

March 2025

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from Dir. Sanchez:

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,

Anna M. Sanchez, Director



Chris Rogers
Center Manager

www.cabq.gov/seniors



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 April 15th, 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, March 5th, 2025, SCLO will conduct a Power of Attorney Clinic, strictly by appointment through SCLO 505-265-2300. 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.
- For Powers of Attorney clinics, you 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. Please sign up at 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
10:30am-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

Coffee with Constituents



**Thursday, March 13
9:30am-10:30am**

Los Volcanos Senior Center will be hosting Department of Senior Affairs Administrators for this event.

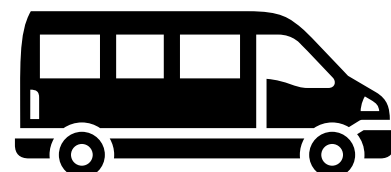


**PLEASE VISIT THE FRONT DESK TO
EXPLORE OUR LOST AND FOUND
COLLECTION AND RECLAIM YOUR
BELONGINGS! ANY UNCLAIMED
ITEMS WILL BE DONATED TO
CHARITY AT THE END OF THE
MONTH.**

**THANK YOU,
CHRIS ROGERS,
MANAGER**

TRANSPORTATION SERVICES

Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can call 764-6400 for more info.



Coordinator's Hub

February was short but sweet here at Highland. I encourage members to check out the new Highland Highlights board. It showcases our activities to keep everyone informed & connected, while interactive elements foster community building & member participation. I appreciate folks sharing what they love about Highland and look forward to updating the board as the seasons change.



Here's to a luck filled March!
Best, Bailey Grebbin



Thank you to students from Tech Leadership High School for making us these beautiful Valentine's Day center pieces!

Keep an eye out for the computer skills class they're planning & be sure to say hi if you see them volunteering.



Our Valentine Card Making Party was a delightful gathering where crafters of all levels shared their creativity. Attendees designed heartfelt cards for loved ones and the Highland community.

Special thanks to Presbyterian for providing delicious cookies and to all participants who helped with setup & cleanup, adding a sweet touch to the event. It was truly a heartwarming celebration of community!



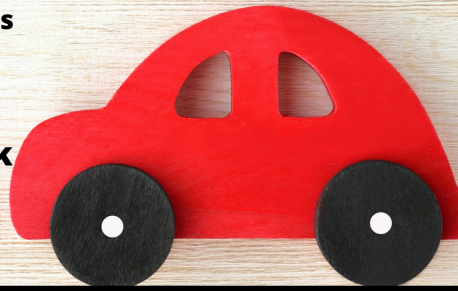
Classes and Events at Highland

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.

Learn To Play Ukulele With Us

UKULELE BEGINNERS WITH ANNE WITHROW, WHO SAYS: "IF YOU CAN'T HAVE FUN, IT ISN'T WORTH IT."

Learn the basics of ukulele; holding, strumming, chords and playing songs!

WEDNESDAYS:
4:30PM-6:30PM
ROOM 7



EXERCISE WITH JANE

MONDAY AEROBICS 9AM-10AM
GENTLE EXERCISE 10:15AM-11:15AM

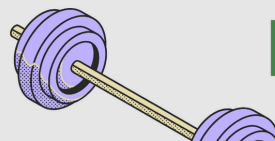
TUESDAY FLEX & TONE 8:15AM-9:15AM

WEDNESDAY AEROBICS 9AM-10AM
GENTLE EXERCISE 10:15AM-11:15AM

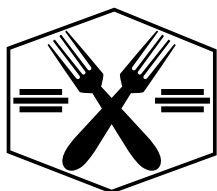
THURSDAY FLEX & TONE 8:15AM-9:15AM

FRIDAY AEROBICS 9AM-10AM
GENTLE EXERCISE 10:15AM-11:15AM

ROOM 8
HIGHLAND



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 lack a reservation, wait until 12:30 PM for possible cancellations. Unclaimed meals will be distributed on a first-come, first-served basis. Meals that go unclaimed are wasted, impacting our ability to provide 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 most effective during the following times:

Mondays 1:30 PM to 3:30pm

Fridays 1:30 PM to 3:30pm

Thank you for your cooperation.

**Best regards,
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

Join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m.

**50+ SENIOR
TECH
CONNECT**

**SAVE THE DATE!
APRIL 11, 2025**

**NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER**



Upcoming Class



Are you looking for ways to improve your balance?

Tai Chi for Arthritis Evidence Based Program

Recommended by the Centers for Disease Control and Prevention; this evidence-based falls prevention exercise program improves muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness. Medical studies show the program to relieve arthritis pain in patients, prevent falls in older adults and improve overall health.

Highland Senior Center (Room 8)

8 week program

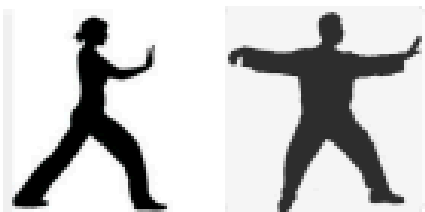
Wednesday's | 1:30pm-2:30pm

March 12 - April 30, 2025

***Instructor: Lucy Salazar**

NO Registration required for class

Must have a current Senior Affairs membership to participate



senior affairs
cabq.gov/seniors



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-l-a-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 Waffle with Fruit \$1.50 (Fridays only)

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!

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 MUST BE MADE BY 1:00 PM THE DAY BEFORE.
FEEL FREE TO VISIT US OR CALL 505-767-5210.



MARCH 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
<p>3</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>4</p> <p>Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>5</p> <p>Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p>6</p> <p>Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p>7</p> <p>Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p>10</p> <p>Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p>11</p> <p>Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>12</p> <p>Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p>13</p> <p>Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>14</p> <p>Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p>17</p> <p>Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p>18</p> <p>Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>19</p> <p>Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p>20</p> <p>Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>21</p> <p>Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p>24</p> <p>Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>25</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>26</p> <p>Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>27</p> <p>Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p>28</p> <p>Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 