watercolor  
10:30am-11:30am Energy Yoga  
10:00am-11:00am Beginning Ball Room  
12:30pm-4:30pm AARP Smart Driver Class  
(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 Adapted Aquatics  
9:00am-10:00am Exercise to Music  
9:00am-12:00pm Senior Law Office Appts.  
(every 1st) (See Page 2 for more details)  
10:00am-12:00pm Highland Harmonizers  
10:15am-11:15am Gentle Exercise  
1:00pm-3:30pm Mexican Train Dominoes  
1:00pm-3:30pm Beg. Knitting & Crocheting  
12:00pm-12:30pm Birthday Celebration  
(every 1st)  
4:00pm-6:00pm ORCA Game Night  
(2nd & 4th)  
5:30pm-6:30pm ORCA Loss Group  
4:30pm-6:30pm Beginning Ukulele

## Thursday

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

## Friday

8:15am-10:00am Adapted Aquatics  
9:00am-10:00am Exercise to Music  
9:30am-11:00am Rosemalers  
10:15am-11:15am Gentle Exercise  
10:30am-12:00pm Hi-Toners  
12:30pm-2:00pm Adapted Aquatics  
2:00 pm-4:00 pm Afternoon Matinee

## Saturday

10:00am-12:00pm Rosemalers (every 2nd)  
10:00am-12:00pm Corvairs of NM (every 1st)  
12:30pm-3:30pm NM OLOC/Old Lesbians  
Organizing for Change (every 3rd)  
1:30pm-3:30pm Music Jam Session (every 2nd)

Please see our bulletin  
board for details about  
on-going classes



# What's Happening at Highland

## AFTERNOON MATINEE



Movies start at 2pm unless otherwise noted

<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
8/4	<b>Polite Society</b>	<b>PG-13</b>
8/11	<b>Dungeons &amp; Dragons Honor Among Thieves</b>	<b>PG-13</b>
8/18	<b>Maggie Moore(s) (starts at 1:30)</b>	<b>R</b>
8/25	<b>Unleashed</b>	<b>R</b>



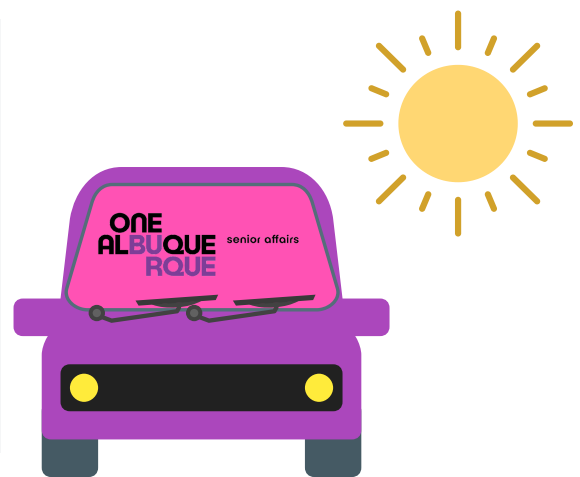
\*\*\*We include Movie rating so that you can decide if you want to watch! Movie. Participants will get 1 free bag of popcorn additional bags are only 25 cents.

## Trips

### Stay Tuned for Trips coming back in September!

A minimum of six people must sign up for trips in order for the van to depart. Sign up **REQUIRED** at the front desk for all trips and you must have a current membership to participate in Trips!

Please see our bulletin board for trip flyers and details!



Did you know that you can view all of our current activities on our City of Albuquerque website? For all information on services, monthly menu and individual centers please log on to: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

We are also on Social Media look for us there!



# What's Going on at Highland

## Coordinators Corner:

Wow its hot outside, but cool as a cucumber inside! Highland is buzzing with construction inside and outside of the building. Summer is here and a lot of groups take a break that's why it may seem a little quite around here. Great news though, we have a new van that we are ready to use after summer and construction is done! Just a reminder we need at least 6 or more people to sign up for a trip in order to go. Want to be a van driver? Come see me so we can chat! As always, please see me about starting a class or any activities that you would like to see around Highland Senior Center! *Please remember that a \$20.00 membership is required for ALL programs and activities.* Check out the bulletin boards and monitors for the current events, activities, classes and other important information!

Words of wisdom, you don't stop laughing when you grow old.

You grow old when you stop laughing!

Chris Rogers, Program Coordinator

## **HSC Pride Celebration 2023**



Kudos from a member "I would like to very sincerely thank the Highland Senior Center for its Pride celebration on 29 June. It was really fun, and the manager of the center was so nice. They did a lot with lectures, vendor tables, photographer, and live music. We especially LOVED the live music- excellent!!!! Thank you so much for funding and facilitating this special event that says so much for Senior Affairs, the city, and the state. Many thanks again"

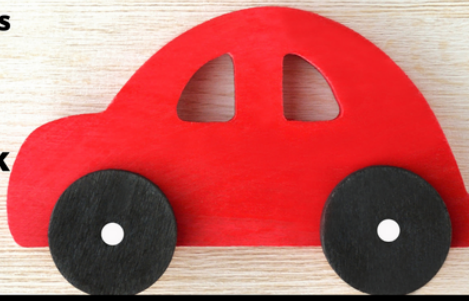
# Classes

## AARP Smart Driver Course

**1st Tuesday every Month  
12:30pm- 4:30pm**

**SAFE DRIVING**

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



AARP

## CORVAIRS OF NEW MEXICO

HIGHLAND SENIOR CENTER

**DEDICATED TO THE PRESERVATION OF THE CORVAIR!**

**1ST SATURDAY  
10:00AM-12:00PM  
ROOM 7**



## Open Studio Water Colors

**THIS CLASS IS FOR SELF-LED INTERMEDIATE-LEVEL STUDENT. YOU MUST BRING YOUR OWN SUPPLIES!**

**TUESDAYS  
10:00AM-12:00PM  
ROOM 2**

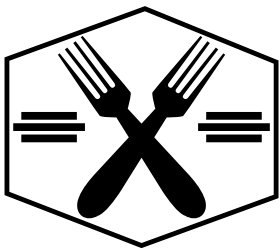


## ¿HABLA ESPAÑOL?



**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.**



# Information

## LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm.

Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

**Reminder:**  
*Meals are to be consumed at the center in the Social Hall.  
Meals are not permitted to take out.*

Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring 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, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.

### Senior Affairs Advisory Council Meetings All Meetings start at 12 noon

**August- NO Meeting**

**Monday, September 18, 2023  
Casa Kitchen - 2540 Karsten Ct. SE**

**Monday, October 16, 2023  
Senior Information & Assistance - 1620 1st St. NW**

**Monday, November 20, 2023  
Manzano Mesa Multigenerational Center - 501 Elizabeth**

**December 2023 - NO Meeting**



# 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.

### **Our Mission**

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.





SPECIAL EVENT



*Saddle up and mosey on down to  
Highland Senior Center for our*

# Dudes & Dollies Dance



*Featuring*

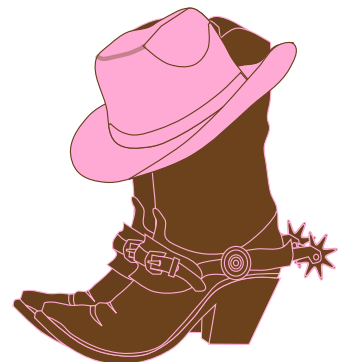
*Paul Pino & Tone Daddies*

**Tickets Only \$3.00  
please purchase your  
ticket at the front desk  
starting August 14th.**

**Thursday, September 28th**

**Time: 2:00pm-4:00pm**

**Food, Fun, and Dancing**



# AmeriCorps Senior Programs



## AGE 55+ VOLUNTEERS NEEDED!

**JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.**



### 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.**

**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](http://cabq.gov/seniors/volunteer-opportunities)**



### 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

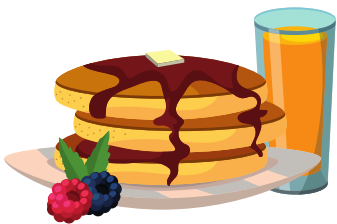
## Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday 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)  
Bacon or Sausage (2 per order) 50¢  
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¢  
Waffle (Plain) \$1.00

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**
- Soup of the Day 50¢**
- Sandwich \$1.50**
- Slice of Pie 50¢**
- Salad \$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

**ONE  
ALBUQUE  
RQUE**

## August 2023

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
31	1	2	3	4
<ul style="list-style-type: none"> <li>◆ Spaghetti w/ marinara sauce</li> <li>◆ Broccoli w/red peppers</li> <li>◆ Seasonal vegetable</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Green chile chicken enchilada</li> <li>◆ Pinto beans</li> <li>◆ Calabacitas</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Philly Cheesesteak sandwich</li> <li>◆ Steamed carrots</li> <li>◆ Warm cinnamon apples</li> <li>◆ Whole grain hoagie bun</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Meatloaf w/tomato gravy</li> <li>◆ Roasted redskin potatoes</li> <li>◆ Green beans</li> <li>◆ Fresh seasonal fruit</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon w/ pineapple over brown rice pilaf</li> <li>◆ Brussel sprouts</li> <li>◆ Diced beets</li> <li>◆ Honeydew melon</li> <li>◆ 1% milk </li> </ul>
7	8	9	10	11
<ul style="list-style-type: none"> <li>◆ Sweet and sour pork w/ fajita blend vegetables</li> <li>◆ Brown rice</li> <li>◆ Green peas</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Cheeseburger w/ mushrooms</li> <li>◆ Mushroom sauté</li> <li>◆ Tater tots</li> <li>◆ Whole grain bun</li> <li>◆ Banana</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Lime fish tacos</li> <li>◆ Calabacitas</li> <li>◆ Steamed carrots</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef tips w/ brown gravy</li> <li>◆ Spinach w/ onions</li> <li>◆ Sweet potatoes</li> <li>◆ Watermelon or fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken alfredo</li> <li>◆ Zucchini w/ red peppers</li> <li>◆ Seasonal vegetable</li> <li>◆ Fresh peaches or fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>
14	15	16	17	18
<ul style="list-style-type: none"> <li>◆ Cheese omelet w/ red chile</li> <li>◆ Stewed tomato</li> <li>◆ Diced potatoes</li> <li>◆ Whole grain biscuit</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/ meatballs</li> <li>◆ Green beans</li> <li>◆ Seasonal vegetable</li> <li>◆ Pineapple</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken salad w/bell pepper, celery, onion</li> <li>◆ Fresh cucumber slices</li> <li>◆ Coleslaw</li> <li>◆ Whole grain bread</li> <li>◆ Cantaloupe</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pollock over brown rice</li> <li>◆ Malibu blend (carrots, cauliflower)</li> <li>◆ Green peas</li> <li>◆ Fresh seasonal fruit</li> <li>◆ Tarter sauce</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roasted pork loin w/ brown gravy</li> <li>◆ Scalloped potatoes</li> <li>◆ Carrots</li> <li>◆ Pears</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>
21	22	23	24	25
<ul style="list-style-type: none"> <li>◆ Salisbury steak w/ brown gravy</li> <li>◆ Roasted rosemary potatoes</li> <li>◆ Spinach</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ BBQ pork</li> <li>◆ Baked beans</li> <li>◆ Broccoli w/ red peppers</li> <li>◆ Fresh apricots or fresh seasonal fruit</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked seasoned chicken w/ brown rice pilaf</li> <li>◆ Sweet potato</li> <li>◆ Green beans</li> <li>◆ Red grapes</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Spinach lasagna</li> <li>◆ Buttery corn</li> <li>◆ Summer squash</li> <li>◆ Garlic breadstick</li> <li>◆ Yogurt</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked garlic tilapia w ancient grain blend</li> <li>◆ Brussel sprouts</li> <li>◆ Corn w/ bell peppers</li> <li>◆ Honeydew melon</li> <li>◆ Chocolate chip cookies</li> <li>◆ 1% milk </li> </ul>
28	29	30	31	1
<ul style="list-style-type: none"> <li>◆ Sliced ham w/ cornbread</li> <li>◆ Pinto beans</li> <li>◆ Collard greens</li> <li>◆ Pineapple</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef and vegetable stir fry</li> <li>◆ Buttered noodles</li> <li>◆ Green beans w/ mushrooms</li> <li>◆ Fresh seasonal fruit</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Fish and chips</li> <li>◆ Stewed tomatoes</li> <li>◆ Warm sliced apples</li> <li>◆ Whole grain dinner role</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken w/ ziti pasta</li> <li>◆ Steamed broccoli</li> <li>◆ Carrots and zucchini</li> <li>◆ Fresh strawberries</li> <li>◆ 1% milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Green chile cheeseburger</li> <li>◆ Tator tots</li> <li>◆ Sliced tomatoes</li> <li>◆ Whole grain bun</li> <li>◆ Watermelon</li> <li>◆ 1% milk </li> </ul>