

OCTOBER



2023

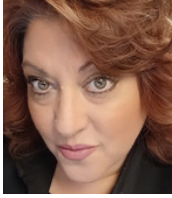
Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210



Message from the Manager

Can you feel it in the air...Fall is upon us! I think we are all feeling the cool air and the anticipation of holidays! Keep an eye out for our events, we will post fliers around the center and on our social media pages.

Also, we will be adding some new classes to our schedule so please stay tuned!

Just a few announcements and reminders, the south side of the parking lot gates will now be kept locked and those gates will only be used by Solid Waste to enter on trash day. This will help to secure our parking lot while you are visiting Highland Senior Center and enjoying your time here! As a reminder to all, DO NOT park in the non-parking areas on the East and West side of the parking lot, those areas are designated to be turn around isles so that folks will not have to go on to the street to circle the parking lot, signs will be posted soon!

Happy and Healthy Fall to everyone!

Julianna Brooks, Center Manager



**ONE
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Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

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

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs

General Information

3rd Tuesday of every other Month Presentations
No Appointment Necessary!

Tuesday, October 17th, 2023
Medicaid/Estate planning presentation

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) will be and Medicaid coverage for nursing homes on the 3rd Tuesday of every other month. *This is a group presentation and not a one-on-one clinic.*

Seniors should sign up for this presentation at the Highland front desk.

1:00pm-General lecture on wills, probate, powers of attorney.

2:00pm-Medicaid coverage on nursing homes, home & community based services



Please read the instructions and information carefully for the Senior Law office!

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic on the 1st Wednesday of each month. You must Contact the Senior Law Office 265-2300 to Schedule your Appointment for the Wednesday Clinics.

1st Wednesday of Each Month
By Appointment Only

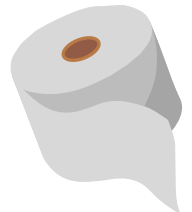
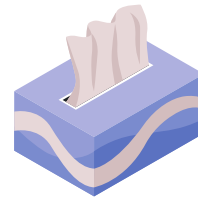
Wednesday, (General Legal Clinic)

SCLO will hold a General Legal Clinic on Wednesday, October 4th, 2023, starting at 9 am (by appointment only). An attorney will meet privately with a senior and provide advice on legal issues. General Legal Clinics will be scheduled with Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will continue to be scheduled with SCLO at 505-265-2300.

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season! The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations!

Donations may be dropped off at any CABQ Senior or Multigenerational Center until November 3.



Items Needed
New Scarves, Hats, Socks
Protein Drinks (Ensure/Boost)
Adult Depends
Laundry Detergent
Facial Tissue & Toilet Paper
Soap, Lotion, & Grooming Sets
New and Unused Items only Please!

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
10:00am-11:30am Gathering of Artists
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:15pm Bingo

Tuesday

8:15am-9:15am Flex & Tone
9:30am-12:00pm Watercolor
10:30am-11:30am Energy Yoga
10:00am-11:00am Beginning Ball Room
12:30pm-4:30pm AARP Smart Driver Class
(every 1st)
1:00pm-3:00pm Conversation Spanish
1:00pm-3:00pm Senior Citizen's Law
Office (every 3rd Tues. of every other month
see page 2 for more details)
2:00pm-3:30pm Intermediate Line Dancing

Wednesday

8:30am-12:30pm GEHM Clinic (every 1st)
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:00am-12:00pm Senior Law Office Appts.
(every 1st) (See Page 2 for more details)
10:00am-12:00pm Highland Harmonizers
10:15am-11:15am Gentle Exercise
1:00pm-3:30pm Mexican Train Dominoes
1:00pm-3:30pm Beg. Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
2:00pm-3:30pm Beginning Line Dancing
4:00pm-6:00pm ORCA Game Night
(2nd & 4th)
5:30pm-6:30pm ORCA Loss Group
4:30pm-6:30pm Beginning Ukulele

Thursday

8:15am-9:15am Flex & Tone
10:30am-11:30am Tai Chi
2:00pm-4:00pm Senior LGBT Meeting
(every 2nd)

Friday

8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:30am-11:00am Rosemalers
10:15am-11:15am Gentle Exercise
10:30am-12:00pm Hi-Toners
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:00 pm Afternoon Matinee

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
12:30pm-3:30pm NM OLOC/Old Lesbians
Organizing for Change (every 3rd)
1:30pm-3:30pm Music Jam Session (every 2nd)

Please see our bulletin board for details about on-going classes



What's Happening at Highland

AFTERNOON MATINEE

Movies start at 2pm unless otherwise noted

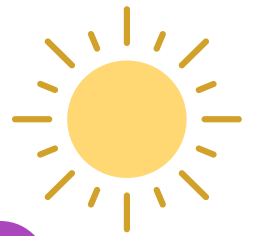
<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
10/6	Asteroid City	PG-13
10/13	Mafia Mamma	R
10/20	Come Out Fighting	R
10/27	Beetle Juice	PG



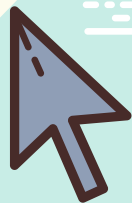
***We include Movie rating so that you can decide if you want to watch! Movie. Participants will get 1 free bag of popcorn additional bags are only 25 cents.

Trips

Planning for special events and activities begins months in advance and some activities require a minimum number of Participants. To avoid cancellations due to low registrations, please register 2 weeks prior to the event!



http://



Did you know that you can view all of our current activities on our City of Albuquerque website? For all information on services, monthly menu and individual centers please log on to: www.cabq.gov/seniors

We are also on Social Media look for us there!



What's Going on at Highland

Coordinators Corner:

In the heart of Albuquerque, where Monroe NE lies, A place of respite, where time simply flies. Highland Senior Center, with its doors open wide, A sanctuary for seniors, a source of pride. When the autumn air turns cool and crisp, And the leaves fall in a whimsical wisp, The center buzzes with anticipation, For holidays, events, and jubilation. From Monday to Saturday, its doors remain ajar, for those seeking company, or solace from afar. With a team so dedicated, working tirelessly, Julianna, Chris, Gloria, Stacie, Anna & Mike, plus many more, full of energy. Classes, workshops, activities galore, AARP, Tai Chi, Yoga and more. A busy schedule, filled to the brim, with arts, music, and exercise to keep you trim. Legal clinics, donation drives, holiday cheer, Adapted aquatics, line dancing, all here. The center thrives with a rhythmic beat, A symphony of life, melodious and sweet. With a mission to serve, an oath to uphold, A heart full of care, a spirit bold. The Highland Senior Center, in all its glory, Is not just a place, but a heartwarming story. So, here's to the center, a salute so grand, To its mission, its people, its evergreen stand. May it continue to thrive, to serve, to empower, In every season, every minute, every hour. For it's more than a building, or a schedule, or a class, It's a beacon of hope, a mirror, a looking glass. A testament to life, its trials and its triumphs, The Highland Senior Center, a poetic symphony of rhythms.

Food for thought, I'm not old, I'm just ripe and seasoned. Getting older is like being on a roller coaster...it has its ups and downs, but it's still a wild ride!

Chris Rogers, Program Coordinator



**WE WILL BE CLOSED
MONDAY, OCTOBER 9th**

Upcoming Shot Clinics ALL CLINICS 9AM-12PM

**-Friday, October 27th
-Friday, December 22nd**



Classes

AARP Smart Driver Course

**1st Tuesday every Month
12:30pm- 4:30pm**

SAFE DRIVING

**Cost: \$20 for AARP members
\$25 Non-members
Sign up Required at the front desk**



AARP

**NEW LINE DANCING CLASS!
STARTING SAT.
SEPT. 23, 2023**



We will dance a variety of levels to different types of music. Whether you are an experienced beginner looking for a challenge or a more experienced dancer looking for fun, movement and camaraderie, this may be the class for you. No partner is needed, so just bring yourself and others looking for the same!

**SATURDAY MORNINGS
10:30 AM-12:00PM
IMPROVER/INTERMEDIATE LEVEL LINE DANCING**

MEDICARE FAIR
Event Series

ONE ALBUQUERQUE senior affairs

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Call 505-764-6400 for more information

Locations/Times

North Domingo Baca Multigenerational Center
Wednesday, October 11, 2023
9 AM - 11 AM

North Valley Senior Center
Wednesday, October 25, 2023
9 AM - 11 AM

Manzano Mesa Multigenerational Center
Wednesday, November 8, 2023
9 AM - 11 AM

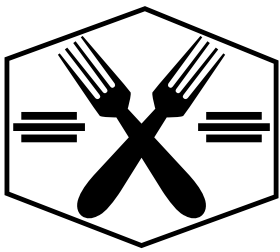
Los Volcanes Senior Center
Tuesday, November 21, 2023
9 AM - 11 AM

cabq.gov/seniors



**Conversational Spanish
Every Tuesday
1:00pm-3:00pm**

****Conversational Spanish is a group for those who already speak Spanish, please see leader for more info. This group is not a beginners class.**



Information

LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm.

Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

Reminder:
Meals are to be consumed at the center in the Social Hall.
Meals are not permitted to take out.



Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring 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, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.

Senior Affairs Advisory Council Meetings **All Meetings start at 12 noon**

Monday, October 16, 2023

Senior Information & Assistance - 1620 1st St. NW

Monday, November 20, 2023

Manzano Mesa Multigenerational Center - 501 Elizabeth

December 2023 - NO Meeting



Department Participant Code of Conduct

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.

Our Mission

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.



SPECIAL EVENT

HALLOWEEN DANCE PARTY

THURSDAY
OCTOBER 26TH
2PM-4PM



FEATURING
J.J. JONES

COME IN COSTUME AND
ENJOY A FUN-FILLED EVENT
WITH A CAKE WALK,
COSTUME CONTEST,
MONSTROUS MUSIC, AND
SCARY GOOD TIMES.



AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.



FOSTER GRANDPARENT PROGRAM

Help kids learn, and guide students to higher academic achievement. 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.**

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



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

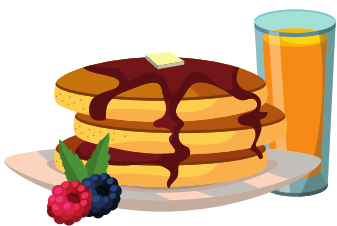
Specials

- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

A-la-Carte

- 1 Egg 25¢ (each)
Bacon or Sausage (2 per order) 50¢
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¢
Waffle (Plain) \$1.00

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 \$1.50
Slice of Pie 50¢
Salad \$1.00
- Sandwich choices change weekly please see front desk for menu.



Beverages

- Milk or Juice 25¢
Hot Chocolate 30¢
Hot Tea 30¢



Menu is Subject to Change

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY

**ONE
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October 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<ul style="list-style-type: none"> ◆ Chicken fajitas ◆ Flour tortilla ◆ Ranch beans ◆ Hot sliced apples ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Beef stroganoff w/bowtie pasta ◆ Cauliflower w/red peppers ◆ Breadstick ◆ Chocolate pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/fajita blend ◆ Stewed tomatoes ◆ Tater tots ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Minestrone soup w/ navy beans ◆ Corn bread ◆ Malibu blend ◆ Mixed fruit cup ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Lemon pepper tilapia ◆ Rice pilaf ◆ Calabacitas ◆ Chocolate chip cookie ◆ 1% milk 
9	10	11	12	13
<p>CLOSED</p> 	<ul style="list-style-type: none"> ◆ Sweet & sour pork w/ brown rice ◆ Stir fry blend vegetables ◆ Pineapple upside down cake ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Frito pie (beef, pinto beans, chile, cheese, onions) ◆ Fritos ◆ Normandy blend ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Fish nugget w/tarter sauce ◆ Crinkle cut fries ◆ Carrots & peas ◆ Vanilla pudding ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken and rice soup ◆ Cherry cobbler ◆ Spinach ◆ Crackers ◆ 1% milk 
16	17	18	19	20
<ul style="list-style-type: none"> ◆ Cottage pie: ground beef, mashed potato, peas & carrots ◆ Corn bread ◆ Blueberry crisp ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Open faced turkey sandwich w/gravy ◆ Yams ◆ Green beans ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Spaghetti marinara w/squash ◆ Breadstick ◆ Malibu blend ◆ Peaches ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salisbury steak w/gravy ◆ Brown rice ◆ Peas ◆ Jell-O ◆ Dinner roll w/margarine ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Green chile stew (chicken & potatoes) ◆ Flour tortilla ◆ Pinto beans ◆ Sliced cinnamon apples ◆ 1% milk 
23	24	25	26	27
<ul style="list-style-type: none"> ◆ Beef tips w/gravy over egg noodles ◆ Brussel sprouts ◆ Peach cobbler ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Chicken pot pie w/biscuit ◆ Diced beets ◆ Ancient grain ◆ Yogurt ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Baked potato w/broccoli, cheese, sour cream ◆ Corn ◆ Baked beans ◆ Apple slices ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Salmon w/garlic butter ◆ Orzo pasta ◆ Cauliflower ◆ Orange ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Ham Mac & Cheese ◆ Cornbread ◆ Normandy bread ◆ Pineapple ◆ 1% milk 
30	31	1	2	3
<ul style="list-style-type: none"> ◆ Pork Loin w/gravy ◆ Rice pilaf ◆ Corn ◆ Dinner roll w/margarine ◆ Pear ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Mummy loaf in swamp water (Meatloaf w/gravy) ◆ Mashed potatoes ◆ Sliced carrots ◆ Jell-O ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Breaded chicken patty w/green chile white gravy ◆ Sweet potato ◆ Green beans ◆ Apple slices w/peanut butter cup ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Pot roast w/potato, celery, carrots ◆ Italian blend ◆ Ancient grain ◆ Mandarin oranges ◆ 1% milk 	<ul style="list-style-type: none"> ◆ Omelet w/mushrooms, spinach ◆ Hashbrowns ◆ Vegetable blend ◆ Yogurt ◆ 1% milk 