



Message from the Manager



Can you feel that crisp autumn breeze? The holidays are peeking around the corner, and we're excited to share our upcoming events with you! Look out for our flyers scattered throughout the center or simply hop over to our social media pages for the inside scoop.

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Since this is the month of Thanksgiving we are having a contest! Find how many Turkeys are hidden or in plain sight in this newsletter and win a prize for the person who finds them all first. Please submit your name and your find to the front desk. For those who are very observant there may be multiple prizes, but only one per person.

Cheers, Julianna Brooks, Center Manager

Mark Your End-of-Year To-Do List! Take the Department of Senior Affairs New Annual Survey!

The Department of Senior Affairs is launching a new annual survey this December and we want your feedback. The survey evaluates several of the department's programs, like: Meals, Transportation, Senior & Multigenerational Center Facilities, Fitness Center Facilities, Meal Site Facilities, Home Delivered Meals, Field Trips, Classes, and more.

Paper surveys will be available at center front desks starting next month. Look out for posters and flyers at your center with more information. The survey should take about 5-15 minutes to complete, depending on how many programs and services you use.

The Department of Senior Affairs is proud to serve you and we look forward to your participation in our annual survey and hearing your feedback.

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



General Information



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

Tuesday, December 19th, 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



Please read the instructions and information carefully for 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

Wednesday, (Power of Attorney Clinic)
SCLO will hold a Power of Attorney Clinic on Wednesday, November 1st, 2023, starting at 9 am (by appointment only). An attorney will meet privately with a senior and provide advice on legal issues. General Legal Clinics will be scheduled with Highland Senior Center staff at 505-767-5210. Powers of Attorney clinics will continue to be scheduled with 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!



ONE ALBUQUERQUE senior affairs

AGELESS ARTISAN CRAFT FAIR

November 18, 2023
9 AM - 1 PM

North Domingo Baca Multigenerational Center
7521 Carmel NE 87113

Just in time for holiday shopping!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

FEATURING
Arts & Crafts | Food Trucks | Live Music

cabq.gov/seniors

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
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

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
4:00pm-6:00pm ORCA Game Night
(2nd & 4th)
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)

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
10:30am-12:00pm Hi-Toners
12:30pm-2:00pm Adapted Aquatics
2:00pm-4:00 pm Afternoon Matinee

Saturday

10:00am-12:00pm Rosemalers (every 2nd)
10:00am-12:00pm Corvairs of NM (every 1st)
12:30pm-3:30pm NM OLOC/Old Lesbians
Organizing for Change (every 3rd)
1:30pm-3:30pm Music Jam Session (every 2nd)

Please see our bulletin board for details about on-going classes



What's Happening at Highland

AFTERNOON MATINEE

Movies start at 2pm unless otherwise noted



<u>Date</u>	<u>Movie Title</u>	<u>Rating</u>
11/03	Champions	PG-13
11/17	A Perfect Murder	R

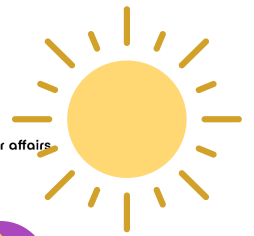
*****We include Movie rating so that you can decide if you want to watch! Movie participants will get 1 free bag of popcorn additional bags are only 25 cents.**

Get Ready for Adventure!

We know you're pumped for those upcoming trips and activities! But, hold up, before you get too excited, some of these epic journeys need a minimum amount of people to make it happen.

To dodge any last-minute cancellations, be a savvy adventurer and register at least two weeks before the event.

ONE
ALBUQUE
ROQUE senior affairs



Kudos



High fives all around for our star performers, Beth Ciccone and Sung Lee! They strutted their stuff at the New Mexico Dance Fiesta, a nationwide contest for ballroom and country dancers.

Our talented duo wowed the judges with their smooth moves and earned first place in ballroom smooth based on their age group. Sung also earned the top spot in rhythm, while Beth scooped up first place in ballroom smooth and second place overall as smooth champion.

Not done yet, Beth twirled her way to first place in her country dance division. Wowza!

Keep in mind that Beth teaches the ballroom class every Tuesday at Highland and Sung is one of her rockstar students.

Congrats to our dance champs!

What's Going on at Highland

Welcome to the Coordinator's Corner!

The holiday shindigs are already knocking on our doors! Time flies so fast when we're having fun, right? I hope you're keeping yourself cozy and safe this November. This month packs in quite a punch - the last days of fall, "falling behind" an hour, Veterans Day, and the grand Thanksgiving Day. It's a chance to kick back and catch some air before the mad rush of Christmas. Here at Highland Senior Center, we've got coffee, Mexican Train, puzzles, and a truckload of friendly banter to keep you company anytime you need. Peek at our activity calendar for more fun stuff. We're sending you loads of love and blessings this Thanksgiving season. We're grateful to work with and for such wonderful folks like YOU!

PS: Here's some food for thought - you're only young once, but you can stay immature forever. Life is like ice cream - enjoy it before it melts.

Chris Rogers, Program Coordinator



**Highland Senior Center will be
closed on
Thursday and Friday, November
23 & 24
for Thanksgiving
No meals, transportation, services
or activities those days.**



**HIGHLAND SENIOR CENTER
WILL BE CLOSED ON
FRIDAY, NOVEMBER 10TH
IN OBSERVANCE OF
VETERANS DAY.**

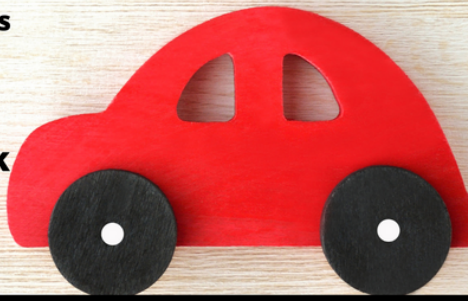


Classes

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

STARTING A WRITERS CLUB

Do you have a personal story itching to be put on paper? Are words knocking around in your noggin begging to be unleashed? Maybe you've dreamt of becoming a writer, but never took the plunge. The wait is over! Freelance writing is calling your name and we're here to help make your writing dreams a reality.

Join us on Thursdays 2pm-3pm, bring your pen and paper or laptop, and let's dive into the exciting world of writing together!

**FIRST MEETING THURSDAY
DECEMBER 7TH**



MEDICARE FAIR Event Series

ONE ALBUQUERQUE senior affairs

Learn all about Medicare eligibility, enrollment, and other affordable options. Ask the experts about benefits and features to find the right plan for you!

- Visit with experts and enter to win door prizes
- Enrollment not necessary to win, no personal information will be disclosed for solicitation

Locations/Times

North Domingo Baca Multigenerational Center
Wednesday, October 11, 2023
9 AM - 11 AM

North Valley Senior Center
Wednesday, October 25, 2023
9 AM - 11 AM

Manzano Mesa Multigenerational Center
Wednesday, November 8, 2023
9 AM - 11 AM

Los Volcanes Senior Center
Tuesday, November 21, 2023
9 AM - 11 AM

Call 505-764-6400 for more information

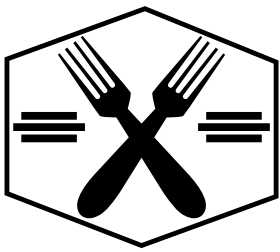
cabq.gov/seniors



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

If you don't have a reservation you may wait until 12:30 pm for any cancellations or No-shows at that time. The reserved lunch can be given away on a first come first basis.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

Any meal reserved will be given on a first come first served basis, at 12:30pm if a reserved meal is a No-show by 12:30pm.

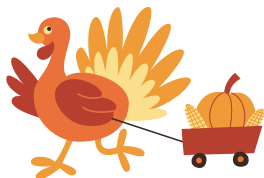
Please be considerate and remember that meals that are not claimed, are considered waste. In order for our services to continue at a low-cost/donation to consumers we need to eliminate as much waste as possible.

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



Advisory Council shall:

- Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocate on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- Support the program development by acting as the ears and eyes of the Department, assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities.
- Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.



Senior Affairs Advisory Council Meetings

All Meetings start at 12 noon.

Monday, November 20, 2023

Manzano Mesa Multigenerational Center - 501 Elizabeth

December 2023 - NO Meeting



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.

Our Mission

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



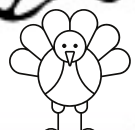
BRAIN GAME



AUTUMN WORD SEARCH

HAYRIDE	CRISP	GREEN	CORN	TURKEY
LEAVES	PUMPKINS	BROWN	FOOTBALL	RAKE
FALL	SCARECROW	ORANGE	SQUASH	PIE
AUTUMN	SUNFLOWERS	YELLOW	SEASON	HARVEST

H	Q	T	T	T	K	K	S	L	A	B	B	Q	B
U	A	S	U	N	F	L	O	W	E	R	S	P	H
O	S	Y	A	R	L	Z	G	P	Y	O	D	B	D
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Z	Q	A	P	I	E	E	Y	C	G	N	R	Z	J
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H	A	R	V	E	S	T	R	G	R	E	E	N	Z
S	C	A	R	E	C	R	O	W	O	I	O	P	J
C	O	R	N	P	U	M	P	K	I	N	S	F	Y
S	E	A	S	O	N	A	D	C	F	K	D	P	M
A	U	T	U	M	N	J	Z	N	Y	D	Q	X	R



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

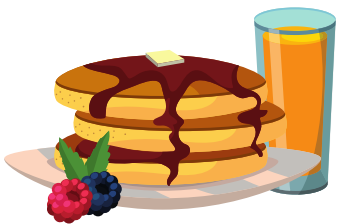
Specials

- 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)**

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

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
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November 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
30 ♦ Pork Loin w/gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Pear ♦ 1% milk 	31 ♦ Mummy loaf in swamp water (Meatloaf w/gravy) ♦ Mashed potatoes ♦ Sliced carrots ♦ Jell-O ♦ 1% milk 	1 ♦ Breaded chicken patty w/green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Apple slices w/peanut butter cup ♦ 1% milk 	2 ♦ Pot roast w/potato, celery, carrots ♦ Italian blend ♦ Ancient grain ♦ Mandarin oranges ♦ 1% milk 	3 ♦ Omelet w/mushrooms, spinach ♦ Hash browns ♦ Vegetable blend ♦ Yogurt ♦ 1% milk 
6 ♦ Pork loin w/gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Diced pears ♦ 1% milk 	7 ♦ Ham mac & cheese ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ 1% milk 	8 ♦ Breaded chicken patty w/green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Red apple ♦ 1% milk 	9 ♦ Pot roast, potato, celery, carrots ♦ Italian blend vegetables ♦ Ancient grain ♦ Orange ♦ 1% milk 	10 CLOSED 
13 ♦ Steak fingers w/white gravy ♦ Red potatoes ♦ Succotash ♦ Sugar cookie ♦ 1% milk 	14 ♦ Ham w/ pineapple glaze ♦ Biscuit w/ margarine ♦ Sweet potato ♦ Mixed fruit ♦ 1% milk 	15 ♦ Meatball sub sandwich w/ mozzarella ♦ Steak fries w/ ketchup ♦ Normandy blend ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Omelet w/ mushrooms & spinach ♦ Hash browns ♦ Stewed tomatoes ♦ yogurt ♦ 1% milk 	17 ♦ Green chile chicken enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Vanilla pudding ♦ 1% milk 
20 ♦ Cajun salmon ♦ Fettuccine alfredo ♦ Baby carrots ♦ Granny smith apple ♦ 1% milk 	21 ♦ Beef w/peppers & onions ♦ Black beans ♦ Imperial blend vegetables ♦ Banana ♦ 1% milk 	22 ♦ Herb roasted turkey w/ gravy ♦ Stuffing w/ gravy ♦ Green bean casserole ♦ Dinner roll ♦ Pumpkin cake ♦ 1% milk 	23 CLOSED	
24 CLOSED		24 		
27 ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Corn w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	28 ♦ Carne adovada/red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	29 ♦ Beef tip w/elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	30 ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	1 ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 