

January 2023

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108



Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM - 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Anna Sanchez, Director
Department of Senior
Affairs

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

Lexie Garcia
Cook Assistant

Our Mission

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



General Information



Tuesday, January 21st, 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.

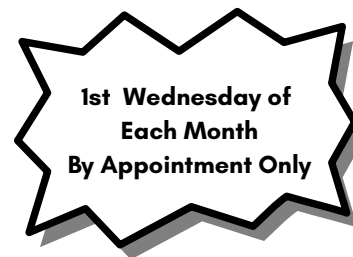
1:00pm-General lecture on wills, probate, powers of attorney.

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



SCLO conducts 2 different clinics alternating on the 1st Wednesday of each month

You must Contact the Senior Law Office 265-2300 to Schedule your Appointment for the Wednesday Clinics.



Wednesday, January 4th, 2023
(Power of Attorney Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, January 4th, 2023, starting at 9 am (by appointment with SCLO only). An attorney will meet privately with a senior and provide advice on legal issues. Seniors need to call SCLO at 505-265-2300 to sign up with the SCLO receptionist for this clinic because there are only 6 appointment slots available for 20-minute intervals. The SCLO receptionist will make sure that SCLO handles the legal issue the senior has.

SCLO conducts 2 different clinics alternating between a Free Legal Clinic and a Power of Attorney Clinic



Seeking Decorating Teams at Highland Senior Center

Do you like to decorate and are you creative?

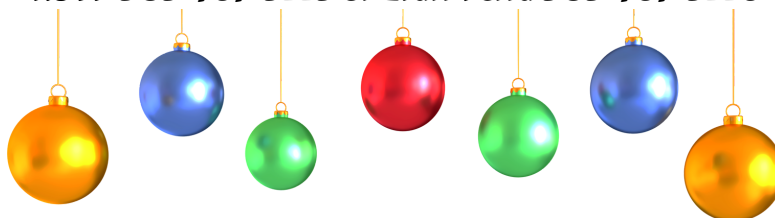
Do you enjoy all the holidays?

Do you like to volunteer at your local senior center?

We are looking for you! Come join the Highland Helpers!

Come help us set up for special events, various holiday decorating, along with other activities to help with. We have some opportunities at Highland Senior Center! Come out and meet new people, catch up with friends, and have fun! If you are interested in helping, please call Isaiah Valenzuela with

RSVP 505-767-5225 or Elan Tena 505-767-5226



Highland On-Going Activities

Monday

8:00am - 12:00 noon Arts Mart/Flea Market
8:15am - 10:00am AM Adapted Aquatics
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
2:00pm - 4:15pm Bingo

Tuesday

8:15am - 9:15am Flex & Tone w/Jane
9:30am - 12:00pm Watercolor
10:30am-11:30am Energy Yoga w/Dave
Plummer
10:00am-11:00am Beginning Ball Room
w/Beth
12:30pm - 4:30pm AARP Smart Driver
Course (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)

Wednesday

8:30am - 12:30pm GEHM Clinic (every 1st)
8:15am - 10:00am AM Adapted Aquatics
9:00am - 10:00am Exercise to Music w/Jane
9:00am - 12:00pm Senior Citizen's Law Office
Appointments (every 1st)
10:00am -12:00pm Highland Harmonizers
10:15am - 11:15am Gentle Exercise w/Jane
1:00pm - 3:30pm Mexican Train Dominoes
12:00pm - 12:30pm Birthday Celebration
(every 1st)
4:00pm-6:00pm SAGE Game Night (2nd &
4th only)
5:30pm-6:30pm SAGE Bereavement
4:30pm - 6:30pm Beginning Ukulele

Thursday

8:15 am - 9:15am Flex & Tone w/Jane
11:00am-12:00pm Friendship Coffee
10:30am -11:30am Tai Chi w/Dave
2:00 pm - 4:00pm Senior LGBT Meeting
(every 2nd)

Friday

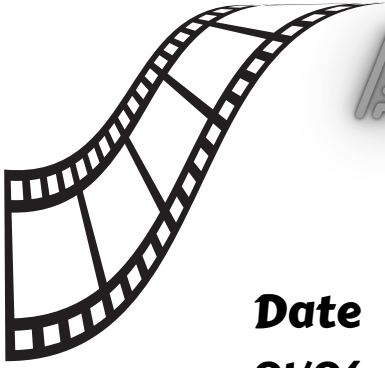
8:15 am - 10:00am AM Adapted Aquatics
9:00 am - 10:00am Exercise to Music w/Jane
9:30 am - 11:00am Rosemalers
10:15 am - 11:15am Gentle Exercise w/Jane
12:30pm - 2:0 pm Adapted Aquatics
2:00 pm - 4:00 pm Afternoon Matinee Movie

Saturday

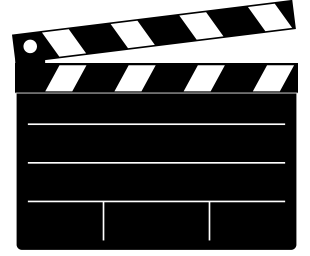
10:00am - 12:00pm Rosemalers (every 2nd)
10:00am - 12:00pm Corvairs of NM (every 1st)
12:00 pm - 3:00pm Monthly Afternoon Dance (every
4th)
12:30 pm - 3:30pm NM OLOC/Old Lesbians Organizing
for Change (every 3rd)
1:30pm-3:30pm - Music Jam Session (every 2nd)



What's Happening at Highland



AFTERNOON MATINEE



Date	Movie Title	Rating
01/06	Bullet Train	R
01/13	BROS	R
01/20	Pearl	R
01/27	The Staircase	G

*****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.**

NEW CLASS

A colorful poster for a Knitting & Crochet Group. It features a white circular background with a yellow banner. The text includes 'Beginners are welcome', 'Knitting & Crochet Group', 'NO CHARGE TO ATTEND!!', 'STARTING JANUARY 11TH, 2023', 'COME LEARN ABOUT KNITTING & CROCHET AND JOIN US TO SHARE YOUR SKILLS OR REFRESH THEM! BRING YOUR OWN SUPPLIES OR PROJECTS!', and 'WEDNESDAYS 1PM-3PM ROOM 3'. The bottom of the poster shows a basket of colorful yarn balls and knitting needles.

Beginners are welcome

Knitting & Crochet Group

NO CHARGE TO ATTEND!!

STARTING JANUARY 11TH, 2023

COME LEARN ABOUT KNITTING & CROCHET AND JOIN US TO SHARE YOUR SKILLS OR REFRESH THEM! BRING YOUR OWN SUPPLIES OR PROJECTS!

WEDNESDAYS 1PM-3PM ROOM 3

Friendship Coffee

Join us for coffee & and treats from one of our Sponsors every Thursday from 11am - 12 noon (Friendship Coffee is subject to change!)



What Going on at Highland

Trips

We are currently working on some trips so please see our Bulletin Board with the flyers and information. Must be a current member to go on trips!



Coordinators Corner:

I don't know about you, but I'm no longer feeling '22. Here's to 2023! Wishing you nothing but health and wealth in the new year ahead. May this new year be the beginning of something great. From resolutions to bucket lists, I hope you check them all off this year! A new year is filled with possibilities, so dream big and believe in yourself this year! New year, new classes, new groups, new activities, new friends. I wish you the best year yet! As always be sure to check out the bulletin boards and monitors for the current events, activities, classes and other important information! Words of wisdom, Not just a year older — a year better!

Chris Rogers, Program Coordinator

Saturday Afternoon Dances at Highland



**Paul Pino &
The Tone
Daddies!**

**Saturday,
January 28, 2023
12pm -3pm
Admission: \$3.00**

In 1983, President Ronald Reagan signed a day honoring Dr. King into law. It falls on the third Monday of every January so that it occurs around the time of his birthday, January 15th. It is a day for all people to remember that whatever differences we may have in terms of ethnicity or culture, they can and should be overcome for the benefit of society.

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



HIGHLAND SENIOR CENTER

SAGE GROUP GAME NIGHT

Spare Your Time for Fun

EVERYONE IS INVITED TO JOIN

Wednesdays
Starting December 14, 2022
Every 2nd & 4th Wednesday
4:00pm-6:00pm
Room 3

Games to Play
BOARD GAMES, CARD GAMES, & DICE GAMES, FUN GAMES, ETC.

The poster features a yellow background with illustrations of board games, dice, and a group of people sitting around a table playing cards. A red circle contains the text 'EVERYONE IS INVITED TO JOIN'.

GATHERING OF ARTISTS



ARTIST SERIES
Started by Ralph Lewis
This group of artists will present and gently critique art pieces in any medium
All levels are welcome!

Mondays
10:00 AM - 11:30 AM
Room 2



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.**

Closures



2023

Highland Senior Center will
be Closed on Monday,
January 2, 2023 for the New
Year Holiday



Highland Senior Center will be Closed on
Monday, January 16th in Honor of
Martin Luther King Holiday



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.



Tax Season Information



Tax Season is upon us!

- AARP volunteers will begin tax preparation starting at the beginning of February.
- Highland Senior Center will begin scheduling appointments starting Tuesday, January 10th.
- Highland will no longer take walk-ins.
- Tax prep will be by appointment **ONLY!**
- Appointments will be made on Thursdays and Fridays for the tax season.
- Please Call 505-767-5210 between the hours of 9:00am-11:00am and 1:00pm-4:00pm to schedule your appointment.
- Taxes are scheduled on a first come first served basis.

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

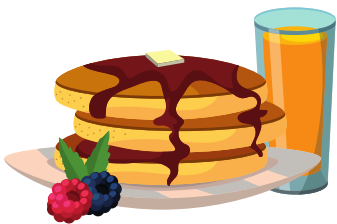
Specials

- 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)
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¢
Fruit & Yogurt Parfait \$1.50
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
ALBUQUE
ROQUE**

January 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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed in Observance of New Year's Day	3 ♦ Beef Tips w/Gravy/Pasta ♦ Green Peas ♦ Bread Stick ♦ Greek Yogurt ♦ 1% Milk 	4 ♦ Omelet w/Cheese/Veggies ♦ Diced Red Potatoes ♦ Peach Cobbler ♦ 1% Milk 	5 ♦ Turkey Pot Pie ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	6 ♦ Pork chop with Rice ♦ Seasonal Vegetable ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
9 ♦ Baked Tilapia ♦ Collard Greens ♦ Corn Bread ♦ Cookie ♦ 1% Milk 	10 ♦ Chicken Alfredo w/Green Chile ♦ Sliced Carrot ♦ Steamed Broccoli ♦ Seasonal Fruit ♦ 1% Milk 	11 ♦ Roast Beef w/Brown Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	12 ♦ Sweet and Sour Pork ♦ Brown Fried Rice ♦ Stir Fry Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	13 ♦ Pasta Primavera ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 
16 Closed for Martin Luther King Day	17 ♦ Green Chile Chicken Posole ♦ Fajita Blend ♦ Cabbage ♦ Vanilla Pudding ♦ Flour Tortilla ♦ 1% Milk 	18 ♦ Baked Ziti ♦ Green Beans ♦ Breadstick ♦ Seasonal Fruit ♦ 1% Milk 	19 ♦ Roasted Pork Loin ♦ Seasonal Vegetable ♦ Brussel Sprouts ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	20 ♦ Sloppy Joes ♦ Tater Tots ♦ Broccoli ♦ Seasonal Fruit ♦ 1% Milk 
23 ♦ Chicken Parmesan ♦ Ancient Grain ♦ Cauliflower ♦ Mandarin Orange ♦ 1% Milk 	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Mixed Fruit ♦ 1% Milk 	25 ♦ Cheeseburger ♦ French Fries ♦ Bell Pepper & Onions ♦ Banana ♦ 1% Milk 	26 ♦ Baked Cod ♦ Lemon Butter Orzo ♦ Spinach & Onions ♦ Applesauce ♦ Dinner Roll ♦ 1% Milk 	27 ♦ Cheese Omelet & Hash Browns ♦ Stewed Tomatoes ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 ♦ Green Chile Beef Enchiladas ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 

Menu is Subject to Change