

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

August 2021

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well.

Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

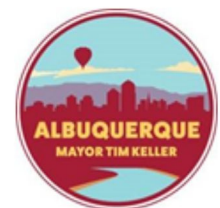
Saturday

10:00am - 4:00pm

**ONE
ALBUQUE
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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



1st Wednesday of
Each Month
By Appointment Only

Tuesday, August 17, 2021

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

2:00 p.m. Medicaid/Estate Planning

3rd Tuesday of
Each Month
No Appointment Necessary!



Wednesday, August 3, 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.

Senior Affairs Advisory Council Meeting

Highland Senior Center - 131 Monroe NE, 87108

September 27, 2021 12 noon - 1:30pm

Be the voice for older adults in the Albuquerque community; DSA Advisory Council members promote awareness and education on senior issues, ensure the senior population is represented by assessing the needs of older adults and giving recommendations on program development and delivery of services.

Created in 1997, the council aims to support the development of strategic alliances, and identifying essential partnerships between DSA and other entities.

Apply at www.cabq.gov/clerk/boards-commissions today!



Highland On-Going Activities



Monday

- 8:00am - 1:00 pm Arts Mart/Flea Market (October)
- 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
- 12:30pm - 4:00pm Mexican Train Dominoes
- 2:00pm - 4:15pm Bingo (TBD)
- 12:00pm - 12:45pm Balance & Movement for Parkinson's
- 1:00pm - 2:00pm Yoga w/Mindy

Tuesday

- 8:00am - 4:30pm Hikes (are every other Tues.)
- 8:15am - 9:15am Flex & Tone w/Jane
- 10:00am - 11:30am Portrait Drawing
- 10:00am - 11:00am Beginning Ball Room
- 12:00pm - 4:00pm Pinochle
- 1:00pm - 3:00pm Senior Citizen's Law Office (every 3rd Tues.)

Wednesday

- 8:00am - 12:30pm GEHM Clinic (see front desk)
- 8:30am - 10:00am AM Adapted Aquatics (TBD)
- 9:00am - 10:00 am Exercise to Music w/Jane
- 9:00am - 12:00pm Senior Citizen's Law Office (every 1st Wed.)
- 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 Wed.)
- 1:00pm - 3:00pm Chess for Fun
- 5:00pm - 6:00pm Corvair Meeting (every 3rd Wed.)
- 4:30pm - 6:30pm Ukulele



Hello Members,

This schedule of On-Going Activities will continue to evolve as we move forward with re-opening.

We are so happy to see folks return. Be safe and healthy! If we have a TBD next to an activity it means we have to determine a start date. Not all activities are listed as we continue to update programming. Please see the front desk if you have any questions.

Julianna Brooks, Center Manager



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 Thurs.)

Friday

- 8:30 am - 10:00 am AM Adapted Aquatics (TBD)
- 9:00 am - 10:00 am Exercise to Music w/Jane
- 9:00 am - 11:00 am Senior Softball Meeting (every 2nd Fri.)
- 9:30 am - 11:00 am Rosemalers
- 10:00 am - 12:00 pm Compassion & Choices Lecture Group Advance Healthcare (every 1st Fri.)
- 10:15 am - 11:15 am Gentle Exercise w/Jane
- 10:30 am - 12:00 pm Hi-Toners (every 1st, 2nd, 3rd Fri.) (returning in September)
- 12:30 pm - 2:00 pm PM Adapted Aquatics (TBD)
- 2:00 pm - 4:00 pm Afternoon Matinee Movie

Saturday

- 10:00 am - 12:00 pm Roadrunner Strummers
- 12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th Sat.)(August)
- 12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for Change (every 3rd Saturday)

What Happening at Highland

Friendship Coffee



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



Afternoon Matinee

Friday's starting at 2:00pm

August 6th	Wrath of Man	R
August 13th	Nobody	R
August 20th	Lansky	R
August 27th	The Bucket List	PG-13

Volunteers at Highland

You may have noticed that we now have greeters at the Front Door as you walk in, please see our greeters if you have any questions or if you need directions to a classroom, or activity.

Our greeters at Highland are volunteers Bea (aka Ms.Bea) Esther and Vicki and our Goodwill employee is Jerry.

We have some other volunteers that you may also see daily who monitor the Social Hall at lunch time. Beatrice & Ramona. Monitors help with any questions you may have and they help serve water, tea and coffee, they also sanitize the tables after use.

And last but not least Lo, he has started volunteering doing custodial duties while we are waiting to hire a new General Service Worker he has been a tremendous help and we really appreciate the hard work that he does. Thank You to all of our Volunteers who make a difference daily at Highland

HEALTH FAIR

August 23

September 14th

9:00A-11:00A

FREE FLU SHOTS!

Also a convention of free health booths with resources will be available.

Sponsored by:

Presbyterian Health Care

Coffee with the Director of Senior Affairs

Join Anna Sanchez on Thursday, August 19th for Coffee and Chat!

Ann will be at Highland to answer questions and visit with members.



Activities

Exercise with Jane has returned!

Please see the on-going schedule
page 3



New Classes & Groups

Game Time

Monday 1pm - 4pm



If you are not finding your class please see our on-going class list on page 3. We are still waiting on some classes to resume so please be patient as we continue to evolve. If you are not finding a previous class in our newsletter or listed in the on-going schedule it may have discontinued so please see the front desk for that information. Trips and Special Events are to be determined!

Thank You!

Julianna Brooks, Center Manager

Beginning Line Dance

Thursday 2:30pm -4pm

Intermediate Line Dance

Wednesday 2:30pm - 4pm



LGBTQIA+ Game Night

Wednesday 4:30pm - 6:30pm

Bereavement Group/Sage

Wednesday 5:45pm - 6:45pm



AmeriCorps Senior Programs



CITY OF ALBUQUERQUE FOSTER GRANDPARENT PROGRAM

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



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.



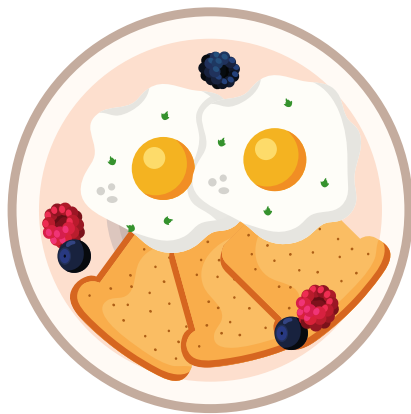
Daily Breakfast & A-la-Carte-Menu

Breakfast

Monday-Friday
8:00 a.m. – 9:00 a.m.

Full Breakfast	\$1.50
Mini Breakfast	.75¢
Breakfast Sandwich	\$1.00
Burrito	\$1.50
French Toast or Pancake	25¢
Oatmeal w/Milk	70¢
Huevos Rancheros	\$1.50
(Tuesday & Friday Only)	
Biscuits & Gravy	\$1.00
(Wednesday Only)	
Ham & Cheese Omelet	\$1.50
(Thursday Only)	

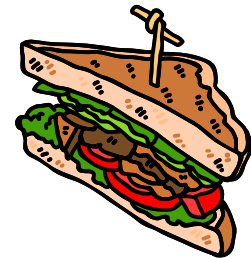
See our Full A-la-Carte Menu at our
Front Desk!



Lunch

Monday-Friday
11:30 a.m. - 1:00 p.m.

Grilled Cheese	\$1.25
Sandwich of the Day	\$1.50
1/2 Sandwich (Salad style only)	.75¢
Soup of the Day	.50¢
Slice of Pie	.50¢
Salads	
Large	\$2.00
Small	\$1.00



Beverages

Milk, or Juice	25¢
Coffee	30¢
Hot Chocolate	30¢
Hot Tea	30¢



Menu is Subject to Change

HOT LUNCH MENU

AUGUST 2021

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY ALL MEALS COME WITH 1% MILK MENU IS SUBJECT TO CHANGE

MON

2

Meatloaf
Potatoes
California Blend
Vegetables
Fruit Cup

9

Sweet & Sour Pork
Orzo
Green Peas
Pudding

16

Omelet w/Red Chile
Stewed Tomatoes
Tater Tots
Cookie

23

Salisbury Steak
Rosemary Potatoes
Mixed Vegetables
Apricots

30

Sliced Ham
Corn Bread
Pinto Beans
Collard Greens
Peaches

TUE

3

Philly Cheese Steak
Macaroni Salad
Green Beans
Cinnamon Apples

10

Cheeseburger w/Mushrooms
French Fries
Banana

17

Spaghetti w/Meatballs
Green Beans
Garlic Bread
Cantaloupe

24

BBQ Pork
Buttered Corn
Broccoli
Cookies

31

Beef Stir Fry
Buttered Noodles
Garlic Bread
Pineapple

WED

4

Green Chile Chicken Enchiladas
Pinto Beans
Spanish Rice
Orange

11

Lime Fish Tacos
Calabacitas
Cherry Cobbler

18

Pork Chop
Scalloped Potatoes
Italian Blend
Vegetables
Yogurt

25

Baked Chicken
Sweet Potatoes
Green Beans
Yogurt

Sept. 1

Fish & Chips
Stewed Tomatoes
Warm Sliced Apples

THU

5

Cheese Tortellini
Garlic Bread
Broccoli
Pudding

12

Beef Tips
Spinach
Sweet Potato
Applesauce

19

Pollock Fish
Mac-N-Cheese
Green Beans
Pears

26

Spinach Lasagna
Mixed Vegetables
Garlic Bread
Orange

Sept. 2

Chicken Alfredo
Green Beans
Garlic Bread
Strawberries

FRI

6

Hawaiian Salmon
Rice Pilaf
Diced Beets
Honey Dew

13

Chicken Alfredo
Garlic Bread
Mixed Vegetables
Watermelon

20

Chicken Stir Fry
White Rice
Baby Carrots
Pineapple

27

Beef Stew
Cabbage
Peach Cobbler

Sept. 3

Cheeseburger
Tater Tots
Pear