

JULY

2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Hey there, members and soon-to-be-members! I'm Chris Rogers, your new Highland Senior Center Manager (more on that in a few pages)! Can you believe half of the year has already zoomed by? June kept us on our toes with the grand opening of the Santa Barbara Martineztown Multigenerational Center, with Mayor Keller delivering an inspirational speech! All I can say is we had great food, fun, and music. Please check out some of the snazzy upgrades at a few of our other centers! Swing by to check out the fresh vibes. Dive into our summer lineup of cool classes, fun events, and exciting trips! Don't forget to renew your membership for \$20 to keep the good times rolling and enjoy our scrumptious eats! The Dog Park unveiling got a bit delayed, but we're almost ready to let our furry buddies loose! And remember, service dogs are always welcome inside. If you have any burning questions or just want a chat, swing by the front desk – I'm all ears!

Yours truly,

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

Vacant
Program Coordinator

Gloria Ortiz
Office Assistant

Angie Marentes
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs



Chris Rogers
Manager

General Information

3rd Tuesday of
every other Month
Presentations
No Appointment Necessary!

On Tuesday, August 20th, 2024, SCLO will host a free group presentation on Estate Planning (including wills, probate, powers of attorney) and Medicaid coverage for nursing homes. The sessions will occur every other month on the 3rd Tuesday. To attend, seniors must sign up at the Highland front desk. The schedule is as follows:

- 1:00pm: General lecture covering wills, probate, and powers of attorney.
- 2:00pm: Discussion on Medicaid coverage for nursing homes, home & community-based services.



Please carefully review the instructions and information pertaining to 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

On Wednesday, July 3rd, 2024, SCLO will host a Power Of Attorney Clinic starting at 9 am, available by appointment only. During this clinic, an attorney will meet one-on-one with seniors to offer legal advice. To schedule a General Legal Clinic, contact the Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will still be arranged through 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!



SENIOR CITIZENS LAW OFFICE

Important Information for Seniors:

Please be aware of the following:

- Appointments for all general legal clinics will be arranged through the Highland Senior Center front desk, not directly with SCLO.
- For Powers of Attorney clinics, appointments will still be made with SCLO at 505-265-2300.
- The Medicaid/Estate Planning Presentation will be held exclusively in February, April, and June at the Highland Senior Center.

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:15am-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
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

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
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)
2:30pm-4:30pm ORCA Game Time (1st & 3rd)

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
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

In the wise words of Frank Sinatra, "It's time to take a bow!" Can you believe Stacie has been our movie maestro at Highland for a whopping 7 years? We've shared laughs, tears, and everything in between. From action-packed thrillers to heartwarming romances (some were, well, interesting!), we've had a reel good time. Huge thanks to Stacie for her popcorn magic and dedication to our Friday Movie Matinees! Even in retirement, she still was giving us double the movie love each month. Just like Stacie, the Afternoon Matinee is hanging up its hat at Highland. It's been a blockbuster ride, making memories and lifelong friends. Who knows, maybe one day the Matinee will make a big-screen comeback. But for now, in the immortal words of Porky Pig, "That's all folks!"

Before embarking on exciting adventures, ensure your team is prepared to face any unexpected challenges that may come your way!



MADRID DAY TRIP 2024

THURSDAY

JULY 25TH, 2024

From 9:00am-3:30pm

Check in: 8:45am

Depart: 9:00am

Return: approx. 3:30pm



COME EXPERIENCE THE UNIQUE VILLAGE OF MADRID!

TRAVEL THE SCENIC TURQUOISE TRAIL AND EXPERIENCE THE VILLAGE OF MADRID NESTLED IN A NARROW CANYON IN THE ORTIZ MOUNTAINS. ONCE A HISTORIC COAL MINING TOWN AND GHOST TOWN, MADRID IS NOW A CREATIVE COMMUNITY WITH OVER 40 SHOPS AND GALLERIES, SEVERAL RESTAURANTS, A SPA AND MUSEUM.

**LUNCH
ON YOUR
OWN**

THURSDAY, JULY 25TH, 2024

FROM 9:00AM-3:30PM

CHECK IN: 8:45AM

DEPART: 9:00AM

RETURN: APPROX. 3:30PM

Coordinator Corner

June burst into action with a bang! We introduced the Department of Senior Affairs and flung open the doors to the Santa Barbara Martineztown Multigenerational Center! The party was a hit - think fabulous food, tunes by La Raza, and Mayor Keller delivering an epic speech! Big love to Marie Morra and the RailRunner for a touching visit to the Santa Fe Cemetery - truly a moment to remember! Dads got a treat with creamy root beer floats from Oakstreet! Remember, "Age is like a fine wine, only getting better with time!"

Chris Rogers, Center Manager



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

Open Studio Water Colors

THIS CLASS IS FOR SELF-LED INTERMEDIATE-LEVEL STUDENT. YOU MUST BRING YOUR OWN SUPPLIES!

TUESDAYS

10:00AM-12:00PM

ROOM 2



HIGHLAND SENIOR CENTER MEXICAN TRAIN



**WEDNESDAYS
1:00PM-4:00PM
ROOM 5**

Mexican Train is game played with dominoes. The object of the game is for the player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from central hub or "station".

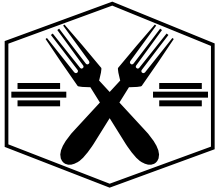
¿HABLA ESPAÑOL?



**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

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 any cancellations. Reserved meals not claimed by 12:30 pm will be given to those waiting on a first-come, first-served basis.

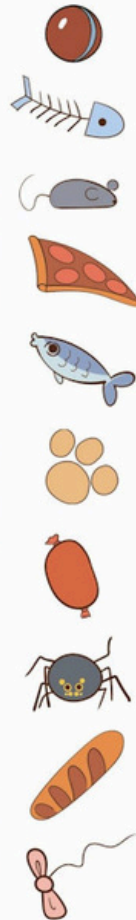
Unclaimed meals are considered waste, affecting low-cost services.

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

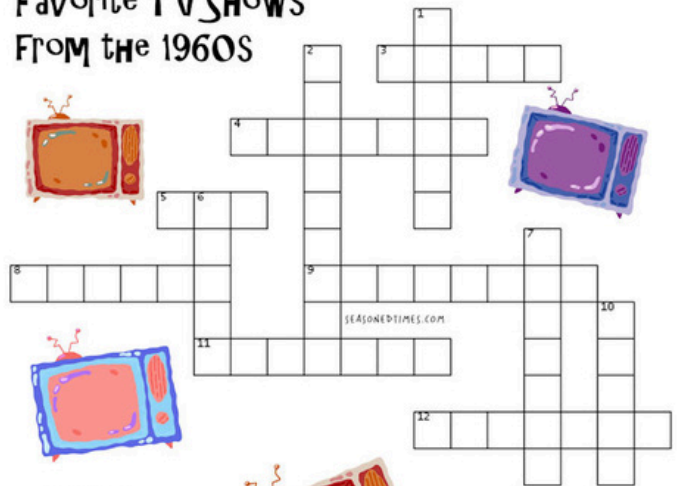
Let's play

HIDDEN OBJECTS

Find 10 hidden objects (shown at right) in the picture below. Colors may be different.



Favorite TV Shows From the 1960s



- ACROSS
- 3. _____ Train
 - 4. Wild _____
 - 5. The _____ Patrol
 - 8. Family _____
 - 9. Love, _____ Style
 - 11. Dark _____
 - 12. Hollywood _____

- DOWN
- 1. The _____ Adventures of Mr. Magoo
 - 2. American _____
 - 6. Green _____
 - 7. My Favorite _____
 - 10. The _____ Limits

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:

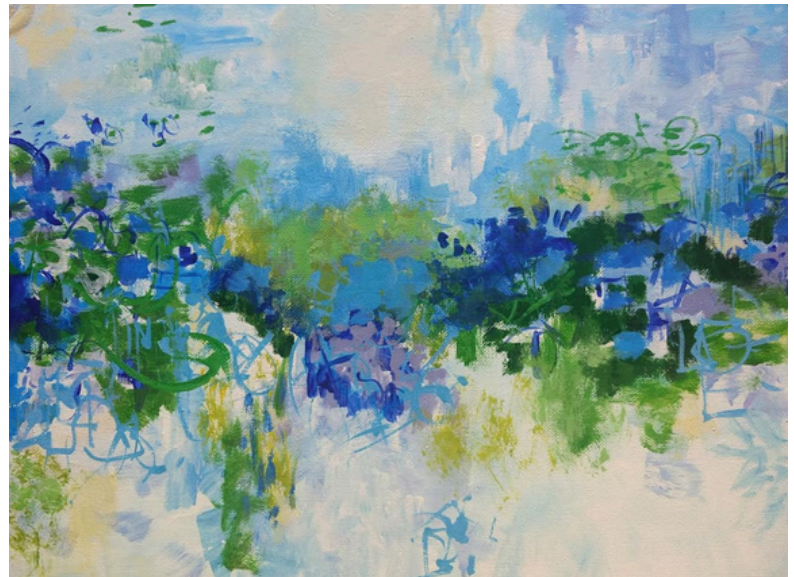
1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and 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.

UPDATES AND BIG NEWS

AS YOUR NEW CENTER MANAGER, HERE'S YOUR CHANCE TO GET TO KNOW ME BETTER! LET ME INTRODUCE MYSELF TO YOU FOR THOSE WHO DON'T KNOW ME. I'M CHRIS ROGERS GREETINGS FROM THE LAND OF ALBUQUERQUE! BACK IN '95, I KICKED OFF MY JOURNEY WITH THE CITY OF ALBUQUERQUE AS A RECREATION GURU FOR THERAPEUTIC RECREATION. FAST FORWARD THROUGH THE YEARS, AND I LEVELED UP TO SUPERVISOR, JUGGLING VARIOUS SITES LIKE A PRO. FROM GROOVING WITH SENIORS AT MERRY MAKERS TO SHAPING LITTLE MINDS IN THE CHILD DEVELOPMENT PROGRAM, I'M ALL ABOUT SPREADING SMILES AND GOOD VIBES. BEING A SUPPORTIVE LEADER IS MY JAM - I LIVE FOR SEEING MY TEAM BLOSSOM BOTH PROFESSIONALLY AND PERSONALLY. TEAMWORK MAKES THE DREAM WORK, RIGHT? WITH A SOLID BACKGROUND IN RECREATION AND MANAGEMENT, I'VE BEEN ROCKING IT AS THE PROGRAM COORDINATOR AT HIGHLAND SENIOR CENTER SINCE 2021, JAZZING UP OLD PROGRAMS AND SPARKING NEW ONES. WHEN YOU STEP INTO HIGHLAND SENIOR CENTER, YOU'LL FEEL MY GENUINE LOVE FOR CONNECTING WITH PEOPLE. OFF-DUTY, I'M A FAMILY GUY, MARRIED WITH FOUR AWESOME GROWN KIDS AND A PAIR OF LIVELY FOUR-YEAR-OLD TWIN GRANDSONS. MUSIC, GOLF, AND FAMILY CUDDLES ARE MY GO-TO FOR UNWINDING. LET'S CONTINUE MAKING MEMORIES TOGETHER, HERE AT HIGHLAND!

PAINTING WITH SUKI

Suki's back with her spellbinding art sessions! Fancy a ticket to her creative kingdom? We're throwing it back with a good old-fashioned draw. Just 8 lucky souls will score entry to this elite art bash. Quick, scribble your details at the front desk! The big reveal is on July 5th, and if luck shines on you, expect a giddy call on July 6th! Mark your calendars for the art extravaganza on Wednesday, July 10th.



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

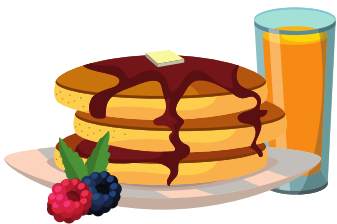
Specials

- 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 (Fridays only)

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
RQUE**

July 2024

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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk	4 	5 ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk
8 ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk	10 ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	12 ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk	16 ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk
22 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk