

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



ONE
ALBUQUQUE
RQUE



April 2022

Hours of Operation

Monday - Friday
8:00am - 5:00pm

Wednesday
8:00am - 7:00pm

Saturday
10:00am - 4:00pm

ncoa
National Council on Aging

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



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

Tuesday, April 19th, 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 April 19th, 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, March 2nd, 2022

SCLO will hold a free power of attorney clinic on Wednesday, March 9th, 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, March 2nd, 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 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.**



**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!



Message from the Manager

First I would like to thank all the members who have returned to Highland Senior Center and helped out when making the transition back from the Covid-19 Pandemic, from wearing masks to social distancing and being patient with the changes that were and sometimes still changing daily. I don't know when we will really get back to "normal" but with work and understanding we can all continue to do this together. Classes are slowly returning and unfortunately many have not returned. We are working hard on getting more programming ideas and classes in place. We have space available for many types of classes, such as language classes, writing classes, support groups etc...if you need a space to facilitate a class please contact Chris Rogers, Program Coordinator with ideas.

I also would like to address a few comments that I have received as well, many people have noticed how crowded our Social Hall has become and have asked for the Exercise class to get more space, the fact of the matter is that we don't have more space. We feel the squeeze as well and there is currently no solution to this situation at this time. We ask that folks be patient and courteous while having breakfast and lunch. Unfortunately we have to share this space during the end of breakfast and exercise time frame.

Julianna Brooks, HSC Manager

Highland On-Going Activities

Monday

8:00am - 12:00 pm Arts Mart/Flea Market **(Pending)**
 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
 10:00am - 11:30am Portrait Drawing
 (Discontinued at of March 2022)
 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. of every other month)

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
 5:45pm-6:45pm Bereavement Group

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

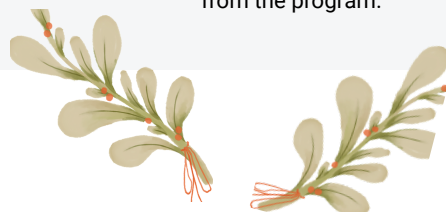
10:00am - 12:00pm Rosemalers **(every 2nd)**
 10:00am - 12:00pm Corvairs of NM **(every 1st)**
 12:00 pm - 3:00 pm Monthly Afternoon Dance **(every 4th)**
 12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change
(every 3rd)
 1:00pm-3:00pm Post-Polio Support **(every 1st)**
 1:30PM-3:30PM-Music 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!)



NEW HIGHLAND JAM SESSION STARTING!

We jamming! We jamming! Come on and jam with us!!! The jam session is open to anyone who wants to sit-down and share the gift of music with others. See ya there!!

First jam will be on Saturday April 8th, 2022 1:30pm-3:30pm



Afternoon Matinee

Friday's starting at 2:00pm

- | | |
|--|-------|
| 04/01: Miss Willoughby & The Haunted Bookshop | PG |
| 04/08: The 355 | PG |
| 04/15: The Hating Game | NR |
| 04/22: King Richard (movie to start at 1:45pm) | PG-13 |
| 04/29: Black Swan | 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.



**Every Monday
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!

HIGHLAND SENIOR PROM DANCE 2022

SOUL Train

FEATURING THE SOULFUL SOUNDS OF J.J. JONES!
THURSDAY APRIL 14, 2022
TIME: 2:00PM TO 4:00PM

CALLING ALL COOL CATS AND GROOVY GALS!
COME DRESSED TO THE NINES FOR THE PROM!!!

LOVE PEACE & SOUL

**HSC-
SENIOR
PROM
APRIL 14**

Highland Senior Center Presents:
Latin Soul

HEAR THE SPICY SOUNDS OF LATIN SOUL THAT PLAY SOME RANCHERAS, CUMBIAS, COUNTRY, AND A LITTLE BIT OF ROCK + ROLL!!!

**SATURDAY
APRIL 23, 2022
12:00PM-3:00PM
COST: \$3.00 A PERSON**

**HSC-
SATURDAY
DANCE-
APRIL 23**

Flea MARKET

Coming Soon!

We are in the process of re-structuring the Flea Market so please stay tuned for more details!

What Going on at Highland

Trips/Outings

Please see our Trip board for trips.



*Special Trip
this month.
Ask front
desk!*

CHRIS'S COORDINATORS CORNER:

**WOW! CAN YOU BELIEVE ITS ALREADY APRIL!
NOW THAT CLASSES AND PROGRAMS, AND
ACTIVITIES ARE IN FULL SWING, LET'S LOOK AT
BRINGING SOME PAST PROGRAMS OR ACTIVITIES,
OR JUST STARTING SOMETHING NEW! ARE YOU
INTERESTED IN STARTING A BOOK CLUB, JAM
SESSION, DOMINOES OR A NEW CARD GAME? SO,
COME AND SHARE YOUR IDEAS, SUGGESTIONS OR
CLASS AND LET'S MAKE THAT A REALITY! IF YOU
HAVE THE TIME WE HAVE THE OPEN
SPACE FOR YOU! COME SEE ME!**

50+ SENIOR TECH CONNECT

APRIL 1, 2022 8:30am - 12:30pm
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

A chance for older adults to explore today's technology

Prizes & Fun Refreshments
Demonstrations
Hands-on Learning

For more information call
(505)764-6475

ONE ALBUQUERQUE senior affairs | diverseIT | AT&T | internet essentials

HUMANA MEDICARE 101

You are cordially invited



Please join us for Medicare 101 Presentation -Let's Learn about Medicare!

This is a community educational event. Everyone is welcome!

Highland Sr. Center
131 Monroe NE, Albu NM 87108
Wednesday April 20, 2022 9am - 11am Presentation begins at 9 am

Call a licensed Humana sales agent to RSVP



Mariela Seno
505-435-8305 (TTY: 711)
Monday - Friday, 8 a.m. - 5 p.m.
eseno@humana.com
humana.com/eseno

Humana.

AFR FALL RECOVERY CLASS

BE BRAVE: with HEART a fall recovery class
Albuquerque Fire Rescue is proud to offer **BE BRAVE: with HEART.**
a dynamic 90 minute session of discussion & practice.

B rainstorm	E xecute	B reathe.
What is a fall?	Breathing (anatomy of breathing)	through nose & slowly exhale
STEADI protocol: 30 sec chair stand	Timed up & Go, 4 stage balance	R emain positive.
Fear cycles of falls	How to get up off the ground	A ssess body & surroundings.
Be BRAVE: Fall action plan	Symptoms that are concerning	V enture to safety.
		Engage help.

Location: Highland Senior Center

Time: 9:00 - 10:30

Date: April 13, 2022

Participation is strongly encouraged. Firemen, Physical Therapists or Occupational Therapists will be available to answer questions. By practicing fall recovery, confidence in one's own abilities will increase reducing the fear of falling.

Please wear secure shoes and layers.

For more information contact:
Lt. Athena Valerio-Hirschfeld 505.768.3791

Home Engagement Alternative Response Team



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 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-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 APRIL

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<ul style="list-style-type: none"> ◆ Turkey w/Gravy ◆ Stuffing ◆ Vegetables ◆ Fruit ◆ 1% Milk 
4	5	6	7	8
<ul style="list-style-type: none"> ◆ Salisbury Steak w/Gravy ◆ Roasted Redskin Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Brown Rice ◆ Beets w/Onions ◆ Dinner Roll ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Chef Salad ◆ Orzo Pasta w/Red Peppers ◆ Croissant ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Frito Pie ◆ Vegetables ◆ Corn Chips ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Pasta w/Diced Tomatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Sloppy Joe ◆ Tater Tots ◆ Vegetables ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg Salad Sandwich ◆ Mediterranean Mixed Bean Salad ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Fajitas ◆ Spanish Brown Rice ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Tender w/BBQ Sauce ◆ Steamed Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo Pasta w/Black Olives ◆ Vegetables ◆ Chocolate Cake ◆ 1% Milk 
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Vegetables ◆ Pinto Beans ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Sweet Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Patty w/Mushroom & Swiss ◆ Vegetables ◆ Hamburger Bun ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Vegetables ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Southwest Omelet ◆ Stewed Tomatoes ◆ Hash Browns ◆ Fruit ◆ 1% Milk 
25	26	27	28	29
<ul style="list-style-type: none"> ◆ Bean & Rice Burrito topped w/Red Chile & Cheese ◆ Vegetables ◆ Cake ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Vegetables ◆ Wheat Roll ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Southern Black Eyed Peas ◆ Brown Rice w/Red Peppers ◆ Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans ◆ Seasonal Vegetables ◆ Apple Sauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Parsley Potatoes ◆ Vegetables ◆ Fruit ◆ 1% Milk 

Menu is Subject to Change



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