

APRIL

2025

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108

505-767-5210

From the Desk of the Manager:

Greetings Highland Senior Center Members! As winter thaws and spring blooms, we find ourselves busier than ever. We've crafted heartfelt Valentine's Day cards, experienced the melodic tunes of Dunn Deal, and enhanced our technical skills with the help of Technology Leadership School. A special commendation to our new Program Coordinator, Bailey Grebbin, for making these enriching activities possible.

Your efforts are greatly appreciated!

For a seamless experience at our center, please note:

- **MEMBERSHIP MATTERS:** Active memberships are mandatory for participation in all activities, trips, presentations, and meals. Please renew expired memberships promptly to continue enjoying our facilities.
- **FOOD ZONES:** Please consume food only in designated areas. The pool room and computer lab are STRICTLY NO-FOOD zones. This includes the computer lab in the library.
- **CODE OF CONDUCT:** Familiarize yourself with the code of conduct outlined on page 8 of the newsletter. Adhering to these regulations is crucial to the smooth functioning of our senior and multigenerational centers.
- **RESPECT FOR ALL:** Treat all staff, fellow members, instructors, and community members with the dignity and respect they deserve.

Remember, respect is not contingent on agreement. Differing opinions are a part of life, but respect for one another as human beings is a non-negotiable standard.



Chris Rogers
Center Manager

Sincerely,
Chris Rogers

www.cabq.gov/seniors



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers
Manager

Bailey Grebbin
Program Coordinator

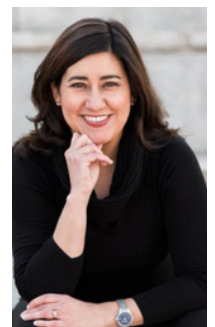
Gloria Ortiz
Office Assistant

Vacant
Program Assistant

Vacant
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of Senior Affairs

SENIOR CITIZEN LAW OFFICE INFORMATION

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



1st Wednesday of
Each Month
By Appointment Only

On April 15th, 2025, SCLO will host a free estate planning presentation covering wills, probate, and Medicaid for nursing homes.

Sessions occur every other month on the 3rd Tuesday. Seniors must sign up at the Highland front desk. Schedule:

- 1:00 PM: General lecture on wills, probate, and powers of attorney.
- 2:00 PM: Discussion on Medicaid coverage for nursing homes and services.

SCLO operates two distinct clinics, alternating between a Free Legal Clinic and a Power of Attorney Clinic. These clinics take place on the first Wednesday of each month. To schedule your appointment for the Power of Attorney Clinic, please contact the Senior Law Office at 265-2300.

On Wednesday, April 2nd, 2025, SCLO will conduct a General Legal Clinic,

This clinic provides seniors with the opportunity for one-on-one legal consultations with an attorney. To schedule a **General Legal Clinic**, please reach out to the Highland Senior Center staff at 505-767-5210. **For arranging Powers of Attorney clinics, contact SCLO at 505-265-2300.**

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

We're also active on social media, so be sure to look for us there!



SENIOR CITIZENS LAW OFFICE
Essential Information for Seniors:
Please take note of the following updates:

- All appointments for general legal clinics should be scheduled through the front desk at the Highland Senior Center.
- For Powers of Attorney clinics, you make appointments by contacting
SCLO at 505-265-2300.
- The Medicaid/Estate Planning Presentation will take place exclusively in February, April, and June at the Highland Senior Center. Please sign up at
Highland Senior Center.

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:00am - 4:30pm FITNESS CENTER
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

Tuesday

8:00am - 4:30pm FITNESS CENTER
8:15am-9:15am Flex & Tone
9:30am-12:00pm Watercolor
10:30am-11:30am Energy Yoga
10:00am-11:00am Partner Dance Class
10:00am-12:00pm Mah Jongg
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
2:00pm-4:00pm Rainbow Artists (every 3rd)

Wednesday

8:00am - 6:30pm FITNESS CENTER
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 Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
2:00pm-3:30pm Beginning Line Dancing
5:30pm-6:30pm ORCA Loss Group
4:30pm-6:30pm Beginning Ukulele

Thursday

8:00am - 4:30pm FITNESS CENTER
8:15am-9:15am Flex & Tone
10:30am-11:30am Tai Chi
2:00pm-4:00pm Senior LGBT Meeting
(every 2nd)
2:30pm-4:30pm ORCA Game Time (1st & 3rd)

Friday

8:00am - 4:30pm FITNESS CENTER
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:30am-11:00am Rosemalers
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics

Saturday

10:00am - 3:30pm FITNESS CENTER
10:30am-12:00pm Improver Line Dancing
1:30pm-3:30pm Music Jam Session (every 2nd)

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

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 Notices

Coffee with Constituents



Thursday, April 10th
9:30am-10:30am

Palo Duro Senior Center will be hosting Department of Senior Affairs Administrators for this event.

CONGRATULATIONS!!!



They've done it again! In a dazzling display of footwork, both Beth and Sung twirled their way to victory in ballroom dancing, while Beth stole the spotlight once more by snagging first place in country too! The Rio Grande Dance Classic brought the heat this February right here in Albuquerque! 🌟💃🕺

Coordinator's Hub

We kicked March off with an energetic Mardi Gras dance! It was truly a team effort, with lively music provided by member band Dunn Deal and festive decorations set up by members. Thank you to everyone whose support made this event a whole lot of fun. Special shoutout to Richard for making us a delicious, colorful cake! -Bailey Grebbin



In Other News

🎵 Join Highland High School's Jazz Band for a concert on April 25th! See flyer for details.

📱 We're lucky to have both Teeniors & Tech Leadership HS visiting us in April! Sign up at the front desk for 1:1 technology tutoring.

💖 Check out the Highland Highlights board for more upcoming events or activities!

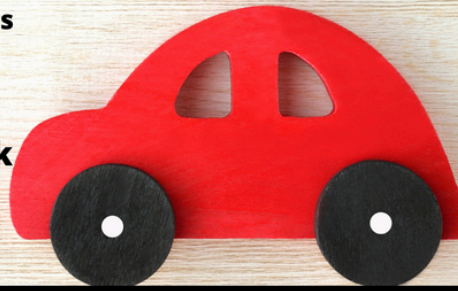
Classes and Events at Highland

AARP Smart Driver Course

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



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



AARP

Highland Flea Market

Every Monday from 8am - 12noon
Room 7

Sign up for table purchase for the following month are every last Monday of the Month!
Tables are \$2.00 you must have a current membership to purchase a table.



Please inquire at the front desk if you have any questions or how to purchase a table.

TECHNOLOGY HELP OPPORTUNITIES

1:1 tutoring on computer & phone skills



TEENIORS

4PM-6PM



WEDNESDAY

APRIL 23rd

**TECH LEADERSHIP
HIGH SCHOOL**

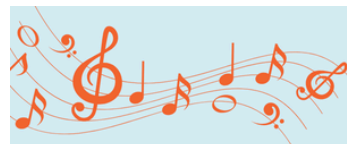
10AM-11AM

FRIDAY
APRIL 11th

Tutoría disponible en español

Tutoring available in Spanish

Sign up at the front desk



JAZZ CONCERT

performance by

HIGHLAND HIGH SCHOOL

JAZZ BAND

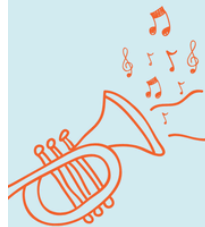


Friday April 25th

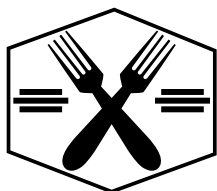
2:15PM-3PM

Social Hall

Highland Senior Center



Information



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

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

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

**If you lack a reservation, wait until 12:30 PM for possible
cancellations. Unclaimed meals will be distributed on a first-
come, first-served basis. Meals that go unclaimed are wasted,
impacting our ability to provide low-cost services.**



Notice

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY

In accordance with the regulations set forth by the Area Agency on Aging and the New Mexico Aging and Long-Term Services senior meal program, meals are not permitted to be removed from the designated dining area. However, exceptions to this rule include fruits such as bananas, apples, and oranges, as well as individually wrapped cookies.

For any inquiries regarding these regulations and guidelines, please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at 505-764-6450 for further clarification.

Thank you for your cooperation.

TRANSPORTATION SERVICES

Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can call 764-6400 for more info.



Department Participant Code of Conduct

In order that all participants experience a pleasant visit and experience at the centers, participants are expected to respect the rights of others and to adhere to the following Code of Conduct.

Failure to observe rules of conduct may result in disciplinary action, including suspension from the program.

- 1. Maintain personal hygiene that is not offensive or unhealthy.**
- 2. Show consideration for the diversity of staff and other participants.**
- 3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.**
- 4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.**
- 5. Keep the Senior Center building and grounds neat, clean, and litter free.**
- 6. Show courtesy to other participants and staff and respect decisions made by center Management.**
- 7. Bring issues involving the operations of the Center to management's attention for resolution.**

Participants are prohibited from:

- 1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.**
- 2. Using of racial slurs or abusive language.**
- 3. Using voice or behavior that will disturb other Center participants.**
- 4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.**
- 5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).**
- 6. Fighting with other participants or staff.**
- 7. Bringing bicycles into the facility.**
- 8. Smoking in City facilities or on City premises.**
- 9. Consuming or possessing alcoholic beverages in City facilities or on City premises.**
- 10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.**
- 11. Selling, soliciting, or panhandling in Centers.**
- 12. Eating in any pool room or computer lab.**
- 13. Removing food from the meal site area when participating in the congregate meal.**
- 14. Vandalizing or damaging Center facilities, equipment or materials.**

Department of Senior Affairs Event

Join us for the exciting 50+ Senior Tech Connect Fair on April 11th, from 8:30 a.m. to 12:30 p.m. at the North Domingo Baca Multigenerational Center! Be sure to join in on the tech fun!

50+ SENIOR TECH CONNECT

**SAVE THE DATE!
APRIL 11, 2025**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



Upcoming Events

Mark your calendars for exciting news about our annual FREE event at the Kimo Theater on Thursday, May 8th, at 1:30 PM! Don't miss out—it's going to be a blast! 🎉



 **ONE ALBUQUERQUE** CITY OF ALBUQUERQUE DEPT. OF SENIOR AFFAIRS & DEPT. OF ARTS AND CULTURE WITH DE ORO PRODUCTIONS PRESENTS:

TARDE DE ORO

FREE EVENT

MAY 8, 2025 • 1:30 PM • DOORS AT 12:45 PM • KIMO THEATRE
423 CENTRAL AVE. NW 87102

**EXPERIENCE
NEW MEXICO'S UNIQUE,
VERSATILE & COLORFUL
HISTORY THROUGH
PICTURES, MUSIC,
DANCE, SONG & SCRIPT.**

TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

ALSO ENJOY POST-SHOW INTERACTION WITH OUR TALENTED PERFORMERS AS WELL AS AN EXCITING STUDENT PRODUCED MULTI-MEDIA EXHIBITION BY THE NEW MEXICO ACADEMY FOR THE MEDIA ARTS.

Paid Parking is available behind the theater on Copper.
Buses & Vans Must Contact Chris Meloy/Kimo,
505-228-9857 For Parking and Passenger
Drop Off/Pick Up Directions

Show Information
Frances Lujan
505-836-7579
flujan3@msn.com



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 egg, 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)

Waffle (Plain) \$1.00 or (with fruit) \$1.50 (Fridays only)

A-l-a-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 Waffle with Fruit \$1.50 (Fridays only)

See our Full A-la-Carte Menu at our
Front Desk!



Friendly Reminder:

Meals should be enjoyed in the Social Hall
and are not allowed to be taken out.
Thank you for your understanding and
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

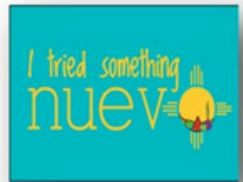
HOT LUNCH MENU

RESERVATIONS MUST BE MADE BY 1:00 PM THE DAY BEFORE.
FEEL FREE TO VISIT US OR CALL 505-767-5210.



APRIL 2025

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>3</p> <ul style="list-style-type: none"> ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>4</p> <ul style="list-style-type: none"> ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz 
<p>7</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>8</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>9</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	<p>10</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>11</p> <ul style="list-style-type: none"> ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 
<p>14</p> <ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<p>16</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	<p>17</p> <ul style="list-style-type: none"> ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	<p>18</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz 
<p>21</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>22</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	<p>23</p> <ul style="list-style-type: none"> ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	<p>24</p> <ul style="list-style-type: none"> ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	<p>25</p> <ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 
<p>28</p> <ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<p>29</p> <ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<p>30</p> <ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<p>1</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<p>2</p> <ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz 