

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

September 2021

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director
City of Albuquerque Senior Affairs



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, September 21, 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, September 1, 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

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
- 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)
- 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 (TBD)
- 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.)(September)
- 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 & treats from one of our Sponsors every Thursday from 9am - 10am



Afternoon Matinee

Friday's starting at 2:00pm

September 3	The God Committee	R
September 10	NO MOVIE TODAY	
September 17	Spiral	R
September 24	She's the One	R

Welcome's and Good byes!

Some of you may have noticed that we have a new face around Highland, Please give Michael Berry a warm welcome as he is our "new" General Service Worker. Mike is not new to Department of Senior Affairs and you may recognize him from Manzano Mesa Multigenerational center where he had been working for the past 13 years. We are so happy to have Michael join our team/family here at Highland.

Janie Macias, program coordinator, has retired and has gone on to enjoy her life as a retiree. Janie will be missed but we are very happy for her and her accomplishment of earning this great time of life and we wish her a wonderful and happy future!

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.



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 has returned!

Please see the on-going schedule
page 3



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!

Just a note to members

Highland Senior Center is anticipating construction to take place sometime in September, when the construction takes place it will disrupt a few classes.

Due to the construction we will have to close Rooms 3, 4 & 5 and the Social Hall.

We will try to move the classes to another spot during this time, but please keep in mind that space may be limited and not all classes will we able to move. Please contact Julianna if you have a class in one of these rooms. Also the Library will be down during this time and there will be no access in and out including the public computers.

Thank You for your Cooperation during this time!

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



**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)	
Ham & Cheese Omelet	\$1.50
(Thursday 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

SEPTEMBER 2021

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

MON



TUE



WED

THU

FRI

1
Fish & Chips
Stewed Tomatoes
Warm Apple Slices

2
Chicken Alfredo
Green Beans
Garlic Breadstick
Strawberries

3
Cheeseburger
Tater Tots
Pear

6 **Closed**



7
Cod
Rosemary Potatoes
Brussel Sprouts
Mixed Fruit

8
Beef Tips
Bow Tie Pasta
California Blend
Vegetables
Pineapple

9
Baked Ziti
Italian Blend
Vegetables
Garlic Breadstick
Pudding

10
BBQ Pulled Pork
Ranch Beans
Spinach
Apricots

13
Teriyaki Chicken
Oriental Vegetables
Buttered Noodles
Fortune Cookie

14
Pollock Fish
Au Gratin Potatoes
Capri Blend
Vegetables
Orange

15
Pork Carnitas
Pinto Beans
Calabacitas
Flour Tortilla
Jell-O w/Fruit

16
Roast Beef w/Gravy
Peas & Carrots
Roasted Red Peppers
Dinner Roll
Pudding

17
Green Chile Cheeseburger
Tater Tots
Broccoli
Pear

20
Pasta Primavera
Diced Tomatoes
Garlic Breadstick
Orange

21
Rotisserie Chicken
Mashed Potatoes
Green Beans
Peach

22
Meatloaf w/Gravy
Mac & Cheese
Sliced Carrots
Pineapple

23
Chili Bowl
Succotash
Cornbread
Grapes

24
Herb Pork Loin
Scalloped Potatoes
Normandy Blend
Vegetables
Applesauce

27
Chicken & Rice Casserole
Broccoli
Cherry Cobbler

28
Salmon
Roasted Rosemary
Potatoes
Mixed Vegetables
Fruit Cup

29
Sweet & Sour Pork
Stir Fry Vegetables
Buttered Noodles
Peaches

30
Red Beef Enchiladas
Pinto Beans
Spanish Rice
Yogurt



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