

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,
Anna Sanchez



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February 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

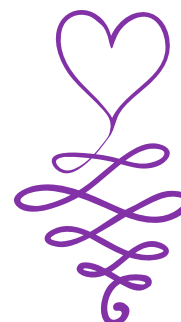
Chris Rogers
Program Coordinator

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

Educational Services



3rd Tuesday of
every other Month
No Appointment
Necessary!

Tuesday, February 15, 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 February 15, 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, February 2, 2022

SCLO will hold a free power of attorney clinic on Wednesday, January 5, 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, February 2, 2022

SCLO will hold a free general legal clinic on Wednesday, February 2, 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.

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.

THANK YOU FOR YOUR SUPPORT!!

Humana®



OAK
STREET
HEALTH



Highland On-Going Activities

Monday

8:00am - 1:00 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
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)

Hello Members,

Many classes have not returned to "normal" meaning pre-Covid-19. So please be patient as we work on new programming or programs that are returning to Highland. If you have any questions regarding the status of a class that you like please contact our front desk.

Thanks, Julianna Brooks, Center Manager

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
10:30 am - 12:00 pm	Hi-Toners (Returning TBD)
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)

Mask Mandates Strictly Enforced:

In order to keep our community safe and to keep our centers operational, the current mask mandate will be strictly enforced. Violation of this policy could result in membership consequences, up to and including suspension.

What's Happening at Highland

Friendship Coffee

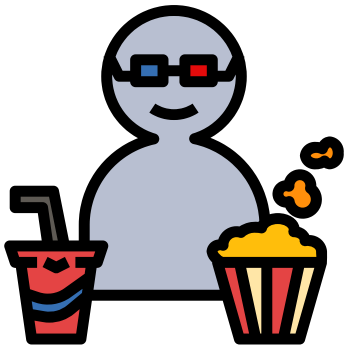


Join us for coffee & treats from one of our Sponsors every Thursday from 9am - 10am
(Friendship Coffee is subject to change!)



Teeniors tech-savvy teens and young adults that can help you with anything from your phones to your tablets or laptops. Teeniors help empower seniors.
1st Thursday of the month
3:00pm-4:30pm

Sign up at front desk space is limited



Afternoon Matinee

Friday's starting at 2:00pm

2/4	The Protégé	R
2/11	Still Water	R
2/18	Jungle Cruise	R
2/25	The Core	PG-13

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



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!

IMPRESION BAND



I ♥ Cumbia!

DANCE TO THE SOUNDS OF RANCHERA'S, CUMBIA'S, POLKA'S, COUNTRY AND ROCK-N-ROLL.

SATURDAY, FEBRUARY 26, 2022

12:00PM-3:00PM

\$3.00 PER PERSON



SPECIAL LUNCHEON LOVE WILL KEEP US TOGETHER



Love is in the air so join us for a Special Valentine's Day Luncheon Thursday February 10th, 2022
Serving: 11:30am-12 noon
Music from 12 noon - 1:30pm
Purchase your ticket at the front desk \$4.00

MENU:
CHICKEN CORDON BLEU
MASHED POTATOES
SALAD
DINNER ROLL
CHEESECAKE

Ticket Required / No Exchanges or Refunds!

LOVE



SPECIAL MUSICAL GUEST J. J. JONES

What Going on at Highland

Trips/Outings

Please see our Trip board for trips.



Albuquerque Museum
Thurs. Feb. 24th, 2022
10:00am-3:00pm

**LOOK OUT FOR
 OUR MONTH-TO
 MONTH TRIPS...**



**ONE
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Senior Affairs
 cabq.gov/seniors

FREE COVID-19 & Flu Vaccine Shot Clinics



All Ages Welcome, Walk-Ins Accepted
9am-12pm Feb. 1-Feb. 11, 2022

- "You Call The Shots!" - All 3 Brands of COVID-19 vaccine boosters available (Pfizer-BioTech, Moderna, Johnson & Johnson's Janssen)
- No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare Part B Identification Card.

Tues., Feb. 1	Wed., Feb. 2	Thurs., Feb. 3
Manzano Mesa Multigenerational Center 501 Elizabeth St. SE 87123 505-275-8731	Bear Canyon Senior Center 4645 Pitt St. NE 87111 505-767-5959	Los Volcanes Senior Center 6500 Los Volcanes NW 87121 505-767-5999
Fri., Feb. 4	Mon., Feb. 7	Tues., Feb. 8
Palo Duro Sports & Fitness Center 3351 Monroe NE 87110 505-880-2800	Palo Duro Senior Center 5221 Palo Duro Dr. NE 87110 505-888-8102	North Domingo Baca Multigenerational Center 7521 Carmel Ave. NE 87113 505-764-6475
Wed., Feb. 9	Thurs., Feb. 10	Fri., Feb. 11
Barelas Senior Center 714 Seventh St. SW 87102 505-764-6436	North Valley Senior Center 3825 Fourth St. NW 87107 505-761-4025	Highland Senior Center 131 Monroe St. NE 87108 505-767-5210

In Partnership with:



Closures for February

**Highland Senior Center will be
 CLOSED
 Monday, February 21st, 2022
 In observance of President's Day**

Hello Community Members! UNM is hosting focus groups in English and Spanish seeking shared experiences involving living a healthy lifestyle as an older adult. Help us gain perspective on healthy living and some of its challenges on March 7, 2022 from 10-11:30am at North Valley Center and March 14, 2022 from 9-10:30am at Highland Center.

To participate, email jajohnston@salud.unm.edu or call 505-266-6032 to sign up. Participants may receive an "at home" survey at a later date.



Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details

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.**

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 FEBRUARY

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

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Seasonal Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Cod w/ Tartar ◆ White Rice ◆ Green Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Memphis Dry-Rubbed Chicken ◆ Seasonal Vegetables ◆ Cornbread ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Bowtie Pasta ◆ Peas and Carrots ◆ Peach Crumble ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop ◆ Mashed Red Potatoes ◆ Crispy Roasted Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 
7	8	9	10	11
<ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Homemade Mac-N-Cheese ◆ Collard Greens ◆ Dinner Bread w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey with Gravy ◆ Mashed Potato with Gravy ◆ Steamed Broccoli ◆ Dinner Roll with Margarine ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Low Sodium Ham and Potato Soup ◆ Steamed Carrots ◆ Biscuit ◆ Seasonal Fruit ◆ 1% Milk 	 <p>Special Luncheon Ticket Required</p>	<ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Buttered Noodles ◆ Succotash ◆ Seasoned Fruit ◆ 1% Milk 
14	15	16	17	18
<ul style="list-style-type: none"> ◆ Baked Ziti/Pasta/ Marinara and Cheese ◆ Season Vegetable ◆ Garlic Bread Stick ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ham w/ Pineapple Sauce ◆ Sweet Potatoes ◆ Broccoli-Cauliflower-Carrots ◆ Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ White Rice ◆ Steamed Crinkle Cut Carrots ◆ Apple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Tilapia w/ Tartar Sauce ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Seasoned Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Beans with Beef, Cheese and Onions ◆ Crispy Roasted Cauliflower ◆ Tortilla ◆ Brownie ◆ 1% Milk 
21	22	23	24	25
<p>Closed Holiday Presidents Day</p>	<ul style="list-style-type: none"> ◆ Soft Chicken Tacos ◆ Tortillas ◆ Spanish Rice ◆ Corn with Red Peppers ◆ Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Bun ◆ Baked Beans ◆ Steamed Carrots ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Swedish Meatballs w/ Gravy ◆ Steamed Green Beans ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salmon with Garlic Sauce ◆ Angel Hair Pasta with Diced Tomatoes ◆ Season Vegetable ◆ Jell-O w/ Fruit ◆ 1% Milk 



****Friendly Reminder,**

Menu is Subject to Change

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Thank You for your cooperation!