



# AUGUST

## Highland Senior Center

Department of Senior Affairs  
131 Monroe NE Albuquerque, NM 87108

**505-767-5210**

### From the Desk of the Manager:

What an amazing summer it has been! Members soared through the 70's with a special Saturday line dance and created gorgeous paintings with Suki. We celebrated LGBTQ Pride month with a lively dance and photo booth. Members also had fun bringing their grandchildren to Highland for a delightful craft session!

As we leap into August and the kitchen remodel, please get acquainted with the temporary meal service changes. Information about the remodel can be found on page 6 and you can check out our continental breakfast menu on page 11. Highland will remain open during this time and we'll celebrate the summer's end with a spectacular dance!

Don't miss out on the exciting events at other centers! On Wednesday, August 20th, a sensational summer soirée awaits you—a dinner dance with live music and scrumptious food. Mark your calendars for the vibrant annual Fiesta, lighting up the Barelitas Senior Center on September 5th! See page 9 for more information about these events.

#### A few reminders....

- Highland will be CLOSED for staff training August 4<sup>th</sup> - 8<sup>th</sup> (M-F). Members are welcome to visit other centers for meals and activities!
- All food must be consumed in the dining hall. Food cannot be brought out of the center. See page 2 for more details on this policy.
- Summer may be drawing to a close but the temperatures are still scorching! Please keep yourself well hydrated and cool. Remember that we have cups for water available in the Social Hall and outside the Fitness Center, in addition to the hallway water fountain.



**Chris Rogers**  
Center Manager

**Sincerely,**  
**Chris Rogers**

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

**ONE**  
**ALBUQUE**  
**RQUE**

**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

**Bailey Grebbin**  
Program Coordinator

**Gloria Ortiz**  
Office Assistant

**Julian Davalos**  
Program Assistant

**Beverly Manuelito**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef



**Anna Sanchez,**  
Director  
Department of  
Senior Affairs

# Center & Meal Program Information

## MEMBERSHIP MATTERS

Active memberships are mandatory for participation in all activities, trips, dances and meals. Please renew expired memberships promptly to continue enjoying our facilities & other CABQ senior centers.

- The membership fee is **\$20** for the year & can be paid via **cash** or **card**.
- We can typically process memberships M-F between **9am-11am** or **1pm-3pm**.
- You can also renew or register at any CABQ senior or multigenerational center.

Both new and renewing members must complete the registration form onsite. Then, it has to be processed by our front desk. **Please plan to spend about 45 minutes on registration.** We appreciate your patience.

### Reminder:

***Meals are to be consumed in the Social Hall. Take out meals or food are not permitted.***

In accordance with the regulations set forth by the Area Agency on Aging and the New Mexico Aging and Long-Term Services senior meal program, meals are not permitted to be removed from the designated dining area. Exceptions to this rule include fruits such as apples, as well as individually wrapped cookies.

**Thank you for your cooperation.**

### Questions? Comments?

Please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at **505-764-6450** for further clarification about meal program regulations and anything else related to the menu or meal program.

## **HOT MEAL LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE**

- Reserve your hot meal prior to 1pm by calling us at **(505)767-5210** or by speaking with the front desk while you're visiting Highland.
- If you lack a reservation, wait until 12:30 PM for possible cancellations.
- We reserve the right to give unclaimed meals to anyone waiting for a meal at 12:30pm
- Unclaimed meals will be distributed on a first-come, first-served basis. Meals that go unclaimed are wasted, impacting our ability to provide low-cost services.
- See page 11 for our new, temporary continental breakfast menu and page 12 for the monthly hot meals.



### TRANSPORTATION SERVICES



Did you know that the Department of Senior Affairs provides complimentary transportation services for seniors aged 60 and above living within a five-mile radius of our senior and multigenerational centers? Current members can call 764-6400 for additional information.

# Highland On-Going Activities

## Monday

8:00am-12:00pm	Flea Market
8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Aerobics
9:15am-11:00am	Veteran's Gathering
10:00am-11:30am	Gathering of Artists
10:15am-11:15am	Gentle Exercise
1:30pm-2:30pm	Meditation

## Tuesday

8:00am - 4:30pm	FITNESS CENTER
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 1 <sup>st</sup> )
1:00pm-3:00pm	Conversation Spanish
1:00pm-3:00pm	Senior Citizen's Law Office
(3 <sup>rd</sup> Tues. of every other month, see page 7 for details)	
2:00pm-3:30pm	Intermediate Line Dancing
2:00pm-4:00pm	Rainbow Artists (every 3 <sup>rd</sup> )

## Wednesday

8:00am - 6:30pm	FITNESS CENTER
8:30am-12:30pm	GEHM Clinic (every 1 <sup>st</sup> )
9:00am-10:00am	Exercise to Music
9:00am-12:00pm	Senior Law Office
(1 <sup>st</sup> Wed. of every other month, see page 7 for details)	
10:15am-11:15am	Gentle Exercise
1:00pm-3:30pm	Knitting & Crocheting
12:00pm-12:30pm	Birthday Celebration (1 <sup>st</sup> )
2:00pm-3:30pm	Beginning Line Dancing
4:30pm-6:30pm	Beginning Ukulele

## Thursday

8:00am - 4:30pm	FITNESS CENTER
8:15am-9:15am	Flex & Tone
10:30am-11:30am	Tai Chi
2:00pm-4:00pm	Senior LGBT Meeting (2 <sup>nd</sup> )
2:30pm-4:30pm	ORCA Game Time
	(every 1 <sup>st</sup> & 3 <sup>rd</sup> )

## Friday

8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Exercise to Music
9:30am-11:00am	Rosemalers
10:15am-11:15am	Gentle Exercise

## Saturday

10:00am - 3:30pm	FITNESS CENTER
10:30am-12:00pm	Improver Line Dancing
1:30pm-3:30pm	Music Jam Session (every 2 <sup>nd</sup> )

**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 helps our community thrive while embracing aging.*





# Summer Dance Highlights





# Coordinator's Hub

What a summer! In July, members danced to 70's tunes with the Tuesday morning line dance class, gained smart shopping skills with Senior Citizens Law Office and painted beautiful blossoms with Suki. Members also enjoyed bringing their grandchildren to Highland and making a fun craft together.

Special thanks to Beth for hosting the 70's dance and to Dorothy for helping plan the grand-craft activity. As always, shoutout to Mike for keeping our facilities looking great and getting us set up for special events. In August, we'll celebrate the summer's end with music by member band, Dunn Deal & the Mix. It's truly a team effort here at Highland!

-Bailey Grebbin, Program Coordinator



## In Other News

Reminder: Highland will be closed August 4<sup>th</sup> - 8<sup>th</sup>. During this time, you can visit North Valley, Santa Barbara Martineztown, Manzano Mesa and North Domingo Baca for meals and more.

*Back by popular demand...*

Senior Citizens Law Office is reoffering their fabulous presentation on Avoiding Scams and ID Theft. If you missed it the first time or wanted to participate again, now's your chance! Join us on August 28<sup>th</sup>, at 1:30pm. Please sign up at the front desk.

Join Dunn Deal & the Mix for a lively dance on Friday August 22<sup>nd</sup>, from 2:00pm-4:00pm.



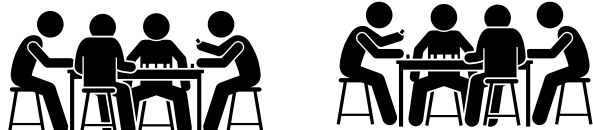
Want to play Mahjong with friends?



**Come to Mahjong game time!**

Every Tuesday, 10:00am-12:00pm

Room 3, Supplies Provided



# Upcoming Events at Highland & Special Notice



## Kitchen Renovation Key Information

Senior Affairs is excited to share a variety of upgrades and renovations taking place at our facilities across Albuquerque. One of the highlights will be the renovation of the kitchen at the Highland Senior Center.



- For breakfast, we will offer a low-cost continental breakfast, including options such as cold cereal, fruit, yogurt and pastries.
- Free coffee will continue to be available during the renovation.
- Hot and nutritious lunches will be freshly prepared off-site and delivered to Highland Senior Center. Members will still need to sign up for a hot lunch by 1pm the day before.
- We will adhere to the highest standards of temperature control and food safety practices with pre-prepared meals, maintaining the same protocols as those in our on-site kitchen.
- The lunch & breakfast a la carte options will not be offered, as the kitchen will be out of service.
- Dine-in seating will still be accessible, allowing seniors to enjoy their meals on-site at the regularly scheduled mealtimes.
- This project is expected to have minimal impact on regular programming, and the center will remain open during renovations.



HIGHLAND SENIOR CENTER

# BACK TO SCHOOL DANCE

LIVE MUSIC BY

## DUNN DEAL & THE MIX

FRIDAY AUGUST 22ND

2-4PM


Dance with friends and support our neighborhood school! We'll be collecting (optional) donations of school supplies for Highland High School.

Back by popular demand...

## How to Spot & Avoid SCAMS & IDENTIFY THEFT

Presented by Senior Citizens Law Office

- Common Scams
- Red Flags to Watch For
- How to Fix Identity Theft



**Thursday, August 28<sup>th</sup>**

**Starting at 1:30pm**

Highland Senior Center-Room 7

**SIGN UP AT THE FRONT DESK**



# Senior Citizen Law Office Information

## ABOUT

The mission of SCLO is to provide critically needed advocacy and legal representation to residents sixty years of age and older in order to uphold their rights, maximize their autonomy and ensure that they receive the benefits to which they are entitled.

SCLO offers free services & presentations in the following areas: healthcare, public benefits, housing, advance directives, financial wellbeing, guardianships, consumer support & long-term care. SCLO also offers estate planning services for a reduced fee.

**SCLO Phone #: (505) 265-2300**

## Did you know?

SCLO offers clinics at various CABQ senior centers each month. See the “Senior Law Office Information” section of the board for more information and the full SCLO July-December clinic schedule.

## HIGHLAND CLINIC SCHEDULE JULY-DECEMBER

### *General Legal Clinic*

What: This clinic provides seniors with the opportunity for one-on-one legal consultations with an attorney.

Dates & Time:  
8am-11am.  
August 13<sup>th</sup>, October 1<sup>st</sup>  
December 3<sup>rd</sup>.

Sign Up: Schedule your General Legal Clinic appointment with the Highland front desk.

### *Medicaid/Estate Planning Presentation*

What: Estate planning presentation on wills, probate, and powers of attorney. Discussion on Medicaid coverage.

Dates & Time:  
1pm-3pm.  
August 19<sup>th</sup>, October 21<sup>st</sup>, December 17<sup>th</sup>

Sign Up: Sign up for this presentation with the Highland front desk.

### *Power of Attorney Clinic*

What: This clinic assists seniors with power of attorney. Please call SCLO at (505) 265-2300 for more information.

Dates & Time:  
9am-11am.  
July 2<sup>nd</sup>, September 3<sup>rd</sup>,  
November 5<sup>th</sup>

Sign Up: Call SCLO at (505) 265-2300 to schedule your appointment.

# Department Participant Code of Conduct

## Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience.

This includes all City programs and activities and their locations.

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 electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited.
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.



# Department of Senior Affairs & CABQ Events

## Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

**WHEN:** Thursdays, August 14th – September 18th

**TIME:** 10:00AM-11:30 MT / 12:00-1:30PM ET

**WHERE:** Online via Zoom

☎ 505-768-3630

🌐 [cabq.gov/seniors/events](http://cabq.gov/seniors/events)



Scan this code with  
your phone to register!



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 center information, please visit:

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

*We're also active on social media, so  
be sure to look for us there!*

### Palo Duro Senior Center

## Summer Soiree *Dinner Dance*

Let's end the summer right. Enjoy a night of dancing, food, friends and fun!



**Live music by La Raza**



**Tickets are \$5.00  
starting July 16th**  
*\*with current membership*

Wednesday,  
August 20th  
4:00-7:00 pm



ONE  
ALBUQUE  
RQUE senior affairs

Menu:  
Salad & Dressing  
BBQ Pulled Pork, Dinner Roll  
Green Beans,  
Watermelon

Dessert:  
Mini Pies provided by  
Enchanted Sky Hospice

### IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



## Barelas Senior Center Fiesta



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

**5 SEPTEMBER 2025** | 9 am - 3 pm

714 Seventh St SW 87102



# Brain Teasers

## Back to School Word Search



### Word Bank

BELL  
BUS  
CAFETERIA  
CHAIR  
CHALK  
CLOCK  
DESK  
ERASER  
FIELD TRIP  
GLUE  
LIBRARY  
NOTEBOOK  
OFFICE  
PAPER  
PENCIL  
PRINCIPAL  
RULER  
SCISSORS  
STAPLER  
TEACHER

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

1								
				9	5	1	6	
				2	4			
	7	4						
		9						2
	3	5		6			8	
		3		4				9
			7			6		8
			3		1	7		



**There are three Sudoku rules:**  
**Firstly, each row must contain the numbers 1-9 exactly once each.**  
**Secondly, each column must contain the numbers 1-9 exactly once each.**  
**Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!**



# ATTENTION: CONTINENTAL BREAKFAST MENU

WEDNESDAY, JULY 23 -NOVEMBER (ESTIMATE)

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**Menu:**

**Choice of** Coffee, Assorted Juice, or Milk  
**AND**



**Option of** Assorted Cereal, bagel  
Assorted Danish and Pastries, Muffins  
**(Pick 1)**



**OR**

**Option of** Hard-boiled Egg, Yogurt, Granola  
Bar or Assorted fruit  
**(Pick 2)**



**8 AM - 9 AM**  
**\$1.50/PERSON**



**ONLY THE ITEMS LISTED**  
**WILL BE SERVED**

**ONE**  
**ALBUQUE** senior affairs  
**RQUE**

**No A La Carte Breakfast or Lunch During the Renovation**

# HOT LUNCH MENU

RESERVATIONS MUST BE MADE BY 1:00 PM THE DAY BEFORE.  
FEEL FREE TO VISIT US OR CALL 505-767-5210.



## AUGUST 2025

**ONE  
ALBUQUE  
ROQUE**

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	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
4	5	6	7	8
Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
11	12	13	14	15
Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
18	19	20	21	22
Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
25	26	27	28	29
Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 

Menu is Subject to Change



# Aging Alone Together

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**WHERE: Online via Zoom**

 **505-768-3630**

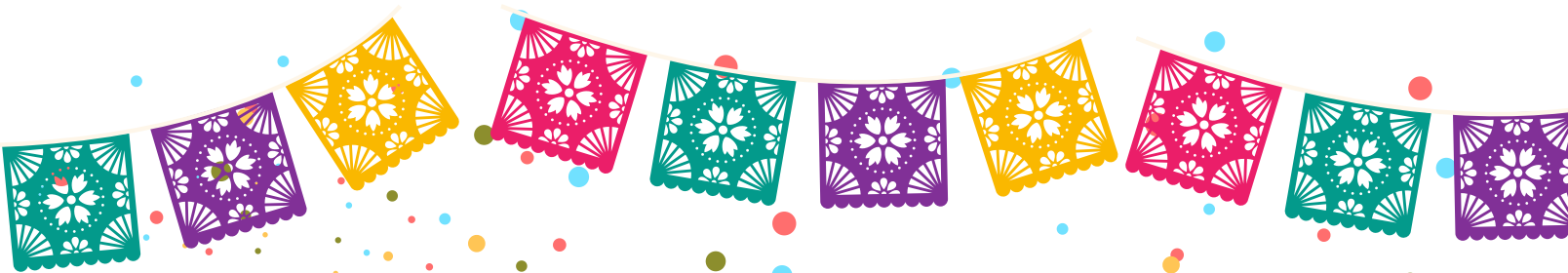
 **[cabq.gov/seniors/events](https://cabq.gov/seniors/events)**



**Scan this code with  
your phone to register!**



IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



# Barelas Senior Center Fiesta



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

5 SEPTEMBER  
2025

9 am -  
3 pm

714 Seventh St SW 87102



ONE  
ALBUQUE  
RQUE



United  
Healthcare

ENGAGE  
with Senior Affairs