

DECEMBER

2023

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210



Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

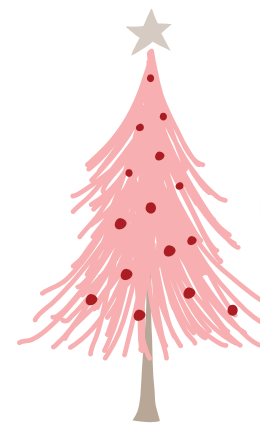
From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,
Anna Sanchez, Director

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National Council on Aging



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

Vacant
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, December 19th, 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 (Power of Attorney Clinic) 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, December 6th, 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.

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!



Message from the Manager



Warm Wishes from the Center Manager
Whether you choose to celebrate a traditional holiday or a religious Christmas, I wish you all a happy holiday season. Remember, we're all free to celebrate in our own way, so let's enjoy this wonderful time of year together.

I'd also like to congratulate Deandre Garcia for being the winner of last month's turkey find contest. With 23 turkeys hidden throughout the newsletter, Deandre's guess of 22 was the closest. Keep an eye out for more fun and games in future newsletters!



**Best regards,
Julianna Brooks, Center Manager**

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
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
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:00pm Afternoon Matinee

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
10:30am-12:00pm Improver Line Dancing
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

Our Mission

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

What's Happening at Highland

AFTERNOON MATINEE



Movies start at 2pm unless otherwise noted

<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
12/01	Barbie	PG-13
12/08	The Hill	PG
12/15	Big Fat Greek Wedding 3	PG-13
12/22	The Holiday	PG-13

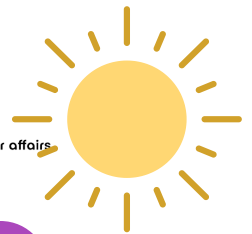
***We include Movie rating so that you can decide if you want to watch! Movie participants will get 1 free bag of popcorn additional bags are only 25 cents.

Get Ready for Adventure!

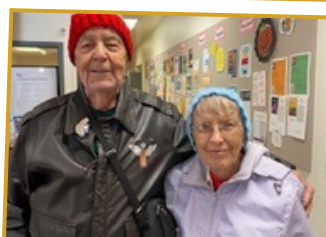
We know you're pumped for those upcoming trips and activities! But, hold up, before you get too excited, some of these epic journeys need a minimum amount of people to make it happen.

To dodge any last-minute cancellations, be a savvy adventurer and register at least two weeks before the event.

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Kudos



Let's give a roaring round of applause to our fabulous knitting and crocheting crew - the "Madd-Hatters"! They approached us a few moons ago, brimming with ideas to whip up cozy winter hats, scarves, and headbands. Lo and behold, they spun over 200 snuggly creations, spreading joy to members and the community. We even spiced things up with a raffle and some fun games during breakfast and lunchtime giveaways! And guess what? We still had some winter goodies left over. Our talented crew went above and beyond, gifting the extras to the UNM Dialysis ward. We couldn't be prouder of this passionate and dedicated team of ladies who use their skills to give back to the community. Our members were overjoyed with their gifts and the folks at UNM were equally grateful. A heartfelt thank you to all the hardworking "Madd-Hatters" out there!

What's Going on at Highland

Welcome to the Coordinator's Corner, where we've had a jam-packed year of fun, learning, and giving back! We kicked things off with some resolutions and wrapped up with a heart full of gratitude. In between, we boogied at dances, twirled at a sweetheart soirée, and even did some spook-tacular Halloween shindigs. We also tipped our hats to some important causes and holidays, like Moms, Easter, and Juneteenth and Pride Month (for the first time ever!). Plus, we learned some vital info on landlord-tenant rights, property taxes, and even hopped aboard the NM Railrunner. But wait, there's more! Our Madd-hatters team crafted cozy hats for our members and community, and we even spruced up our space with some construction. So, as we wrap up this year, let's remember to savor the in-betweens and stay young at heart. After all, the secret to a youthful spirit is honesty, slow-eating, and a little white lie about your age (wink-wink). Thanks for an unforgettable year!

Cheers,

Chris Rogers, Program Coordinator



Holiday **CLOSURES**



Highland Senior Center will be closed on

Monday, December 25th

and

Monday, January 1st

No meals, transportation, services or activities.

Happy
New Year
2024

Classes

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

STARTING A WRITERS CLUB

Do you have a personal story itching to be put on paper? Are words knocking around in your noggin begging to be unleashed? Maybe you've dreamt of becoming a writer, but never took the plunge. The wait is over! Freelance writing is calling your name and we're here to help make your writing dreams a reality.

Join us on Thursdays 2pm-3pm, bring your pen and paper or laptop, and let's dive into the exciting world of writing together!

**FIRST MEETING THURSDAY
DECEMBER 7TH**



Albuquerque **Acc**ordion Club

Christmas Music Concert!

Join us at Bear Canyon Senior Center for a joyful program of your favorite Christmas songs!

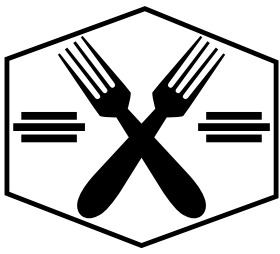


Wednesday, December 13th, 2:00 p.m.
(Free Admission)



**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.

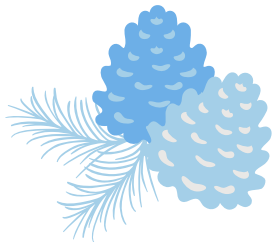
WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

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.

Classes/Groups on Winter Break



Senior Affairs Advisory Council Meetings

December 2023 - NO Meeting

Highland Harmonizers

No Classes from December 6th-January 3rd

Will resume January 10th

Conversation Spanish

No Classes from December 5th to January 2nd

Will resume January 9th

Rosemaulers

No classes from Saturday December 2nd-January 6th

Will resume January 13th

No Classes Friday December 1st-January 12th

Will resume on Friday January 19th

All Classes/Groups subject to change, please check with center front desk!



Department Participant Code of Conduct

- 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.**

BRAIN GAME

Christmas Word Search



E	F	M	G	H	H	M	T	C	F	B	N	O	S	T
J	Z	C	I	T	O	R	H	Z	O	L	U	U	T	I
I	D	X	N	W	E	T	M	M	I	O	O	Y	N	G
I	Z	H	G	E	A	N	R	G	N	F	K	L	E	A
H	N	R	E	E	F	I	H	Q	Y	V	O	I	S	R
H	B	Y	R	E	O	T	E	L	T	S	I	M	E	P
R	G	W	B	I	S	V	J	S	E	D	G	B	R	S
U	Q	I	R	J	C	T	T	Z	X	L	M	U	P	K
D	K	A	E	M	P	O	N	H	D	E	V	Z	V	H
O	V	B	A	L	C	Y	U	E	C	O	R	E	J	O
L	W	X	D	K	S	S	Q	E	M	U	E	X	S	L
P	P	L	I	J	R	G	D	W	E	A	T	D	L	L
H	X	N	R	E	I	N	D	E	E	R	N	L	N	Y
X	G	S	L	O	R	A	C	S	R	B	I	R	T	H
S	Y	M	D	L	S	A	N	T	A	Z	W	G	O	H



CAROLS
ELVES
LIGHTS
PRESENTS
SANTA

TREE
COOKIES
GINGERBREAD
MISTLETOE
REINDEER

SLEIGH
WINTER
DECEMBER
HOLLY
ORNAMENTS

RUDOLPH
STOCKINGS
WREATH



AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

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

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

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.**

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

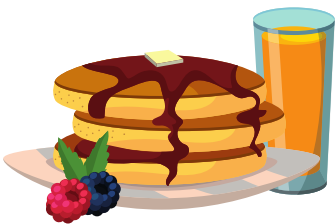
Specials

- 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)**

Al-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

December 2023

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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
27	28	29	30	1
<ul style="list-style-type: none"> ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 
4	5	6	7	8
<ul style="list-style-type: none"> ♦ Salisbury steak w/green chile gravy ♦ Corn ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey tetrazzini ♦ Brussel sprouts ♦ Peach cobbler ♦ Breadstick ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked tilapia w/lemon and tartar sauce ♦ Rice pilaf ♦ Green beans ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken parmesan w/ mozzarella ♦ Carrots ♦ Breadstick ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Diced pork w/gravy ♦ Sweet potatoes ♦ Oriental blend vegetables ♦ Dinner roll w/ margarine ♦ Jell-O ♦ 1% milk 
11	12	13	14	15
<ul style="list-style-type: none"> ♦ Pork egg rolls ♦ Butter noodle ♦ Brussel sprouts ♦ Fortune cookies ♦ Sweet & Sour sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheese omelet w/ pepper, onions, spinach ♦ Stewed tomatoes ♦ Hash browns ♦ Pineapple ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken tamales w/ green chile ♦ Pinto beans ♦ Calabacitas ♦ Chocolate pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Spaghetti w/meat sauce ♦ Green beans ♦ Breadstick ♦ Apple sauce ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked salmon w/lemon sauce ♦ White rice ♦ Sliced beets ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> ♦ Breaded pollock ♦ Brown rice ♦ Corn w/red peppers ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey and brown rice w/gravy ♦ Green beans ♦ Cauliflower ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked chicken ♦ Mashed potato ♦ Broccoli ♦ Mixed fruit ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Sloppy joe, hamburger bun ♦ Roasted green and red bell peppers ♦ Rosemary potato ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham w/pineapple glaze ♦ Mashed potato ♦ Mixed vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 
25	26	27	28	29
<p>CLOSED</p> <p><i>Happy Holidays</i></p>	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ Baked beans ♦ Normandy blend vegetables ♦ Chocolate chip cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Green chile chicken tamale ♦ Pinto beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Macaroni w/ham & broccoli ♦ Spinach ♦ Peach cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked cod fish w/tartar sauce ♦ Rice pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 