

November 2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

MESSAGE FROM THE CENTER MANAGER

As we approach the end of 2024, just two months remain! It feels like only yesterday we were setting our New Year’s resolutions. There is much for which to be grateful—our family, friends, enjoyable experiences, and delicious food right here at Highland. Don’t forget to visit the newly opened dog park on the southwest side of the building; it’s a great opportunity to spend time with your four-legged companions!

As a reminder, service animals are welcome, but pets are not permitted within the building. Please remember to make lunch reservations for the following day. Additionally, be sure to renew your membership to continue enjoying the benefits of all our centers. As we enter the cold and flu season, let’s respect each other’s personal space to help minimize the spread of germs.

I would like to extend my heartfelt gratitude to our Director of Senior Affairs, Anna Sanchez; Deputy Directors Marina Salzar and Shay Armijo; Associate Director Nikki Peone; Major Liaison Alan Armijo; and Division Manager Angel Montoya for their unwavering support of all our centers.

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

Hours of Operation
Monday - Friday
8:00am - 5:00pm
Wednesday
8:00am - 7:00pm
Saturday
10:00am - 4:00pm

Highland Staff

Chris Rogers
Manager

Vacant
Program Coordinator

Gloria Ortiz
Office Assistant

Vacant
Program Assistant

Anna Wood
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Chris Rogers
Center Manager

Chris Rogers, Center Manager

THANKFUL



Anna Sanchez,
Director
Department of
Senior Affairs

General Information

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

On Tuesday, December 17th, 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 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!



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, November 6th, 2024, SCLO will host a Power Of Attorney 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 October and December, 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

Tuesday

- 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

- 8:30am-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

- 8:15am-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

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)

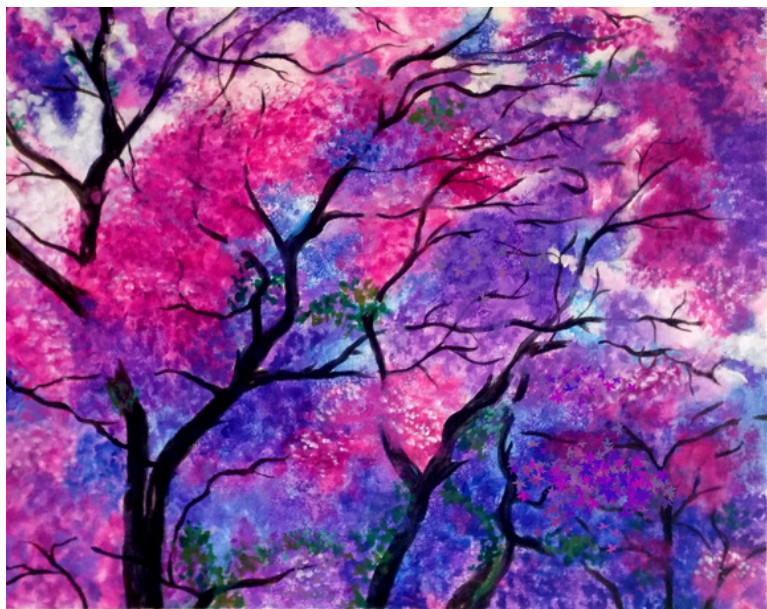
Please see our bulletin board for details about on-going classes

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

PAINTING WITH SUKI WED. NOV. 13TH



Just like that, the hot air balloons danced in and out of NM, much like our masterpieces in Suki's class! With only two months left in 2024, grab your pals and get ready to unleash your inner Picasso! Don't forget to toss your name into the lottery by November 8th, because guess what? Eight is the magic number of lucky members who'll get the chance to paint with Suki on November 13th! Let's make some colorful memories!

MEDICARE EVENT/BERNALILLO COUNTY



MEDICARE FAIR Event Series

ONE
ALBUQUE
ROQUE 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
Thursday, October 17, 2024
9 AM - 11 AM

Barelas Senior Center
Friday, October 25, 2024
9 AM - 11 AM

Santa Barbara Martineztown Multigenerational Center
Friday, November 8, 2024
9 AM - 11 AM

Highland Senior Center
Friday, November 22, 2024
9 AM - 11 AM

Call 505-764-6400 for more information

cabq.gov/seniors

"Your Money Matters"

Bernalillo County Treasurer
Nancy M. Bearce

BernCo Treasurer Bearce's 2024 Community Center Outreach

Tuesday, November 5
1:00 pm - 3:00 pm
Vista Grande Community Center
15 La Madera Rd
Sandia Park, NM 87047

Thursday, November 7th
10:00am - 1:00 pm
South Valley Multi-Purpose Senior Center*
2008 Larrazolo Rd SW
Albuquerque, NM 87105

Friday, November 8
9am-11am
Los Volcanes Senior Center
6500 Los Volcanes Rd NW
Albuquerque, NM 87121

Tuesday, November 12th
9:30 am - 11:00 pm
North Valley Senior Center
3825 4th St., NW
Albuquerque, NM 87107

Bernalillo County Assessor's Office will be on-site

*Spanish Translation Available
Bring New or Old Property Tax Bills
www.berncoco.gov/treasurer
505-468-7031

Wednesday, November 13
11:00 am - 1:00 pm
Highland Senior Center
131 Monroe St NE
Albuquerque, NM 87108

Thursday, November 14
11am-1:30pm
Manzano Mesa Multigenerational Center
501 Elizabeth St SE
Albuquerque, NM 87123

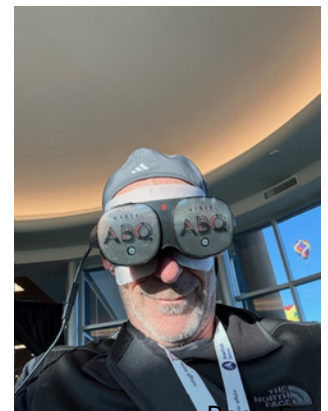
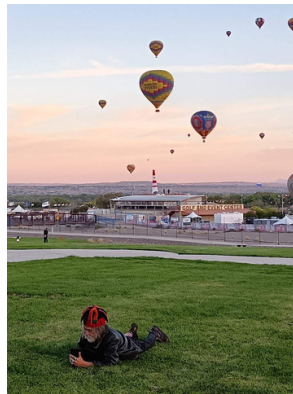
Tuesday, November 19th
9:00-11:30 pm
Barelas Senior Center*
714 7th St SW
Albuquerque, NM 87102

Wednesday, November 20th
11:00 am - 1:30 pm
North Domingo Baca Multigenerational Center
7521 Carmel Avenue NE
Albuquerque, NM 87113

Coordinator's Hub

October ushered us in on a joyous journey, with a VIP pass to the International Balloon Fiesta, all thanks to Amber Maestas at North Domingo Baca and the City of Albuquerque Arts and Cultural Department. What a fantastic flight of fancy for our seniors! PNM then swung by, enlightening us on energy conservation and bestowing energy-saving kits upon us. Casa Flamenco twirled into our center, demonstrating the dynamic energy and precision of dance, all wrapped up in a bundle of fun! We rounded off the month with our 2nd Annual winter hats and scarves handover, courtesy of the Highland Maddhatters Knitting Group. Talk about a terrific transition into the Thanksgiving season!

Chris Rogers, Center Manager



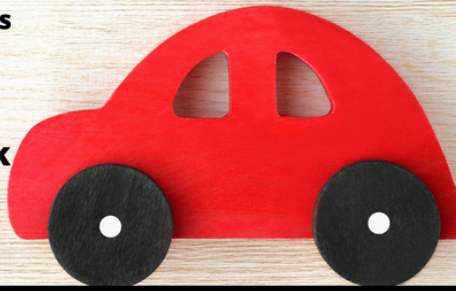
Classes

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

MEDITATION CLASS

"The essence of meditation lies in cultivating a serene and tranquil mind. This sacred practice alleviates stress and tension, weaving a tapestry of enhanced physical well-being.

Susan Checcio, a devoted meditation teacher at the Kadampa Meditation Center, possesses a wealth of wisdom in the art of meditation. She will gracefully lead simple, accessible sessions for all, inviting participation without the need for prior experience or special attire. Simply bring your radiant self and a sprinkle of curiosity!"

Here are the scheduled dates and times:

Friday, October 25th, 1:30pm-2:30pm
Friday, November 1st, 1:30pm-2:30pm
Friday, November 8th, 1:30pm-2:30pm
Friday, November 15th, 1:30pm-2:30pm

HIGHLAND SENIOR CENTER
ROOM 3



COMPUTER & CELL PHONE BASICS 101

Send Text Messages with Pictures.

Send and Receive Emails.



10 am-11:30 am Every Other Friday Starting: October 25th

- Learn about Internet Safety.
- Design a digital storybook about your life.
- Design a Scrapbook.
- Design a Microsoft Google Spreadsheet.
- Understand Text Abbreviations. (LOL)
- Pay an Online Bill.
- Design a Microsoft Google Slideshow.
- Access valid and credible information on the internet.
- Participate in Social Media Platforms.
- Play Online Games.
- Learn How to Play Chess.

LEARN NOW WITH JUNIORS FROM

TECH

LEADERSHIP HIGH SCHOOL

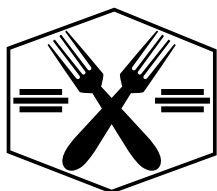

HIGHLAND JAM SESSION

We jamming! We jamming! Come on and jam with us!!! The jam session is open to anyone who wants to sit-down and share the gift of music with others. See ya there!!

**2ND SATURDAY OF THE MONTH
1:30PM-3:30PM**

Bring an instrument or two if you have one, so we can share. Come share your musical experience with old friends or meet new people while jamming!

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.



Notice

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY

In compliance with Area Agency on Aging and New Mexico Aging and Long-Term Services senior meal program regulations, meals cannot be removed from the meal site designated dining area, however, fruit, such as bananas, apples, oranges and individually wrapped cookies are exceptions to the rule.

If you have any questions regarding regulations and guidelines, please call Senior Affairs Nutrition and

Transportation Division Manager

Tim Martinez at 505-764-6450 for further

clarification.

Thank you in advance for your cooperation.

REMINDER:

We kindly ask for your understanding and patience during this busy time. With a rise in membership and activities, we have determined that the best times to process memberships are:

- After 9:15 AM until 11:00 AM**
- After 1:30 PM until 4:00 PM**

**Thank you for your cooperation.
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

Saturday, November 16th
9:00am-1:00pm

November 1st to
November 27th



*Ageless Artisan
Craft Fair*

NOVEMBER
SATURDAY **16** 9AM-1PM

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE, 87123
505-275-8731

Just in Time for the Holidays!
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!

ONE ALBUQUE RQUE



ONE ALBUQUE RQUE senior affairs

Independence at home
A SCAN COMMUNITY SERVICE

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with you generous donations.

Deliver donations by:
November 27, 2024

Drop off location:
Any CABQ Senior or Multigenerational Center

NEW items needed:

- Protein Drinks (i.e. Ensure, Boost)
- Depends
- Socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming Sets
- Tissue/Toilet Paper

For more information or drop location hours and directions, call (505) 764-6400



Come, partake in a joyous morning filled with shopping and merriment at the Manzano Mesa Multigenerational Center!

We kindly request your support in dropping off the following items at any CABQ Senior Center or Multigenerational Center by November 27th, 2024.



Special Notices

**Thursday, Nov. 7th, 2024,
10am-11am**

**Monday, November
11th, 2024**

HIGHLAND SENIOR CENTER

A SALUTE TO OUR VETERANS

We sincerely appreciate your service and courage. Join us as we pay tribute with the unveiling of the new Veterans' Wall.

Date: Thursday, November 7th, 2024

Time: 10:00 AM - 11:00 AM

*Cake will be served afterward. *



HIGHLAND SENIOR CENTER

CLOSED

MONDAY, NOVEMBER 11TH

IN OBSERVANCE OF VETERANS DAY



NEVER FORGET THE HONOR



**The Highland Senior Center will be closed on
Monday, November 11th, in observance of Veterans
Day. Additionally, it will be closed on Saturday,
November 16th, to participate in the Artisan Fair at
Manzano Mesa Multigenerational Center
from 9:00 AM to 1:00 PM.**

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

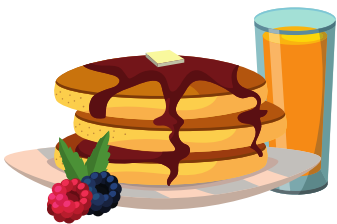
- Huevos Rancheros \$1.50 (Tuesday & Thursday Only)**
2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile
- Biscuit & Gravy \$1.00 (Wednesday Only)**

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



NOVEMBER 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
28 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Corn ◆ Tortilla ◆ Pear ◆ 1% milk 	29 <ul style="list-style-type: none"> ◆ Breaded Chicken Patty w/ Green Chile & White Gravy ◆ Sweet Potato ◆ Green Beans ◆ Apple Slices w/ Peanut Butter Cup ◆ 1% milk 	30 <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O ◆ 1% milk 	31 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hash Browns ◆ 5 Way Vegetable Blend ◆ Yogurt ◆ 1% milk 	1 <ul style="list-style-type: none"> ◆ Pot Roast (Potatoes, Celery, Carrots) ◆ Italian Blend ◆ Ancient Blend ◆ Mandarin Oranges ◆ 1% milk 
4 <ul style="list-style-type: none"> ◆ Pork Loin w/ Gravy ◆ Rice Pilaf ◆ Corn ◆ Dinner Roll w/ Margarine ◆ Diced Pears ◆ 1% milk 	5 <ul style="list-style-type: none"> ◆ Green Chile Cheeseburger ◆ Italian Blend Vegetables ◆ Tater Tots w/ Ketchup ◆ Orange ◆ 1% milk 	6 <ul style="list-style-type: none"> ◆ Chicken Fajita w/ Fajita Blend ◆ Diced Potatoes ◆ Pinto Beans ◆ Red Apple ◆ 1% milk 	7 <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Normandy Blend ◆ Cherry Cobbler ◆ 1% milk 	8 <ul style="list-style-type: none"> ◆ Steak Fingers w/ White Gravy ◆ Red Potatoes ◆ Succotash ◆ Sugar Cookie ◆ 1% milk 
11  <p>VETERANS DAY</p>	12 <ul style="list-style-type: none"> ◆ Ham w/ Pineapple Glaze ◆ Biscuit w/ Margarine ◆ Sweet Potatoes ◆ Mixed Fruit ◆ 1% milk 	13 <ul style="list-style-type: none"> ◆ Meatball Sub Sandwich w/ Mozzarella ◆ Diced Potatoes w/ Ketchup ◆ Normandy Blend ◆ Mandarin Oranges ◆ 1% milk 	14 <ul style="list-style-type: none"> ◆ Omelet w/ Mushrooms & Spinach ◆ Hashbrowns ◆ Stewed Tomatoes ◆ Yogurt ◆ 1% milk 	15 <ul style="list-style-type: none"> ◆ Green Chile Chicken Enchiladas ◆ Pinto Beans ◆ Spanish Rice ◆ Vanilla Pudding ◆ 1% milk 
18 <ul style="list-style-type: none"> ◆ Cajun Salmon ◆ Fettuccine Alfredo ◆ Steamed Carrots ◆ Granny Smith Apple ◆ 1% milk 	19 <ul style="list-style-type: none"> ◆ Beef w/ Peppers & Onions ◆ Black Beans ◆ Imperial Blend ◆ Banana ◆ 1% milk 	20 <ul style="list-style-type: none"> ◆ Beef Tips w/ Elbow Macaroni ◆ Roasted Carrots ◆ Sliced Beets ◆ Vanilla Pudding ◆ 1% milk 	21 <ul style="list-style-type: none"> ◆ Pasta Primavera w/ Alfredo Sauce ◆ Northwest Blend ◆ Breadstick ◆ Peaches ◆ 1% milk 	22 <ul style="list-style-type: none"> ◆ Breaded Cod Fish w/ Tarter Sauce ◆ Steamed Red Potatoes ◆ Peas ◆ Orange ◆ 1% milk 
25 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Rosemary Potatoes ◆ Corn w/ Red Peppers ◆ Grapes ◆ 1% milk 	26 <ul style="list-style-type: none"> ◆ Carne Adovada w/ Red Chile ◆ Flour Tortilla ◆ Pinto Beans ◆ Spanish Rice ◆ Pineapple ◆ 1% milk 	27 <ul style="list-style-type: none"> ◆ Herb Roasted Turkey w/ Gravy ◆ Stuffing w/ Gravy ◆ Green Bean Casserole ◆ Dinner Roll ◆ Pumpkin Cake ◆ 1% milk 	28 	29