

# Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy Fall!!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at [cabq.gov/seniors](http://cabq.gov/seniors) for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,  
Anna Sanchez



## November 2021

### Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

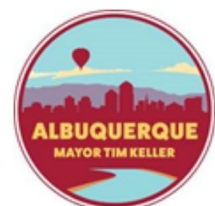
Saturday

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, November 16, 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, November 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

**Manzano Mesa Multigenerational Center    November 15, 2021    12 noon - 1:30pm**  
**501 Elizabeth SE, 87123    275-8731**

Promote awareness and education on senior issues, increasing community involvement and commitment.

Advocate on behalf of seniors, insuring 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 by identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities

The Council is looking for members! Attend this meeting to find out how you can join.

Or Apply at [www.cabq.gov/clerk/boards-commissions](http://www.cabq.gov/clerk/boards-commissions).



# 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 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

- |         |                         |       |
|---------|-------------------------|-------|
| Nov. 5  | Space Jam a New Legacy  | PG-13 |
| Nov. 12 | Wonder Women 1984       | PG-13 |
| Nov. 19 | Moonlight               | R     |
| Nov. 26 | (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.

Department of Senior Affairs Annual Thanksgiving Day Luncheon returns! Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

43rd Annual Conference on Aging Virtual Watch Party! The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party November 17th -November 18th so you won't miss it! Join us at Barelas Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.

### Painting with Friends Special Class

Sign up for this class with instructor Suki she will help you paint a beautiful painting. Sign up is required and this class has limited availability. This is a Wineberg sponsored event!

Wednesday, November 17th

9:30am - 11:30am

\*Please see featured painting at our front desk when you sign up!



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!



Please help us Welcome Chris Rogers to our Highland Staff. Chris is our new Program Coordinator, he will be planning and coordinating classes, groups, events and of course all of the activities that take place at our center. If you get the chance please stop by and introduce yourself to him especially if you are a leader/instructor of a group, class, and need to update your information.

# Activities

## Trips/Outings

Please see our Trip board for trips.



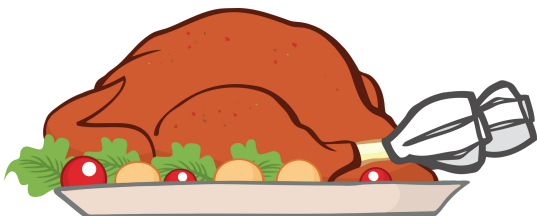
## Thanksgiving Luncheon

Thanksgiving Lunch will be served on Wednesday, November 24th. We will not serve the A-la-carte menu on this day! You will need a reservation by Wednesday, November 17th so that the chef and staff can prepare for this meal. There will be no walk-ins on this day!

### Menu for Wednesday, November 24th

Herb Roasted Turkey  
Stuffing w/Gravy  
Baked Yams w/Marshmallows  
Dinner Roll  
Pumpkin Cake

**\$3.25 Reservations Required.**



## Closures for November

Highland Senior Center and all DSA Centers will be **CLOSED** on Thursday, November 11th in Observance of Veterans Day.



Highland Senior Center will be **CLOSED** on Thursday, November 25th & Friday November 26th for the Thanksgiving Holiday



# 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
Mini Breakfast	75¢
Breakfast Sandwich	\$1.00
Burrito	\$1.50
French Toast or Pancake	25¢
Oatmeal w/Milk	70¢
Fruit & Yogurt Parfait	\$1.50
Huevos Rancheros	\$1.50
(Tuesday & Friday Only)	
Biscuits & Gravy	\$1.00
(Wednesday Only)	

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 of the Day	\$1.50
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

## NOVEMBER 2021

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

### MON

### TUE

### WED

### THU

### FRI

1 <b>Pork Loin w/Gravy</b> Rice Pilaf Corn Diced Pears	2 <b>Ham Mac &amp; Cheese</b> Normandy Vegetables Blueberry Crisp	3 <b>Chicken Patty w/Gravy</b> Sweet Potato Green Beans Red Apple	4 <b>Pot Roast</b> Italian Vegetables Ancient Grain Pear	5 <b>Omelet w/mushrooms &amp; Spinach</b> Hash Browns Stewed Tomatoes Yogurt
8 <b>Steak Fingers w/Gravy</b> Red Potatoes Succotash Sugar Cookie	9 <b>Ham w/Pineapple</b> Biscuit Sweet Potato Mixed Fruit	10 <b>Meatball Sub</b> Steak Fries Normandy Vegetables Mandarin Oranges	11 <b>Center Closed</b> 	12 <b>Red Chile Enchiladas</b> Pinto Beans Spanish Rice Tapioca Pudding
15 <b>Cajun Salmon</b> Fettuccine Alfredo Baby Carrots Apple	16 <b>Beef w/Peppers &amp; Onions</b> Beans Imperial Vegetables Banana	17 <b>Green Chile Chicken Posole</b> Spanish Rice Calabacitas Vanilla Pudding	18 <b>BBQ Pulled Pork Sandwich</b> Red Potatoes Baked Beans Diced Pears	19 <b>Pasta Primavera</b> Norwest Blend Vegetables Breadstick Cottage Cheese w/Peaches
22 <b>Rotisserie Chicken</b> Rosemary Potatoes Green Beans Dinner Roll Mandarin Oranges	23 <b>Carne Adovada</b> Flour Tortilla Pinto Beans Spanish Rice Pineapple	24 <b>Herb Roasted Turkey</b> Gravy, Stuffing, Baked Yams, Dinner Roll, Pumpkin Cake	25 <b>Center Closed Thanksgiving</b> 	26 <b>Center Closed Thanksgiving</b>
29 <b>TBD</b>	30 <b>TBD</b>			

**\*\*Friendly Reminder,**  
Meals are to be consumed in the Social Hall and are not permitted to take out.  
Thank You for your cooperation!



**Menu is Subject to Change**