

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

October 2021

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

Anna Sanchez, Director
Department of Senior Affairs



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

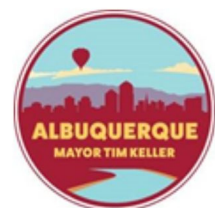
Saturday

10:00am - 4:00pm

**ONE
ALBUQUE
RQUE**

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, October 20, 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, October 6, 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

Palo Duro Senior Center October 25, 2021 12 noon - 1:30pm

5221 Palo Duro NE 87110 888-8102

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.



Highland On-Going Activities

Monday

- 8:00am - 1:00 pm Arts Mart/Flea Market **(TBD)**
8:30am - 10:00am AM Adapted Aquatics **(TBD)**
9:00am - 10:00am Exercise to Music w/Jane **(Palo Duro Fitness Center until construction is complete)**
10:00am - 11:30am Gathering of Artists
10:15am - 11:15am Gentle Exercise w/Jane **(Palo Duro Fitness Center until construction is complete)**
12:30pm - 2:00pm PM Adapted Aquatics
2:00pm - 4:15pm Bingo **(TBD)**
1:00pm - 2:00pm Yoga w/Mindy

Tuesday

- 8:15am - 9:15am Flex & Tone w/Jane
10:00am - 11:30am Portrait Drawing
10:00am - 11:00am Beginning Ball Room w/Beth **(Relocated to NDB until construction is complete)**
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 - 10:00am Exercise to Music w/Jane **(Palo Duro Fitness Center until construction is complete)**
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 **(Palo Duro Fitness Center until construction is complete)**
12:30pm - 3:30 pm Mexican Train Dominoes
1:00pm - 1:30pm Birthday Celebration (every 1st Wed.)
1:00pm - 3:00pm Chess for Fun
2:30pm - 4:00pm Line Dancing Intermediate **(Will resume when construction is complete)**
5:00pm - 6:00pm Corvair Meeting (every 3rd Wed.)
4:30pm - 6:30pm Ukulele



Hello Members,

This schedule has been updated for the construction at Highland Senior Center. Many classrooms are affected during this time. If you have any questions please feel free to call our front desk for more details.

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.)
2:30pm - 4:00pm Line Dancing Beginning **(Will resume when construction is complete)**

Friday

- 8:30 am - 10:00 am AM Adapted Aquatics **(TBD)**
9:00 am - 10:00 am Exercise to Music w/Jane **(Palo Duro Fitness Center until construction is complete)**
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 **(Palo Duro Fitness Center until construction is complete)**
10:30 am - 12:00 pm Hi-Toners (every 1st, 2nd, 3rd Fri.)
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 **(2nd, 3rd & 4th)**
12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th Sat.) **will resume when construction is complete**
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

Reminder

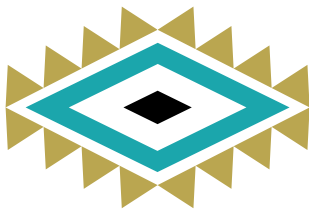
We are all required wear face coverings/masks while in the building and during groups, classes, while standing in line etc...until further notice. Please see signs posted around the building for more information! Thank you all for cooperating with this mandate and together we can help keep each other safe and healthy.



Afternoon Matinee

Friday's starting at 2:00pm

October 1st	Queen Bees	PG-13
October 8th	Let Him Go	R
October 15th	NO MOVIE TODAY	
October 22	NO MOVIE TODAY	
October 29th	The Last Samurai	R



Indigenous Peoples' Day is a holiday that celebrates and honors Native American peoples and commemorates their histories and cultures. It is celebrated across the United States on the second Monday in October, and is an official city and state holiday in various localities. ~Wikipedia

All DSA Senior Centers and Multi-generational Centers will be CLOSED on Monday, October 11, 2021 in Celebration of Indigenous Peoples' Day.

25th Annual Prime Time 50+ Expo

October 13, 2021 from 8am – 1:30pm at Embassy Suites.

Free Health Screenings and Entertainment! Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.



Activities

Exercise with Jane Please see the on-going schedule page 3



Exercise with Jane will be temporarily moved to Palo Duro Fitness Center until construction at Highland is complete.

Exercise to Music & Gentle Exercise Monday, Wednesday & Friday

**Palo Duro Fitness is Located at 3351 Monroe NE
87110 off of Comanche.
Phone number is 880-2800**

Flex and Tone on Tuesday & Thursdays will remain at Highland Senior Center.

Senior Meal Site Transportation Program

Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

Senior Tech Help Line

Senior Affairs, in partnership with Adelante's DiverselT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!

New Classes & Groups



Portrait Drawing Class

needs Models

Every Tuesday starting at 10:00am.
If you are interested in getting your Portrait Drawn by a very talented group please inquire within the group, and for your participation you will get a copy of each artist drawing!

Beginning Line Dance

Thursday 2:30pm -4pm

Intermediate Line Dance

Wednesday 2:30pm - 4pm

Due to construction at Highland Line Dancing is CANCELLED until completed.



LGBTQIA+ Game Night

Wednesday 4:30pm - 6:30pm

This group is taking a break and will resume at a later time, please check with leaders or front desk.

Bereavement Group/Sage

Wednesday 5:45pm - 6:45pm

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¢
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!**

Menu is Subject to Change

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¢

HOT LUNCH MENU

OCTOBER 2021

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

MON

TUE

WED

THU

FRI

4

Chicken Fajitas
Flour Tortilla
Ranch Beans
Hot Apple Slices

5

Beef Stroganoff
Cauliflower
Bread Stick
Pudding

6

Omelet
Stewed Tomatoes
Tater Tots
Orange

7

Minestrone Soup
Corn Bread
Malibu Blend
Vegetables
Cottage Cheese
w/Mixed Fruit

8

Lemon Pepper Tilapia
Rice Pilaf
Calabacitas
Cookie

11

Center Closed
Indigenous
People's Day

12

Sweet & Sour Pork
White Rice
Oriental Blend
Vegetables
Pineapple Cake

13

Frito Pie
Normandy Blend
Vegetables
Cantaloupe

14

Fish Nuggets
Crinkle Cut Fries
Peas & Carrots
Pudding

15

Chicken & Rice Soup
Spinach
Cherry Cobbler

18

Cottage Pie
Corn Bread
Apple Crisp

19

Open Face Turkey Sandwich w/Gravy
Yams
Green Beans
Orange

20

Spaghetti Marinara
Malibu Blend
Vegetables
Peaches

21

Salisbury Steak
White Rice
Peas
Jell-O w/Fruit

22

Green Chile Stew w/Chicken
Tortilla
Pinto Beans
Calabacitas
Apple

25

Beef Tips w/Gravy over Pasta
Brussel Sprouts
Peach Cobbler

26

Chicken Pot Pie
Diced Beets
Ancient Grain
Mixed Fruit

27

Baked Potato w/Broccoli & Cheese
Corn
Baked Beans
Cottage Cheese
w/Peaches

28

Salmon w/Garlic Butter
Orzo Pasta
Normandy Blend
Orange

29

Meat Loaf w/Gravy
Mashed Potatoes
Sliced Carrots
Jell-O w/Fruit



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