

January 2025

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from the Manager:

As we welcome the exciting possibilities of a new year, I hope you had the chance to enjoy the festive spirit with loved ones. This fresh beginning offers us a blank canvas, ready to be filled with the vibrant hues of new experiences and opportunities that our wonderful community abundantly provides.

We are at the brink of a future filled with improvement and enrichment, with our steadfast commitment to tailoring our programs to suit your diverse preferences. I warmly invite you to share your thoughts, insights, and ideas with me—whether through a face-to-face conversation or a quick email to crogers@cabq.gov.

As we move into 2025, brace yourselves for some thrilling changes on the horizon! Anna Wood will be saying farewell after seven incredible years with DSA! Please extend your heartfelt well-wishes to her. Congratulations on your well-earned retirement, Anna! We truly appreciate your dedicated service to the department—you're a shining star, and you will be greatly missed! At the same time, let's warmly welcome our new Program Coordinator, Bailey Grebbin. Bailey is excited to join the Highland team, bringing along a vibrant personality, fresh ideas, and a strong passion for community engagement!

With tax season fast approaching, we are preparing to revamp your tax appointment scheduling. In collaboration with AARP, we will integrate the City of Albuquerque's 311 call-in system into our process. I understand this may initially feel like a challenging climb, but I assure you it will streamline the journey in the long run. Thank you for your patience and understanding during this transition. In mid-January, please check with the front desk to find out when the 311 call-in system for tax appointments will be operational.

A gentle reminder to all our valued members at the Highland Senior Center: To ensure everyone enjoys a positive experience, adherence to the Code of Conduct is essential. Failure to comply may result in disciplinary measures, including possible suspension from the program.

As we embark on this exciting journey together, let's keep these powerful words in mind: "Every moment is a crossroad: we can either leap towards growth or retreat into safety," and "Change is as constant as the northern star. Growth is a choice."

Here's to a year filled with growth, transformation, and unforgettable moments!

Chris Rogers,
Center Manager



Chris Rogers
Center Manager



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, January 8th, 2025, SCLO will conduct a Power of Attorney 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
10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
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



**Highland Senior
Center will be
closed on Monday,
January 20th, 2025,
to honor Martin
Luther King Jr. Day.**

CALL for VOLUNTEERS

**Volunteer
With Us!**

*We need
you!*



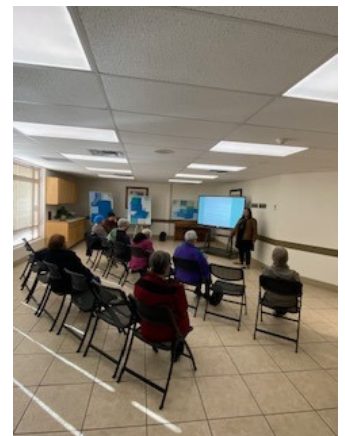
*your help
means a lot!*

Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors" and click "Respond" to sign-up now!

Coordinator's Hub

Parkland Village gracefully welcomed December, sharing insights about our vibrant neighborhood and invaluable resources for our cherished seniors, all while treating us to delightful cookies. A heartfelt shout-out to the Senior Law Office for enlightening us on safeguarding against scams. As mid-month approached, our esteemed District 6 Councilor, Nichole Rogers, along with her dedicated team, shared essential knowledge on engaging with the Highland community and the exciting happenings within District 6! The tech-savvy Teeniors then guided us through the wonders of our phones, laptops, emails, and social media. We concluded the month with a festive Holiday Party featuring the member-driven band DUNN DEAL and the Mix! With snacks to savor, dances to enjoy, and gifts to share, we truly embraced the age-old adage that “it’s far better to give than to receive.” In closing, I echo my sentiments from last year: come join us at Highland for feasting, laughter, and connection! And as we bond together, let’s carry this nugget of wisdom from a renowned poet: “People may forget what you said or did, but they’ll never forget how you made them feel.” Here’s to making 2025 a year etched in our memories! Chris Rogers, Center

Manager



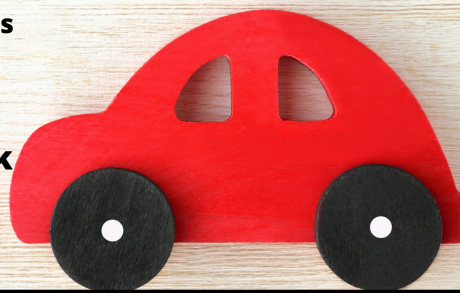
Classes

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

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.

MEDITATION CLASS

"The essence of meditation lies in cultivating a serene and tranquil mind. This sacred practice alleviates stress and tension, weaving a tapestry of enhanced physical well-being.

Susan Checcio, a devoted meditation teacher at the Kadampa Meditation Center, possesses a wealth of wisdom in the art of meditation. She will gracefully lead simple, accessible sessions for all, inviting participation without the need for prior experience or special attire. Simply bring your radiant self and a sprinkle of curiosity!"

Here are the scheduled dates and times:

- Monday, January 6th, 1:30pm - 2:30pm
- Monday, January 13th, 1:30pm - 2:30pm
- Monday, January 27th, 1:30pm - 2:30pm

HIGHLAND SENIOR CENTER
ROOM 3



COMPUTER & CELL PHONE BASICS 101

Send Text Messages with Pictures.

Send and Receive Emails.

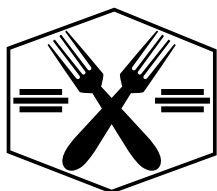
10 am-11:30 am Every Other Friday Starting: October 25th

- Learn about Internet Safety.
- Design a digital storybook about your life.
- Design a Scrapbook.
- Design a Microsoft Google Spreadsheet.
- Understand Text Abbreviations. (LOL)
- Pay an Online Bill.
- Design a Microsoft Google Slideshow.
- Access valid and credible information on the internet.
- Participate in Social Media Platforms.
- Access online videos and movies.
- Play Online Games.
- Learn How to Play Chess.

LEARN NOW WITH JUNIORS FROM



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 don't have a reservation, you can wait until 12:30 PM for potential cancellations. Unclaimed reserved meals by this time will be given to those waiting, based on a first-come, first-served policy. Unclaimed meals are considered waste, affecting our ability to offer 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 best during these times:

- **9:15 AM to 11:00 AM**
- **1:30 PM to 4:00 PM**

**Thank you for your
cooperation.**

**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.

Department of Senior Affairs Event

**We invite you to join us for Senior Day at the Legislature
at the New Mexico State Capitol**



This event unites enthusiastic adults, caregivers, and advocates in aging services to celebrate resilience and promote positive change for older adults in New Mexico. Join us for a day dedicated to advocacy, empowerment, and community as we recognize Senior Day and work towards making a significant impact.

Your voice and presence matter.

**PLEASE REFER TO THE FLYER DISPLAYED AT THE CENTER FOR DETAILS ON
ATTENDING THIS EVENT.**

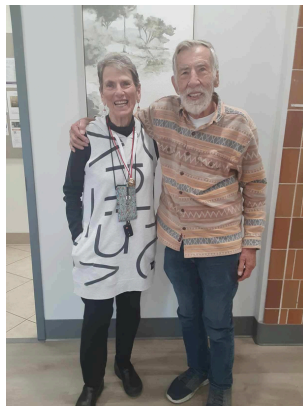
**Monday January 27, 2025,
from 9:00 AM to 2:00 PM
Check in time 7:15am
Depart time: 7:30pm
Approx. return time 3:00pm**

Dancing & Exercise

Prepare yourself, as we cannot help but proclaim: Physical activity is enchanting! It is widely understood, but worth repeating, that regular exercise is a crucial component of a well-lived and lively life, particularly as we mature gracefully like a well-aged wine. For our respected seniors, dancing is not merely a recreational activity - it is a comprehensive workout for both mind and body, fostering a sense of self-sufficiency. Exercise is not an optional activity, but rather a key to unlocking a healthier, more joyful existence. It safeguards against disease, protects against accidental falls, enhances mood more effectively than any stimulant, strengthens interpersonal relationships, and sharpens cognitive abilities. Thus, irrespective of your age, accept this heartfelt invitation to enhance your life through any form of dance or physical activity. Now, let us delve into the enchantment of dance. It is the physical manifestation of our innermost emotions, a symphony orchestrated through movement. Each energetic jump, passionate dance step, or simple sway becomes an expression of dance. It is an extraordinary activity that marries fitness and enjoyment, lifting your spirits. Dancing is akin to painting a vibrant masterpiece with your body, each move contributing to the final piece. It is a mesmerizing journey of self-expression that also strengthens our connection with others. As you surrender to the rhythm, your confidence and joy take flight. So, harness the power of dance and watch as your later years become a grand celebration of life. Dance, for it is the rhythm of life, the delight of movement!



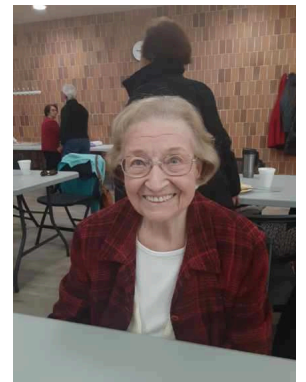
Caroline Chavez
Age-90



Shelley Graubard Age-87
Bill Hooten Age-85



Judith Binder
Age-90



Dotty Dahl
Age-91

Conquerors of Captivating Cadences and Athletic Artistry in Tandem Dance!



MUSIC

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-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 (Fridays only)



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¢

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!

Menu is Subject to Change

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY



JANUARY 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
30 ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	31 ♦ Asian Diced Pork/Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	1 CLOSED HAPPY NEW YEAR	2 ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	3 ♦ Breaded Cod/Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk
6 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Sweet Potato Mash ♦ Cauliflower w/ Pepitas ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 	7 ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	8 ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	9 ♦ Omelet w/ Red Chile & Pepitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	10 ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk
13 ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Yogurt ♦ 1% milk 	14 ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	15 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	16 ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	17 ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk
20 	21 ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sauteed Spinach ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	22 ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	23 ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/Margarine ♦ Pineapple ♦ 1% milk 	24 ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Pear Slices ♦ 1% milk
27 ♦ Lemon Baked Tilapia w/ Tartar Suce ♦ Mashed Potatoes ♦ Corn & Edamame ♦ Diner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	28 ♦ Chicken Tamales w/ Red Chile & Pepitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	29 ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/Margarine ♦ Jell-O ♦ 1% milk 	30 ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	31 ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 1% milk