

March 2023

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108

JOIN US...

**Friday, March 17th
to Celebrate**

**St. Patrick's Day with a
traditional meal of Corned
Beef, Potatoes, cabbage &
Cookie for dessert!**

**There will be NO ALA-CARTE MENU
SERVED ON THIS DAY!
This meal is on a donation basis for
members who are 60+
\$3.25 for members who are 50 - 59
\$7.67 for those who are under 50
years of age.**

Reservations are required BY 1:00PM
the previous day!

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

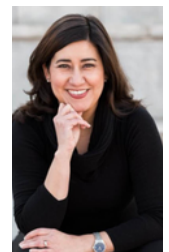
Gloria Ortiz
Office Assistant

Stacie Davis
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez, Director
Department of Senior
Affairs

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, April 18th, 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, March 1st
(Power of Attorney Clinic)

SCLO will hold a Power of Attorney Clinic on Wednesday, March 1, 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

SHOT CLINIC



ALL CLINICS 1PM TO 4PM!

- Thursday March 30th, 2023
- Thursday April 27th, 2023
- Thursday May 25th, 2023
- Thursday June 29th, 2023



SENIOR TECH CONNECT FAIR
PALO DURO SENIOR CENTER
FRIDAY, APRIL 14, 2023

Time TBD

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 ORCA Game Night (2nd & 4th
only) [Older Rainbow Community of Albuquerque]
5:30pm-6:30pm ORCA Loss Group
4:30pm - 6:30pm Beginning Ukulele

Thursday

8:15 am - 9:15am Flex & Tone w/Jane
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 - 2:00pm 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
3/3	Gigi & Nate	PG-13
3/10	Black Adam	PG-13
3/17	No Movie Today	
3/24	The Invitation	R
3/31	Queen of Katwe	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.

Trips

ROULETTE WHEEL
FOR DOOR PRIZES

OVER 40 VENDORS WITH
PRODUCTS & SERVICES
FOR TODAY'S SENIORS!

SENIOR CONNECTION

**FREE ADMISSION
CAFE ON SITE!**

**JEWISH COMMUNITY CENTER
AUDITORIUM, ALBUQUERQUE
5520 WYOMING BLVD NE
WED. MARCH 29TH, 2023**

**CHECK IN 8:30AM
DEPART: 8:45AM
APPROX. RETURN 1:30PM**

The popular Senior Connection Show, for active seniors... and anyone planning to become one... Meet us in the ballroom at the JCC for an informative and entertaining morning!

**WED. MARCH 29TH, 2023
DEPARTING AT 8:45AM**

You must sign up at the front desk!

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!



What Going on at Highland

Coordinators Corner:

Just like that we are 3 months into the new year at Highland! We have been quite busy, we took a trip to Santa Fe in January to the Legislature J. J Jones had our hearts on fire for Valentine's Day, and AARP is crunching out taxes at lighting speed! Whew I'm tired thinking about it. 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, -With old age comes wisdom... and discounts and one more for you young at heart, old everywhere else!

Chris Rogers, Program Coordinator



Saturday Afternoon Dances at Highland

SAT. MARCH 25-LA RAZA

SAT. APR. 22-LATIN SOUL

SAT. MAY 27-TINO'S BAND

SAT. JUNE 24-LATIN SOUL

TIME: 12PM-3PM

COST: \$3.00



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 SENIOR CENTER

ORCA GROUP GAME NIGHT
Spare Your Time for Fun

EVERYONE IS INVITED TO JOIN

Wednesdays
Every 2nd & 4th Wednesday
4:00pm-6:00pm
Room 3

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

ROSEMALERS-OPEN PAINTING

ROSEMALING IS NORWEGIAN FOLK ART PAINTED MOSTLY ON WOOD. FEEL FREE TO COME BY AND VISIT US. WE CAN GET YOU STARTED!



**FRIDAYS
9:30AM-11:00AM
1st SATURDAY
10:00AM TO 12:00PM**

¿HABLA ESPAÑOL?

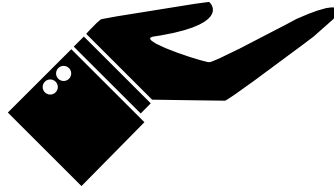
**Conversational Spanish
Every Tuesday
1:00pm-3:00pm**

****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

The AARP logo is displayed in a stylized, red, italicized font.

Tax 
Season



TAX
APPOINTMENTS
ARE FULL!!

MESSAGE FROM THE CENTER MANAGER



JUST A FEW REMINDERS...

PLEASE DO NOT LEAVE VALUABLES IN YOUR CAR WHILE VISITING THE CENTER, DONT GIVE ANYONE A REASON TO BREAK INTO YOUR CARS.AND

PLEASE PAY ATTENTION TO YOUR SURROUNDING!!

ON ANOTHER NOTE, I WOULD LIKE TO REMIND FOLKS THAT OUR CENTER IS GETTING VERY BUSY, ESPECIALLY DURING MEAL TIMES. SO PLEASE GET TO THE CENTER IN A TIMELY MANNER SO THAT ALL MEAL ORDERS CAN BE PROCESSED. OUR BREAKFAST ENDS AT 9:00AM HOWEVER IF YOU CAN MAKE IT IN TO THE BUILDING AT LEAST 15 MINUTES PRIOR TO BREAKFAST IT WOULD HELP OUR STAFF OUT TREMENDOUSLY! DONT FORGET THAT THE SAME CONCEPT GOES FOR THE LUNCH TIME AS WELL! WE DO HAVE SOME CLASSES THAT NEED TO BE SET UP IN THE SOCIAL HALL AFTER LUNCH AND WE WOULD LIKE TO AVOID ASKING FOLKS VACATE DUE TO THIS. LUNCH STARTS AT 11:30AM AND ENDS 1:00PM AND DONT FORGET YOU NEED TO MAKE YOUR RESERVATION FOR THE HOT MEAL BY 1:00PM THE PREVIOUS DAY AND BY 1:00PM ON FRIDAY FOR THE FOLLOWING MONDAY MEAL. WE CANNOT ACCEPT VOICE MAIL MESSAGES FOR RESERVATIONS FOR A MONDAY AFTER 1:00PM FRIDAY.

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:

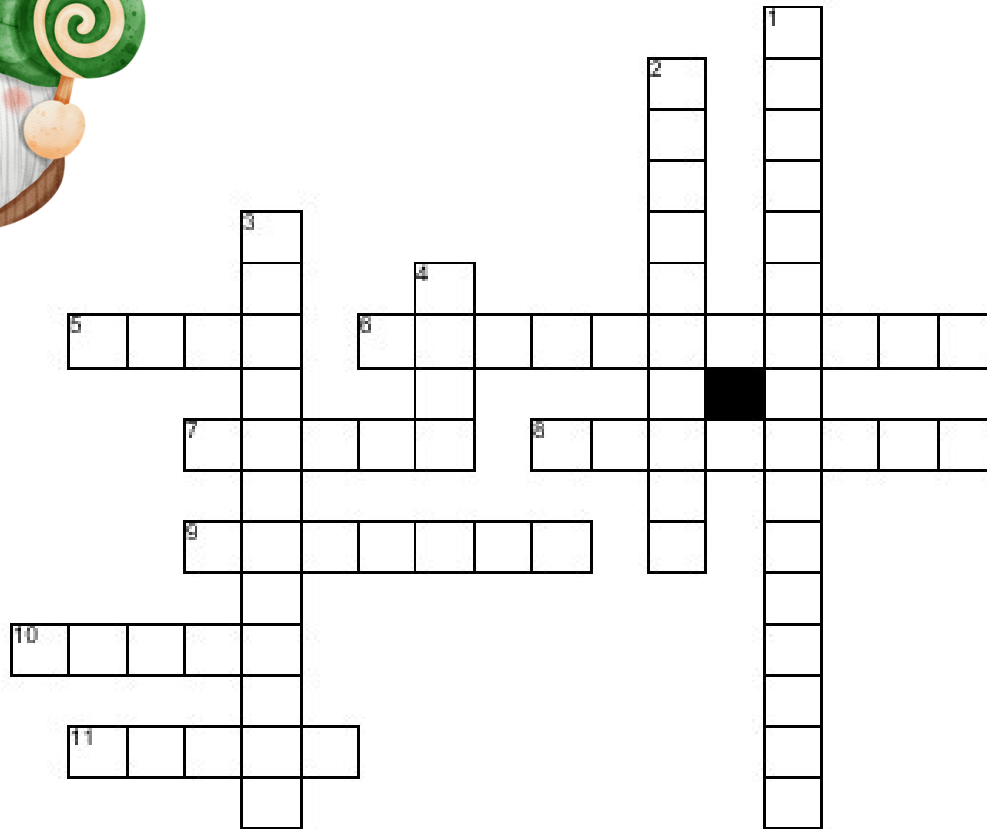
1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior 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.



Mind Games

March Crossword



Across

- How many leaves does a clover need to be lucky?
- They're magically delicious.
- He was called "Some kind of giant mutant leprechaun or something".
- Symbol of Ireland, plant.
- Look for this to find a pot of gold.
- Wear this color on St. Patrick's Day, lest you want to get pinched.
- Kiss me, I'm _____.

Down

- March 17th.
- A vertically challenged, red bearded, gold hoarding person.
- Springtime Insanity.
- You wish someone this.



AmeriCorps Senior Programs



AGE 55+ VOLUNTEERS NEEDED!

JOIN AMERICORPS SENIORS TODAY AND ENRICH YOUR LIFE WHILE HELPING OTHERS.



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.**

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



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

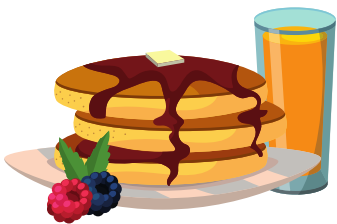
Specials

- 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)**

A-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
RQUE**

March 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 chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1	2	3
<ul style="list-style-type: none"> ◆ Salisbury Steak ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Fajitas ◆ Tortilla ◆ Spinach ◆ Pinto Beans ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Seasoned Baked Chicken ◆ Mashed Potato ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Dinner Roll ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chile Dog w/Cheese ◆ Tatar Tots ◆ Seasoned Roasted Corn ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Garlic Butter Tilapia ◆ Orzo w/ Diced Tomatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ 1% Milk 
6	7	8	9	10
<ul style="list-style-type: none"> ◆ Beef Stroganoff/Pasta ◆ Steamed Carrots ◆ Broccoli ◆ Croissant w/Margarine ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Fajitas Beef/Fajita Blend ◆ Flour Tortilla ◆ Calabacitas ◆ Spanish Rice ◆ Seasonal Fruit: Mandarin Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Blackeye Peas ◆ Seasonal Vegetable: Okra/Diced tomatoes ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Rosemary Potatoes ◆ Green Beans ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Blackened Tilapia ◆ Ancient Grains ◆ Green Peas ◆ Whole Wheat Roll w/Margarine ◆ Sliced Peached ◆ 1% Milk 
13	14	15	16	17
<ul style="list-style-type: none"> ◆ Baked Chicken w/Gravy ◆ Mashed Potato ◆ Seasonal Vegetable: Italian Vegetable ◆ Seasonal Fruit: Mixed Fruit ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Bean and Rice Burrito w/Red Chile Sauce ◆ Street Roasted Corn ◆ Fajita Blead Peppers ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Chop w/Gravy ◆ Lemon Herb Rice ◆ Beets ◆ Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lentil Minestrone Soup ◆ Seasonal Vegetable: Succotash ◆ Bread Stick ◆ Seasonal Fruit: Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Comed Beef ◆ Diced Potatoes ◆ Steamed Cabbage ◆ Cookie ◆ 1% Milk  <p><i>Happy St. Patrick's Day</i></p> 
20	21	22	23	24
<ul style="list-style-type: none"> ◆ Chicken & Sausage Jambalaya w/Peppers & Onions ◆ Collard Greens ◆ Brown Rice ◆ Sliced Apples ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/Brown Gravy ◆ Rosemary Potatoes ◆ Sliced Carrots ◆ Pineapple ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Turkey Pot Pie/ Vegetables/Biscuit ◆ Diced Potatoes ◆ Seasonal Vegetables: Zucchini ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pork Loin Roast w/Gravy ◆ Sweet Potatoes ◆ Cauliflower/Broccoli ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Rice Pilaf ◆ Seasonal Vegetable: Beets ◆ Seasonal Fruit: Strawberries ◆ 1% Milk 
27	28	29	30	31
<ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Garlic Angel Hair Pasta ◆ Green Beans ◆ Dinner Roll w/Margarine ◆ Diced Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella ◆ Steamed Broccoli/Cauliflower/Carrots ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham/Macaroni and Cheese ◆ Roasted Brussel Sprouts ◆ Stewed Tomatoes ◆ Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Seasonal Fruit: Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Buttered Salmon ◆ Brown Rice ◆ Okra/Tomatoes/Onions ◆ Vanilla Pudding ◆ 1% Milk 

Menu is Subject to Change