

# October 2024

## Highland Senior Center

Department of Senior Affairs

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

131 Monroe NE Albuquerque, NM 87108

505-767-5210

### MESSAGE FROM THE CENTER MANAGER

September rolled in like a sunny superstar, juggling a delightful mix of hot and cool vibes! You might have noticed the extra sparkle in the air—not just from the sun, but from your dazzling smiles lighting up the center! And guess what? That brightness is all thanks to PNM and the City of Albuquerque Energy and Sustainability Division, who sprinkled some new LED magic around the facility.

Check out the upcoming upgrades in our Social Hall, workout room, and Billiards room—proof that our center is on the rise! Your support is the secret sauce to making these improvements happen. So, don't forget to snag a \$20.00 membership or renew yours for VIP access to fantastic facilities, a rockstar staff, thrilling trips, workout gear, and mouthwatering food that won't break the bank!

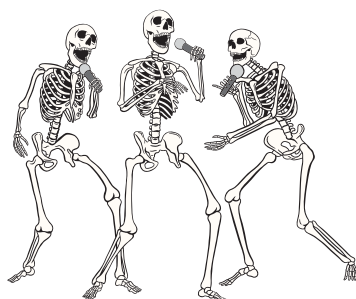
Keep your eyes peeled for posted signs to keep everyone safe and sound. Dive into our lively community—chat with friends, unleash your inner game master with Mexican Train, tackle puzzles, or bust a move in the Social Hall! We've got something for everyone.

Can't wait to see you soon!

Chris Rogers, Center Manager



Chris Rogers  
Center Manager



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ncoa  
National Council on Aging

### 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



Anna Sanchez,  
Director  
Department of  
Senior Affairs

# General Information

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



1st Wednesday of  
Each Month  
By Appointment Only

On Tuesday, October 15th, 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.

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.

On Wednesday, October 2nd, 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.

**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](http://www.cabq.gov/seniors)**

**We are also on Social Media look for us there!**



## 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.



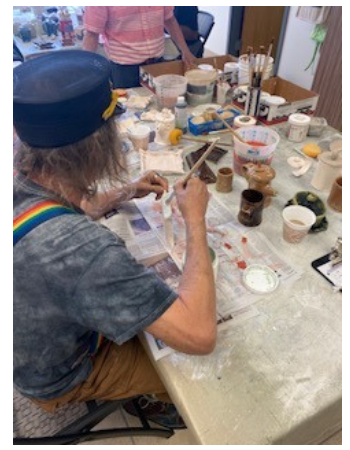
# What's Happening at Highland

## **PAINTING WITH SUKI WED. OCTOBER 9TH**



Autumn is upon us, and so are the balloons! Instead of just admiring them, why not join Suki for a painting session? If you haven't experienced one of her classes yet, you're missing out – it's truly delightful! Be sure to register at the front desk by October 4th, as the first eight participants will be soaring into Room 2 on Wednesday, October 9th, for an unforgettable, high-flying adventure!

## ***CERAMICS WITH PABLO***



# Coordinator's Hub



## *Día de los Muertos*

**Mictecacihuatli**: (Meek-tech-caw-see-wattle) Lady of the Dead **Mictlantecutli**: (Meet-lawn-tech-cootlee) Lord of the Mictlan Azteca god of death...

*"My friends it is wise to nourish the soul, otherwise you will breed dragons & devils."* Carl Jung  
**Alchemy**-a magical power, seemingly of 'transmitting'.

New Mexico, once a part of Mexico until 1848, became a State on January 6, 1912.

**Mitla**:-Archeological site in the state of Oaxaca (Wah-haw-caw) Mexico. The name **Mitla** (Meet-law) comes from the Nahuatl (Nah-wattle) name **Mictlan**, ~ place of the dead or underworld., It's **Zapotec** name is **Lyobaa (Lee-obah)** meaning "place of rest".

**Largest Village, Lake Patzcuaro (pots-coup-arrow) Michoacan = Día de los Muertos Celebration** on November 1<sup>st</sup>. Don't be surprised if the winds pick up... as spirits of the dead are blown back to their homes on earth. Some spirits are ignited by the smell of **\*Marigolds/Cempasuchitl (sem-pa-sue-cheel)**. For modern day Mexico **"Flor de Muerto"** (\*Flower of the dead)

While both states in Mexico have some of the most beautiful DDLM's celebrations, **Michoacan's** is the most authentic. DDLM's in Mexico can be traced back to indigenous peoples, **Olmec, Zapotec, Mixtec, Mexican, Aztec, Maya, Purepecha & Totonac**. Celebrating the deaths of ancestors have been observed by these civilizations possibly for as long as 2500-3000 years

**October 27<sup>th</sup>** is day of the pets that passed away and remembered.

**October 31<sup>st</sup>** is **All Hallows Eve, All Saints Eve and Halloween**.

**November 1<sup>st</sup>** is **Noche de Muertos (Night of the Dead), All Saints Day, Día de Los Angelitos (Day of the Little Angels)**.

**November 2<sup>nd</sup>** is **Día de Muertos, Day of the Dead, All Souls Day, Adult Muertos**

**November 3<sup>rd</sup>** the dead go back to death and life returns to the living.

On **November 2<sup>nd</sup>**, when adult spirits return, Mexicans view it not as a day of sadness, but as a day of celebration because their loved ones awake and celebrate with them. This holiday also coincides with the ancient **Celtic** seasonal festival **Samhain (Saw-wen)**, to mark the end of the harvest and to remember the dead. Also, **Día de los Muertos**, is a Mexican holiday more authentic than **Cinco de Mayo!**

So, remember the soil upon which you walk. Celebrate! And cheer up the dead! FYI: Some custom-made bereavement urns are now called "Celebration of Life Urns"!!

Thanks to Cora Romo for providing the above information! Happy Festival days!

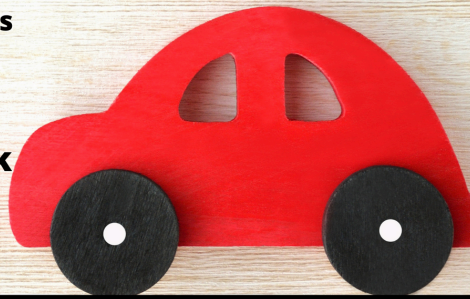


# Classes

## 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



## HIGHLAND BIBLE STUDY FELLOWSHIP

Come join us for the Highland Bible Study Fellowship which will center on leisurely reading books from the New Testament to make Biblical teachings more relevant to our daily lives. By incorporating

Christian resources, the fellowship aims to connect Biblical principles with everyday experiences, foster discussions, and encourage fellowship among members.

**Bibles are encouraged but not mandatory!**

**STARTING THURSDAY  
SEPTEMBER 5TH, 2024  
10:00AM-11:00AM  
ROOM 3**

## BEGINNING

## LINE DANCING

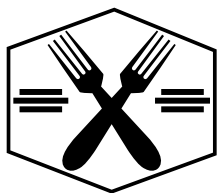
**Don't miss out on this awesome opportunity!**



**Join our class every Wednesday.  
2:00pm- 3:30pm and enjoy learning some basic line dancing steps!**

**HIGHLAND SENIOR CENTER  
WEDNESDAYS  
2:00PM-3:30PM  
SOCIAL HALL**

# 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.



# A SNAPSHOT SPEAKS A MILLION WORDS!

## AFR FALL PREVENTION CLASS



## PAUL PINO & THE TONE DADDIES



# AmeriCorps Senior Programs



VOLUNTEERS



## 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](http://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

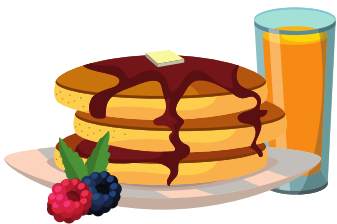
## Specials

- 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-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



## OCTOBER 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
30 <ul style="list-style-type: none"> <li>Chicken Fajitas w/ Salsa</li> <li>Flour Tortilla</li> <li>Ranch Beans</li> <li>Hot Sliced Apples</li> <li>1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>Beef Stroganoff &amp; Elbow Pasta</li> <li>Cauliflower w/ Red Peppers</li> <li>Bread Stick</li> <li>Chocolate Pudding</li> <li>1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>Ham Omelet w/ Fajita Blend</li> <li>Stewed Tomatoes</li> <li>Tater Tots</li> <li>Orange</li> <li>1% milk</li> </ul>  	3 <ul style="list-style-type: none"> <li>Morning Star Veggie Chicken Nuggets w/ BBQ Sauce</li> <li>Corn</li> <li>Malibu Blend</li> <li>Mixed Fruit Cup</li> <li>1% milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>Lemon Pepper Tilapia</li> <li>Rice Pilaf</li> <li>Calabacitas</li> <li>Chocolate Chip Cookie</li> <li>1% milk</li> </ul> 
7 <ul style="list-style-type: none"> <li>Cottage Pie: Ground Beef, Mashed Potatoes, Peas &amp; Carrots</li> <li>Corn Bread</li> <li>Blueberry Crisp</li> <li>1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>Teriyaki Pork w/ Brown Rice</li> <li>Stir Fry Blend Vegetables</li> <li>Pineapple Upside Down Cake</li> <li>1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6Onions</li> <li>Fritos</li> <li>Normandy Blend</li> <li>Peaches</li> <li>1% milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>Linguini w/ Diced Tomato Sauce</li> <li>Diced Potatoes</li> <li>Steamed Broccoli</li> <li>Vanilla Pudding</li> <li>1% milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>Chicken &amp; Rice Soup</li> <li>Spinach</li> <li>Crackers</li> <li>Cherry Cobbler</li> <li>1% milk</li> </ul> 
14 <b>INDIGENOUS PEOPLES' DAY</b> 	15 <ul style="list-style-type: none"> <li>Open Faced Turkey Sandwich w/ Gravy</li> <li>Yams</li> <li>Green Beans</li> <li>Wheat Bread</li> <li>Orange</li> <li>1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>Salisbury Steak w/ Gravy</li> <li>Brown Rice</li> <li>Peas</li> <li>Jell-O</li> <li>Diner Roll w/ Margarine</li> <li>1% milk</li> </ul> 	17 <b>National Pasta Day</b> 	18 <ul style="list-style-type: none"> <li>Green Chile Stew (Chicken, Corn, Carrots, Peas &amp; Green Beans)</li> <li>Flour Tortilla</li> <li>Pinto Beans</li> <li>Sliced Cinnamon Apples</li> <li>1% milk</li> </ul> 
21 <ul style="list-style-type: none"> <li>Beef Tips over Pasta w/ Gravy Rotini Noodles</li> <li>Brussel Sprouts</li> <li>Peach Cobbler</li> <li>1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>Chicken Pot Pie 5 Way Pie w/ Biscuit</li> <li>Diced Beets</li> <li>Ancient Grain</li> <li>Yogurt</li> <li>1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>Salmon w/ Garlic Butter</li> <li>Rice Pilaf</li> <li>Cauliflower</li> <li>Orange</li> <li>1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>Baked Potato w/ Broccoli, Cheese, Sour Cream, &amp; Veggie Bacon</li> <li>Corn</li> <li>Baked Beans</li> <li>Apple Slices</li> <li>1% milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>Green Chile Ham Mac &amp; Cheese</li> <li>Combread</li> <li>Normandy Blend</li> <li>Pineapple</li> <li>1% milk</li> </ul> 
28 <ul style="list-style-type: none"> <li>Carne Adovada</li> <li>Spanish Rice</li> <li>Corn</li> <li>Tortilla</li> <li>Pear</li> <li>1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>Sweet Potato</li> <li>Green Beans</li> <li>Apple Slices w/ Peanut Butter Cup</li> <li>1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>Mashed Potatoes</li> <li>Sliced Carrots</li> <li>Jell-O</li> <li>1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>Omelet w/ Mushrooms &amp; Spinach</li> <li>Hash Browns</li> <li>5 Way Vegetable Blend</li> <li>Yogurt</li> <li>1% milk</li> </ul>  	1 <ul style="list-style-type: none"> <li>Pot Roast (Potatoes, Celery, Carrots)</li> <li>Italian Blend</li> <li>Ancient Blend</li> <li>Mandarin Oranges</li> <li>1% milk</li> </ul> 