

September 2024

Highland Senior Center

Department of Senior Affairs

www.cabq.gov/seniors

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from the Director of the Department of Senior Affairs

Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at cabq.gov/seniors/about-senior-affairs.

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director



Chris Rogers
Center Manager

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, September 4th, 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

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

**On Monday,
September 2nd, all
Senior Centers and
Multi-generational
centers will be closed
in honor of Labor Day.**

**Labor
DAY**



PAINTING WITH SUKI



Get your creative juices flowing with Suki's magical art sessions! Yearning for a VIP pass to her artistic wonderland? If you haven't experienced Suki's paint parties yet, you're seriously missing out! Put your name in the hat for a chance to awaken your inner Picasso. Only 8 fortunate folks will snag a seat at this elite art shindig. Quick, scribble your details at the front desk! If fortune favors you, anticipate a gleeful call on September 7th! Then you will participate on Wednesday, September 11th.

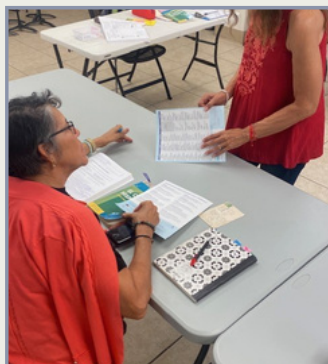
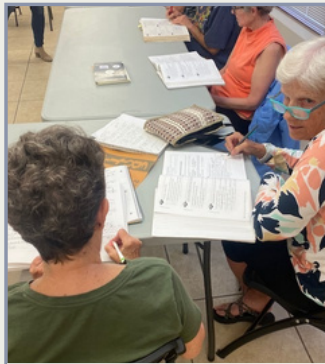
Coordinator Corner

August was a whirlwind of fun and action at the hub! We were overloaded with info from the Albuquerque Fire Department, got top tips from Captain Rose on pet care, grooved with Paul Pino and the Tone Daddies, and indulged in treats from Oak Street Health! Goodwill Tech Time taught us how to share our awesome August snaps, and Presbyterian dropped some Medicare knowledge. Remember, aging is not losing youth but leveling up to a new phase of power and possibilities!

Chris Rogers, Center Manager

Kudos

Conversational Spanish Class



The saga of Highland Senior Center's Spanish class is a tale as old as time, well, at least a decade old! What began as an Intermediate Spanish session blossomed into the vibrant Conversational Spanish class, thanks to the legendary Shirley Belcher. Fast forward to the COVID-19 plot twist of 2020, and the class took an unexpected hiatus. But fear not, in 2022, the gang rallied to revive the class, despite Shirley setting sail into retirement at the sprightly age of 91.

Their initial attempts at DIY Spanish fun with games, Spanish Jeopardy, and chit-chat left them feeling like they were stuck on a beginner level. Cue some new faces craving a structured language journey, only to find a more casual vibe.

Enter a hero from the Barelmas Senior Center - Sandra Olszewski! Referred by a former classmate, Sandra brought her teaching magic to the table as a volunteer maestra. Thanks to her wizardry, the group has leveled up in grammar and Spanish lit, with an average of 10 to 15 eager students in each session. Hooray for Sandra and the Spanish adventures at Highland!

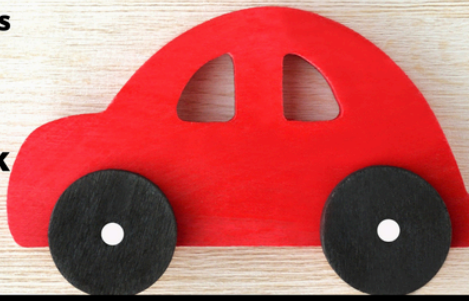
BIENVENIDO

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.

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**

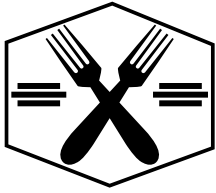
HIGHLAND JAM SESSION

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.

VETERANS PHOTO SESSION FRI. 9/20/24 9AM-1PM

VETERANS WALL PHOTO SESSION

FRIDAY, SEPTEMBER 20TH, 2024
9:00AM-1:00PM

A PROFESSIONAL PHOTOGRAPHER WILL BE VISITING HIGHLAND TO CAPTURE THE PHOTOGRAPHS OF VETERAN MEMBERS, WHO WILL BE SHOWCASED ON OUR WALL OF HONOR. WE EXTEND OUR GRATITUDE FOR YOUR SACRIFICE AND SERVICE TO OUR NATION.

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.

UPDATES AND BIG NEWS

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER
2024

9 am -
3 pm

714 Seventh St SW 87102



ONE
ALBUQUE
RQUE

United
Healthcare

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Humana

PRIME TIME
PUBLISHING

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

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

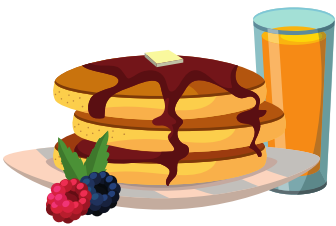
Specials

- 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)**

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



September 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
2 	3 ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk	4 ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk	5 ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk	6 ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk
9 ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk	10 ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk	11 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk	12 ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk	13 ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk
16 ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk	17 ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk	18 ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Succotash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk	19 ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk	20 ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk
23 ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk	24 ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk	25 ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk	26 ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk	27 ♦ Turkey Tetrazzini: Turkey, Spaghetti, & Green Peas ♦ Italian Vegetable Blend ♦ Breadstick ♦ Cherry Cobbler ♦ 1% milk