

FEBRUARY

2025

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108
505-767-5210

Message from the manager:

As we warmly bid farewell to January and embrace the newness of 2025, it's uplifting to see the vibrancy of our community, thriving with food, fun, and fellowship. In this chilly weather, remember to keep the spirit of the heart month and the month of love alive. A simple smile and act of kindness can make a difference!

Key Updates:

1. **Tax Season:** It's that time of the year again! Dial "311" to schedule your tax appointment before the rush.
2. **New Program Coordinator:** I'm thrilled to introduce our new Program Coordinator, Bailey Grebbin. Don't miss her feature on page 5 of the newsletter and do take the time to acquaint yourself with her at the front desk.

Membership Reminders:

1. Ensure your membership is up to date. A current \$20.00 membership allows full access to facilities, trip participation, daily lunch reservation, and so much more.
2. Without an active membership, participation in our center's activities can be limited.

Lastly, let's remember: "Just one small positive thought in the morning can change your whole day."

Regards,
Chris Rogers, Center Manager



Chris Rogers
Center Manager

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 February 18, 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, February 5th, 2025, SCLO will conduct a General Legal Clinic beginning at 9 AM, strictly by appointment.

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, rather than directly with SCLO.
- For Powers of Attorney clinics, you can still 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.

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



**The Highland Senior
Center will be closed on
Monday, February 17th,
2025, in observance of
President's Day!**



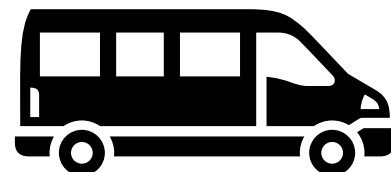
**PLEASE VISIT THE FRONT DESK TO
EXPLORE OUR LOST AND FOUND
COLLECTION AND RECLAIM YOUR
BELONGINGS! ANY UNCLAIMED
ITEMS WILL BE DONATED TO
CHARITY AT THE END OF THE
MONTH.**

**THANK YOU,
CHRIS ROGERS,
MANAGER**

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 sign up for transportation at the front desk or call 764-6400 for more info.



Coordinator's Hub

I'm so excited to have joined Highland Senior Center as your new Program Coordinator. I greatly appreciate how members and center staff alike have welcomed me into your community. It's been lovely meeting different members over the last couple of weeks and I'm looking forward to getting to know all of you better in the coming months.

Best, Bailey Grebbin



A few fun facts about me...

- I'm originally from sunny Southern California but gorgeous New Mexico is my 11th state!
- I moved to ABQ from rainy Oregon in 2023. In Oregon I worked year-round in outdoor education, as an instructor guiding youth in outdoor exploration and as a camp director.
- In my free time I enjoy hiking, crafting, reading and playing with my cat.
- I'm a former AmeriCorps member, having served in the National Civilian Community Corps between high school & college. Feel free to ask me about the various projects I worked on!
- I'm a family-oriented person. I'm close with my feisty grandmother, who is almost 92.
- Before coming to Highlands, I was an educational assistant with APS. I substitute taught grades K-8 and supported middle schoolers in special education classes.
- I have a very sweet, very large cat named Leo. He acts more like a dog than a cat!

2025 got off to an exciting start here at Highlands, as we rang in the New Year with sparkling cider toast at lunch! Shout out to Mike for the excellent idea and for setting up the social hall.

Here's to the rest of 2025!



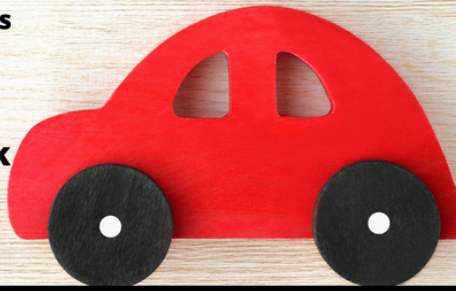
Classes and Events at Highland

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.

JOIN US FOR A VALENTINE MAKING PARTY

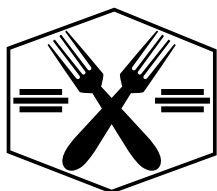
SOCIALIZE WITH FRIENDS, MAKE CARDS
& ENJOY A SWEET TREAT

1:30PM - 2:30PM

FRIDAY
FEBRUARY
7TH

ROOM 8

Information



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

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

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.

Membership processing is most effective during the following times:

Mondays 1:30 PM to 3:30pm

Fridays 1:30 PM to 3:30pm

Thank you for your cooperation.

**Best regards,
Chris Rogers,
Center Manager**

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.

AARP TAX INFORMATION



It's that wonderful time of year again—tax season has arrived, and we are prepared to assist you! Our dedicated AARP volunteers are back, eager to help navigate those complex forms. Let us take a moment to express our sincere gratitude for their invaluable contributions.

To streamline the process of scheduling your tax appointment, we are enhancing our system. In collaboration with the City of Albuquerque's 311 call-in service, we aim to provide a seamless scheduling experience. Appointments are now available from February through April, so mark your calendars as we work together to tackle this tax season with confidence!



Black History Month

Black History Month is an electrifying celebration of the outstanding achievements by African Americans and a moment to spotlight their pivotal role in U.S. history. Also known as African American History Month, this dynamic event sprang from "Negro History Week," the brainchild of the visionary historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially proclaimed February as Black History Month. Countries around the globe, including Canada and the United Kingdom, also dedicate a month to the exhilarating celebration of Black history.

Today, Black History Month is a thrilling tribute to the contributions and legacy of African Americans throughout U.S. history and society. From fearless activists and civil rights champions like Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Jr., Malcolm X, and Rosa Parks to trailblazers in industry, politics, science, culture, and more—their impact is monumental and awe-inspiring.

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.



FEBRUARY 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>3</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Mixed Berries ♦ Dinner Roll with Margarine ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Yogurt ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Memphis Dry-Rubbed Chicken ♦ Cauliflower ♦ Dinner Roll with Margarine ♦ Mandarin Orange ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Dinner Roll/ Margarine ♦ Warm Cinnamon Apple Chunks ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Pork Chop ♦ Mashed Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Jell-O ♦ 1% milk 
<p>10</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Mushroom & Green Beans ♦ Diner Roll with Margarine ♦ Berry Compote ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Turkey w/ Gravy ♦ Steamed Broccoli ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Cauliflower ♦ Dinner Roll with Margarine ♦ Jell-O ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Red Chile Cheese Enchilada ♦ Brown Rice ♦ Roasted Fall Vegetables/ Calabacitas ♦ Pears ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Baked Cod with Tarter Sauce ♦ Brussel Sprouts ♦ Roasted Fall Vegetables ♦ Valentine Cookie ♦ 1% milk 
<p>CLOSED 17</p> 	<p>18</p> <ul style="list-style-type: none"> ♦ Baked Ham with Pineapple Sauce ♦ Sweet Potatoes ♦ 5 Way Vegetables ♦ Vanilla Pudding ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Sliced Apple ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Baked Ziti ♦ Brussel Sprout ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Tilapia with Tarter Sauce ♦ Rosemary Potatoes ♦ Steamed Broccoli ♦ Pears ♦ 1% milk 
<p>24</p> <ul style="list-style-type: none"> ♦ Red Chile Beans ♦ Crispy Roasted Cauliflower with Pumpkin Seeds ♦ Dinner Roll with Margarine ♦ Brownie ♦ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Brown Rice ♦ Corn & Edamame ♦ Orange ♦ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Diced Pork with Gravy ♦ Steamed Green Beans ♦ Berry Compote ♦ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Veggie Green Chili Cheeseburger ♦ Sweet Potato Mash ♦ Roasted Fall Vegetables ♦ Apple Slices ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Spinach ♦ Jell-O ♦ 1% milk 