



Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website.

Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico.

As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.



Sincerely,
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

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, August 16th, 2022
Medicaid/Estate planning presentation

SCLO will conduct free presentations on Estate Planning (wills, probate, powers of attorney) 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.



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, July 6th, 2022
(Power of Attorney Clinic)

SCLO will hold a free general legal clinic on Wednesday, August 3rd 2022, 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

July Closure

Highland Senior Center will be closed Monday July 4th in observance of the Fourth of July Holiday!



Message from the Manager

Happy Summer to all of our members, I would just like to remind members that many extended memberships have expired on June 30th. You can still renew your membership and are encouraged to do so as soon as you can. Membership is required to participate in our programming at DSA facilities.

I would also like to address to everyone who uses our facilities that we are feeling the squeeze in some of our spaces, particularly the Social Hall in the morning during breakfast. I urge participants to give themselves plenty of time to eat your breakfast before 9am because we have a class scheduled in the Social Hall at 9am sharp! Unfortunately we do not have an additional space to relocate the exercise class so your cooperation is very important and it is important that we respect others space. When you are finished eating I ask that you vacate the Social Hall and if you would like to visit with friends and other members our Lobby is a great option!

Thank You for your Cooperation and if you should have any questions or concerns please feel free to talk to me!

Julianna Brooks, Center Manager

Highland On-Going Activities

Monday

8:00am - 12:00 pm 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
1:00pm - 2:00pm Yoga w/Mindy

Tuesday

8:15am - 9:15am Flex & Tone w/Jane
9:00am - 10:30am Blood Pressure Check
9:30am - 12 noon Watercolor
10:30am-11:30pm Energy Yoga w/Dave Plummer
10:00am - 11:00am Beginning Ball Room
w/Beth
12:00pm - 4:00pm Pinochle
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
10:00am- 12:00pm Sage Men's Coffee (every other week)
10:15am - 11:15am Gentle Exercise w/Jane
12:30pm - 3:30 pm Mexican Train Dominoes
12:00pm - 12:30pm Birthday Celebration (every 1st)
4:30pm - 6:30pm Beginning Ukulele

Thursday

8:15 am - 9:15 am 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)
3:00pm - 4:30pm Teeniors(1st Thurs. of month only)

Friday

8:15 am - 10:00 am AM Adapted Aquatics
9:00 am - 10:00 am Exercise to Music w/Jane
9:30 am - 11:00 am Rosemalers
10:15 am - 11:15 am Gentle Exercise w/Jane
12:30 pm - 2:00 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 - 3:00 pm Monthly Afternoon Dance (every 4th)
12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for
Change (every 3rd)
1:00pm-3:00pm Post-Polio Support (every 1st)
1:30pm-3:30pm-Music Jam Session (every 2nd)



What's Happening at Highland

Presentation



BE BRAVE: with HEART a fall recovery class

Albuquerque Fire Rescue is proud to offer **BE BRAVE: with HEART.**
a dynamic 90 minute session of **discussion & practice.**

Brainstorm **E**xecute

- What is a fall?
- Breathing (anatomy of breathing)
- STEADI protocol: 30 sec chair stand,
Timed up & Go, 4 stage balance
- Fear cycles of falls
- How to get up off the ground
- Be BRAVE: Fall action plan
- Symptoms that are concerning

Breathe.

through nose & slowly exhale

Remain positive.

Assess body &
surroundings.
from toes to head
Where are you

Venture to safety.

crawl, scoot, pull/drag

Engage help.

call family, friends/911

Location: Highland Senior Center

Time: 9:00 - 10:30

Date: July 13, 2022

Participation is strongly encouraged. Firemen, Physical Therapists or Occupational Therapists will be available to answer questions.

By practicing fall recovery, confidence in one's own abilities will increase reducing the fear of falling.

Please wear secure shoes and layers.

For more information contact:
Lt. Athena Valerio-Hirschfeld 505.768.3791

Home Engagement Alternative Response Team



Afternoon Matinee

Friday's starting at 2:00pm

7/01	Cruella	PG-13
7/08	Cyrano	PG-13
7/15	Infinite	PG-13
7/22	Scream	R
7/29	School of Rock	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.

Friendship Coffee

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



What Going on at Highland

Trips

Various Trips will Resume in August 2022



Coordinators Corner:

Summer is here everyone! So just a few reminders, stay hydrated, wear a hat and do errands, activities, etc. in the morning before its too hot! Also covid cases are starting to rise so practice social distancing, wash your hands, and get vaccinated if possible. Also I'm looking for a beginning Spanish instructor or anyone that would like to lead a class, activity etc. ! Come see me! Food for thought..."Don't stop having fun when you get older because you get older when you stop having fun...!!

Chris Rogers

SATURDAY Afternoon Dance



Music by:

Chili Bean Express

Saturday July 23rd

From 12 noon - 3pm

Cost: \$3.00



Flea MARKET

EVERY
MONDAY 8AM -
12PM

ROOM 8-
BEHIND THE
POOL TABLES

COME AND
SUPPORT OUR
VENDORS AND
FIND SOME
GREAT DEALS.
VENDORS WILL
HAVE ALL TYPES
OF ITEMS FOR
SALE!



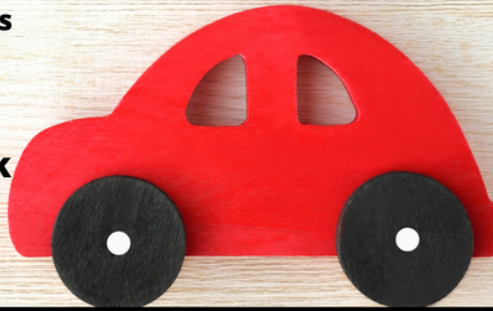
Classes

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

Energy Yoga with Dave

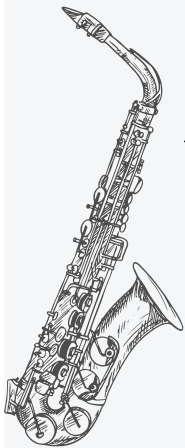


**Every Tuesday
10:30am-11:30am**

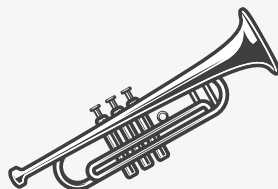
Jam Session

**2nd Saturday of the
month**

1:30pm-3:30pm



**Come join the group and lets Jam
together! All Instruments welcomed!**



**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.**

Special Events

**THUR. JULY 14TH
11:30AM-1:30PM**

★ What's the scoop? ★
**ROOT BEER
FLOATS
SPONSORED BY
HUMANA**



Join us for an extra cool root beer float & some great music!!
**July 14th, 2022,
Thursday
11:30am-1:30pm**



Marlene Sena
Sales
Representative
Humana
C: 505.435.8305
Humana.com/esen



**SAT. JULY 9TH
12:30PM-2:30PM**

HOSTED BY HIGHLAND
BALLROOM DANCING GROUP

**COME JOIN US FOR A SPECIAL
AFTERNOON OF BALLROOM
DANCING!**

DANCE TO THE RUMBA, FOXTROT, WALTZ AND
VARIOUS BALLROOM DANCE STYLES!

DANCE
IS
FREE!!!

EVERYONE
IS
WELCOME!!

GREAT PRE-
RECORDED
MUSIC!!



SWING

**Saturday July 9th,
2022**

Time: 12:30pm-2:30pm

**Highland Senior
Center**

CHA CHA

TANGO

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.



UPCOMING EVENTS AT HIGHLAND

**Let's welcome Manzano Mesa Line
Dancing Group to Highland!**

**Tuesday afternoon
2:00pm - 3:30pm**

June 13th - August 9th



**FUTURE DATES
FOR TEENIORS
TBD!!**



**It's not
the same
around
here
without
you.**



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

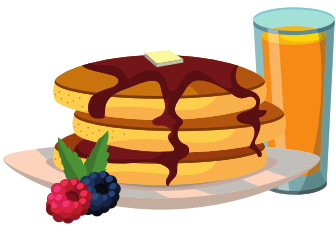
Specials

- Huevos Rancheros \$1.50 (Tuesday & Friday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

A-l-a-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
- Waffle w/Berries & Cream \$1.50

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**
- 1/2 Sandwich 75¢**
(Salad type sandwich only)
- Soup of the Day 50¢**
- Sandwich of the Day \$1.50**
- Slice of Pie 50¢**
- Salads**
- | | | |
|--|--------------|---------------|
| | Large | \$2.00 |
| | Small | \$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



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1
4	5	6	7	8
<p>CLOSED</p>	<ul style="list-style-type: none"> ◆ Lemon Pepper Chicken w/Brown Rice ◆ Diced Beets ◆ Roasted Brussels Sprouts ◆ Chocolate Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato ◆ Carrot Sticks ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll ◆ Steak Fries w/Ketchup ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Whole Wheat Pasta w/ Diced Tomatoes ◆ Calabacitas ◆ Yogurt ◆ 1% Milk
11	12	13	14	15
<ul style="list-style-type: none"> ◆ Pork Chop w/ Brown Rice ◆ Rosemary Potatoes ◆ Seasonal Vegetable ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajita w/ Onions, Red & Green Peppers ◆ Pinto Beans ◆ Flour Tortilla ◆ Baked Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce ◆ Spinach ◆ Breadstick ◆ Fresh Seasonal Fruit ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod w/ Tartar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Green Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Spaghetti w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk
18	19	20	21	22
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach ◆ Pinto Beans ◆ Flour Tortilla ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sweet n Sour Chicken w/ Stir Fry Vegetables ◆ Seasonal Vegetable ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Mashed Potatoes ◆ Seasonal Vegetable ◆ Fresh Banana ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Omelet ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit w/ Margarine ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potato ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ Whole Grain Dinner Roll w/ Margarine ◆ 1% Milk
25	26	27	28	29
<ul style="list-style-type: none"> ◆ Spaghetti w/Meat Sauce ◆ Imperial Blend Vegetables ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Salmon w/ Lemon and Garlic ◆ Ancient Grain Blend ◆ Mushrooms & Green Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Salad Sandwich ◆ Sliced Cucumber and Carrot Sticks ◆ Cole Slaw ◆ Fresh Seasonal Fruit ◆ 1% Milk

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. Revised 6/9/22

Menu is Subject to Change

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Meals are to be consumed in the Social
Hall and are not permitted to take out.
Thank You for your cooperation!**