

NOVEMBER 2022

Highland Senior Center

Department of Senior Affairs

505-767-5210

131 Monroe NE Albuquerque, NM 87108



Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

*Highland Senior Center
will be Closed Friday, November
11th in Honor of Veterans Day
and
November 24th & 25th for the
Thanksgiving Holiday.
We wish all members a
Happy Thanksgiving from our
Highland Family to yours!*

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

Lexie Garcia
Cook Assistant



Our Mission

The Department of Senior Affairs is committed to Providing resources with care and compassion that help our community thrive while embracing aging.



Anna Sanchez, Director
Department of Senior Affairs



General Information



Tuesday, December 20th, 2022
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.

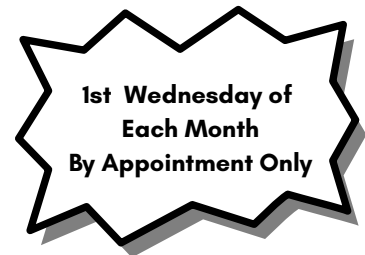
1:00pm-General lecture on wills, probate, powers of attorney.

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, November 2nd, 2022
(Power of Attorney)

SCLO will hold a free Power of Attorney on Wednesday, November 2nd, 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 between a Free Legal Clinic and a Power of Attorney Clinic

Ageless Artisan Craft Fair

Ageless Artisan Craft Fair Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM
MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123



FOOD TRUCKS | ARTS & CRAFTS KIDS CORNER | CLASSIC CAR SHOW
cabq.gov/seniors



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
10:00am - 11:30am Blood Pressure Check
9:30am - 12:00pm 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)
4:00pm-6:00pm SAGE Game Night
4:30pm-5:30pm SAGE Bereavement
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)

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
1:30pm - 3:30pm Wonderful World of Papier-Mache'
(6 Week workshop)
2:00 pm - 4:00 pm Afternoon Matinee Movie

Saturday

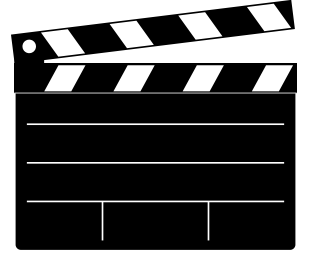
10:00am - 12:00pm Rosemalers (every 2nd)
10:00am - 12:00pm Corvairs of NM (every 1st)
12:00 pm - 3:00 pm Monthly Afternoon Dance (every 4th)
12:30 pm - 3:30 pm NM OLOC/Old Lesbians Organizing for
Change (every 3rd)
1:00pm-3:00pm Post-Polio Support (every 1st)
(Discontinued on Saturday July 16th, 2022)
1:30pm-3:30pm-Music Jam Session (every 2nd)



What's Happening at Highland



AFTERNOON MATINEE



Friday's starting at 2:00pm

11/4	Ambulance	R
11/11	Jurassic World Dominion	PG-13
11/18	Hunter Killer	R

***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.

**COVID-19 & FLU
SHOT CLINIC**

**HIGHLAND SENIOR
CENTER
THURSDAY
NOVEMBER 17TH, 2022
1PM-4PM**

*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

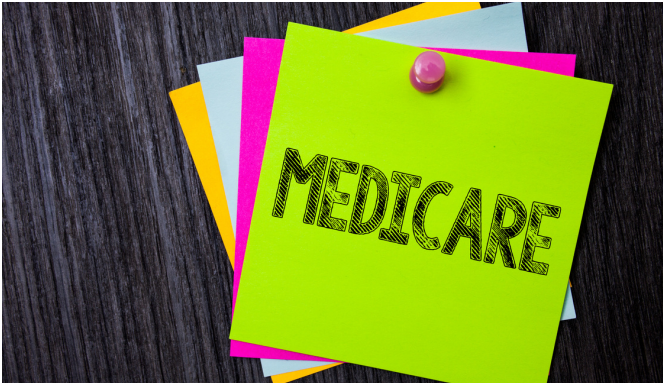
We are currently working on some trips so please see our Bulletin Board with the flyers and information. Must be a current member to go on trips!



Coordinators Corner:

November is a time be thankful, to take time to reflect, and embrace those who enrich our lives. Don't bother counting calories this Thanksgiving season, count your blessings. We wish you a very Happy Thanksgiving! 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, growing old is inevitable, but growing up is optional!

Chris Rogers, Program Coordinator



Wondering about open enrollment
or questions
events from multiple sponsors
Humana & United Healthcare

HUMANA

Wed. Nov. 16th, 2022
9:00am-11:00am

UNITED HEALTHCARE

Tuesday Nov. 29th, 2022
8:30am -10:30am

*Saturday
Afternoon Dances
will resume in January
due the Thanksgiving and
Christmas Holidays!*



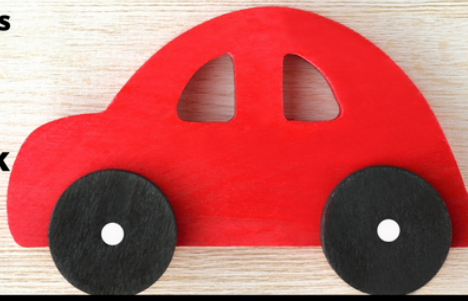
Classes

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

CORVAIRS OF NEW MEXICO

HIGHLAND SENIOR CENTER

DEDICATED TO THE PRESERVATION OF THE CORVAIR!

**1ST SATURDAY
10:00AM-12:00PM
ROOM 7**



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.**



PLEASE JOIN US FOR VETERANS DAY CELEBRATION

TUESDAY NOVEMBER 8TH

12:00PM-1:00PM

HIGHLAND SENIOR CENTER



HONORING ALL WHO SERVED



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:

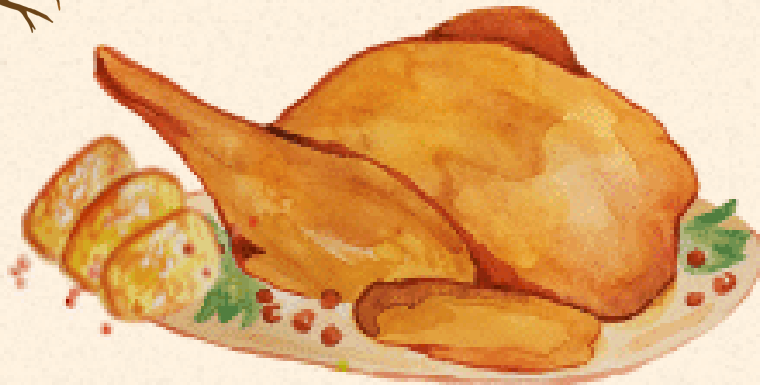
1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior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



Special Event

THANKSGIVING LUNCHEON



RESERVATIONS ONLY

November 23RD

11:30AM - 1:00PM

RESERVATIONS MUST BE MADE BY

NOVEMBER 16TH

NO ALA-CARTE MENU ON
THIS DAY

Enjoy a Traditional
Thanksgiving Menu

Cost: \$3.25

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

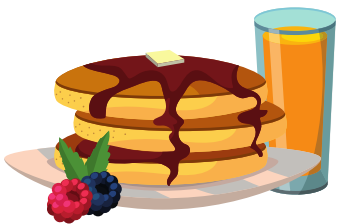
Specials

- 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)**

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

HOT LUNCH MENU

RESERVATIONS REQUIRED BY 1:00PM PREVIOUS DAY



November 2022



We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Sweet & Sour Chicken W/Stir Fry Vegetables ◆ Seasonal Vegetables ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit W/Margarine ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Watermelon ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<p style="text-align: center;">Closed Veterans Day</p> 
14	15	16	17	18
<ul style="list-style-type: none"> ◆ Lemon Garlic Salmon/ Ancient Grain Blend ◆ Green Beans ◆ Succotash ◆ Seasonal Fruit ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Meatballs W/Marinara Sauce ◆ Steak Fries ◆ Seasonal Vegetables ◆ Banana ◆ Whole Grain Hoagie Roll ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Baked Seasoned Chicken W/Rice Pilaf ◆ Diced Beets ◆ Roasted Brussel Sprouts ◆ Chocolate Pudding ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach & Onions ◆ Pinto Beans ◆ Flour Tortilla ◆ Seasonal Fruit ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Pasta Primavera W/Stir Fry Vegetables & Alfredo Sauce ◆ Steamed Zucchini ◆ Breadstick ◆ Seasonal Fruit ◆ Yogurt  ◆ 1% Milk
21	22	23	24	25
<ul style="list-style-type: none"> ◆ Breaded Cod W/ Tartar Sauce over Brown Rice ◆ Spinach W/Onions ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Hash Browns ◆ Whole Grain Biscuit W/Margarine ◆ Mandarin Oranges ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Roasted Turkey W/ Combread Stuffing & Gravy ◆ Seasoned Green Beans ◆ Bake Yams W/ Marshmallows  ◆ Dinner Roll W/ Margarine & Cranberry Sauce ◆ Pumpkin Empanada & Pumpkin Pie 	<p style="text-align: center;"> Holiday Closed</p> <p>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.</p> 	<p style="text-align: center;"> Holiday Closed</p> <p>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.</p> 
28	29	30	Dec. 1	Dec. 2
<ul style="list-style-type: none"> ◆ Breaded Catfish W/ Tatar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Collard Greens ◆ Pineapple ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Spaghetti W/Meat Sauce ◆ Sliced Mushrooms ◆ Italian Blend Vegetables ◆ Seasonal Fruit ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Pork Chop W/ Roasted Sweet Potatoes ◆ Green peas ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ Cheeseburger ◆ Diced Tomatoes ◆ Bell Peppers W/ Onions ◆ Mixed Fruit ◆ Whole Grain Hamburger Bun ◆ 1% Milk  	<ul style="list-style-type: none"> ◆ BBQ Baked Chicken W/Ancient Grains ◆ Green Beans ◆ Corn ◆ Croissant W/ Margarine ◆ Grapes ◆ 1% Milk 

**Friendly Reminder,

Menu is Subject to Change

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