



# Highland Senior Center

Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

131 Monroe NE Albuquerque, NM 87108

505-767-5210

## Message from Dir. Sanchez:

Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000-square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at [cabq.gov/seniors](http://cabq.gov/seniors).

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,

Anna M. Sanchez, Director



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

**Chris Rogers**  
Acting Manager

**Chris Rogers**  
Program Coordinator

**Gloria Ortiz**  
Office Assistant

**Angie Marentes**  
Program Assistant

**Anna Wood**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef



**Chris Rogers**  
Acting  
Manager



# General Information

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

On Tuesday, June 18th, 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.

**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](http://www.cabq.gov/seniors)**

**We are also on Social Media look for us there!**



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, June 5th, 2024, SCLO will host a General Legal 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.

## 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

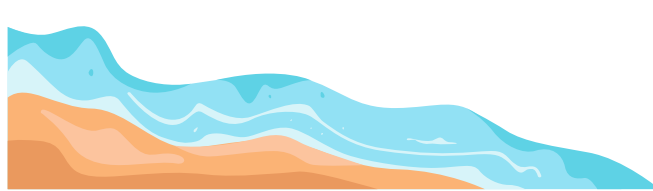
## Saturday

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



<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
6/7/24	The Freshman	PG
6/21/24	Red 2	PG-13

**Highland Senior Center will only be showing movies on the 1st & 3rd Friday of the month.**

\*\*\*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.

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

**Join us for the Grand Opening of Santa Barbara Martineztown Multigenerational Center on Tuesday, June 11th.**



**GRAND OPENING ALERT!  
WELCOME TO THE  
SANTA BARBARA  
MARTINEZTOWN  
MULTIGENERATIONAL  
CENTER! 🎉  
TUESDAY, JUNE 11TH**



JOIN US FOR THE EXCITING GRAND OPENING OF THE SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER! THIS LIVELY HUB WELCOMES INDIVIDUALS OF ALL AGES AND DIVERSE INTERESTS. VISIT THE FRONT DESK TO SIGN UP AND DISCOVER ALL THAT IT HAS TO OFFER!

**Tuesday, June 11th from 9:30 AM to 1:30 PM -  
Get ready for a lip-smacking feast and groovy beats brought to you by La Raza!**



# Coordinator Corner

Halfway through 2024 already - time sure flies when you're having fun! May was a whirlwind of excitement for us. From the dazzling performance at Tarde De Oro at the Kimo, to showering all the fantastic women in our lives with love and treats for Mother's Day. Anna Woods even stepped into the shoes of a Harvey House Girl for a tasty adventure at Harvey House and Pete's Restaurant. We also uncovered the wonders that the NM Railrunner has in store for our seniors - what a gem! Gil the One-Man Band had us dancing to the beat of some golden oldies at the groovy dance event. And let's not forget our jam-packed National Fitness Day at North Domingo Baca, brimming with exercise demos, a Mini Health Fair, and awesome door prizes! Phew, just reminiscing about our month has me feeling the burn 😊! Here's a little nugget of wisdom to ponder: Live your life and forget your age!

Chris Rogers, Program Coordinator

## Let's raise a toast to dads and the fabulous LGBTQ community!

Ah, summer - the season of chilling out, globe-trotting, and hanging with the grandkids! Speaking of fun, let's chat about the Bingo crew at Highland. These Bingo champs put their all into the game week after week, but hey, even they need a breather sometimes. So, they're taking a little Bingo siesta to recharge their luck batteries and will be back in action in the future. If you spot them at other hangouts, be sure to give them a high-five for their

Bingo brilliance - volunteering ain't easy!!

Thanks,

Chris Rogers Acting Manager

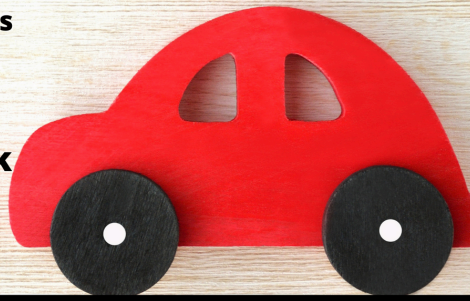
In June, we have a double dose of celebrations! It's a time to give a big shoutout to all the awesome father figures who rock our world, as well as to spread love and cheer to the vibrant LGBTQ community. Father's Day is all about celebrating the amazing dads who shape our lives, whether they're biological, stepdads, granddads, or any special fatherly figure. And let's not forget the rainbow-filled festivities of LGBTQ Pride Month in June, honoring the historic Stonewall Uprising of 1969. This month is a nod to the incredible impact that LGBTQ individuals have made on history, both close to home and around the globe.

## 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 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.

## CERAMICS

10-WEEK WORKSHOP BY PABLO TELLO  
STARTING MAY 30TH TO AUGUST 8TH  
(EXCLUDING THURSDAY, JULY 4TH).

Pablo, an artist, holds degrees from Berea College, the College of Santa Fe, and the University of New Mexico. With nearly five decades of experience in art, he spent nine years teaching ceramics and watercolor painting in Honolulu, Hawaii before retiring from teaching.

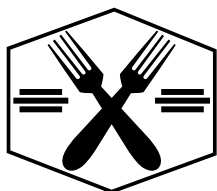
The necessary class supplies are available for purchase on Amazon at a cost of \$9.99. The workshop will employ a lottery system for participant selection, involving the collection of names and phone numbers, with the drawing scheduled for May 24th. Successful candidates will be contacted on May 25th. Please note that the workshop has a maximum capacity of 10 individuals.



**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



**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 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.**



Juneteenth, an annual commemoration of the end of slavery in the United States after the Civil War, has been celebrated by African Americans since the late 1800s. Early celebrations involved prayer and family gatherings, and later included annual pilgrimages to Galveston by former enslaved people and their families, according to Juneteenth.com. Today, while some celebrations take place among families in backyards where food is an integral element, some cities, like Atlanta and Washington, hold larger events, including parades and festivals with residents, local businesses and more. There has been a noticeable increase in Juneteenth celebrations across the United States over the past few years.

***THE HIGHLAND  
SENIOR CENTER  
WILL BE CLOSED ON  
WEDNESDAY,  
JUNE 19TH IN  
OBSERVANCE OF  
JUNETEENTH.***

# 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.

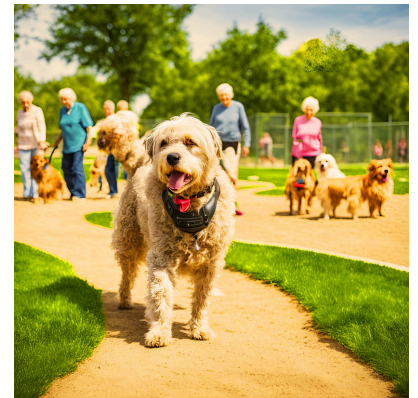
Participants are prohibited from:

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

**WITH EAGER ANTICIPATION, WE ARE THRILLED TO ANNOUNCE THE OPENING OF THE DOG PARK AT HIGHLAND SENIOR CENTER! IT'S A WONDERFUL SPACE FOR OUR BELOVED FOUR-LEGGED COMPANIONS TO HAVE FUN. A BIG THANK YOU GOES OUT TO THE PARKS AND RECREATION DIVISION AND THE DEPARTMENT OF SENIOR AFFAIRS FOR THIS FANTASTIC ADDITION. ALSO, WE EXTEND OUR GRATITUDE TO ALL MEMBERS AND VISITORS FOR THEIR PATIENCE AND UNDERSTANDING DURING THE CONSTRUCTION PHASE. PLEASE MAKE SURE TO VISIT AND ENJOY THE NEW PARK!**



## PAINTING WITH SUKI

It's been ages, but guess who's making a grand return to Highland? That's right - Painting with Suki is back in town! Get ready to witness her artistic magic unfold once more. To snag a spot in her sought-after class, we're going old school with a lottery draw. Only 8 lucky folks get the golden ticket to this exclusive art extravaganza. Hurry and drop your name and digits at the front desk! The grand draw happens on June 7th, and if you're one of the chosen ones, expect a joyful call on June 8th!



# 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](http://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)

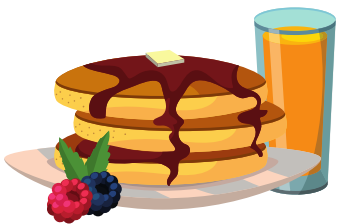
Hash Browns 30¢

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



## June 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
27 	28 ♦ Sliced turkey w/gravy ♦ Stuffing ♦ Beets ♦ Yogurt ♦ 1% milk 	29 ♦ Carne adovada ♦ Corn w/peppers ♦ Broccoli, cauliflower, carrots ♦ Honeydew ♦ 1% milk 	30 ♦ Whole wheat rotini pasta w/sauce & parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	31 ♦ Chicken tender w/BBQ sauce ♦ Steamed potato ♦ Green beans ♦ Cantaloupe ♦ 1% milk 
3 ♦ BBQ chicken sandwich ♦ Sweet potato ♦ Apple cobbler ♦ 1% milk 	4 ♦ Greek pasta salad w/ham ♦ Cucumber & red onion salad w/ranch dressing ♦ Wheat crackers ♦ Mandarin oranges ♦ 1% milk 	5 ♦ Red chile omelet ♦ Steamed potatoes ♦ Stewed tomatoes ♦ Green apple ♦ 1% milk 	6 ♦ Mushroom Swiss veggie burger ♦ Steamed broccoli ♦ Corn bread ♦ Whole grain wheat bun ♦ Diced peaches ♦ 1% milk 	7 ♦ Beef steak w/grilled onions ♦ Mashed potatoes ♦ Steamed green beans ♦ Vanilla pudding ♦ 1% milk 
10 ♦ Baked ham w/pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	11 ♦ Salisbury steak w/mushroom & onion gravy ♦ Green beans ♦ Scalloped potatoes ♦ Orange ♦ 1% milk 	12 ♦ Baked ziti w/chicken ♦ Steamed carrots & cauliflower ♦ Breadstick ♦ Pineapple ♦ 1% milk 	13 ♦ Whole wheat rotini pasta w/parmesan cheese ♦ Spinach w/onions ♦ Corn ♦ Peanut butter cookie ♦ 1% milk 	14 ♦ Bean burrito w/red chile ♦ Cauliflower ♦ Collard greens ♦ Watermelon ♦ 1% milk 
17 ♦ Beef tips w/bowtie pasta ♦ Steamed green beans ♦ Peach cobbler ♦ 1% milk 	18 ♦ Baked chicken thigh ♦ Steamed collard greens ♦ Brown rice ♦ Yogurt ♦ 1% milk 	19 	20 ♦ Elbow cheese macaroni w/broccoli ♦ Whole wheat breadstick ♦ Brussel sprouts ♦ Oatmeal cookie ♦ 1% milk 	21 ♦ Pork roast w/creamy onion gravy ♦ Steamed broccoli & carrots ♦ Mashed potatoes ♦ Dinner roll ♦ Green grapes ♦ 1% milk 
24 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	25 ♦ Chicken thigh ♦ Succotash ♦ Cornbread ♦ Apple ♦ 1% milk 	26 ♦ Baked pollock ♦ Roasted peppers ♦ Ancient grain ♦ Chocolate pudding ♦ 1% milk 	27 ♦ Southwest omelet w/red chili ♦ Diced potatoes ♦ Stewed tomatoes ♦ Applesauce ♦ 1% milk 	28 ♦ Carne adovada ♦ Pinto beans ♦ Brown rice ♦ Flour tortilla ♦ Jell-O ♦ 1% milk 