

August 2026

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108
505-767-5210

A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

Message from the Director

**Hours of
Operation**
Monday - Friday
8:00 AM - 5:00 PM

Highland Staff

Chris Rogers
Manager

Michelle Padilla
Program Coordinator

Alexandria Davalos
Office Assistant

Anjelica Medrano
Program Assistant

Shayan Childers
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef

Nicole Munoz
Kitchen Aide



Chris Rogers
Center Manager

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National Council on Aging

Exciting Happenings at Highland Senior Center! 🎉

🌺 **Don't Miss These Exciting August Events at Highland Senior Center!**



🎨 **Painting with Suki**

Wednesday, August 12 | 2:00–4:00 PM

Unleash your creativity and enjoy an afternoon of fun, laughter, and painting with Suki! Whether you're a seasoned artist or picking up a paintbrush for the first time, this class is a great way to relax, socialize, and create something beautiful.

🌴 **Summer Luau Dance Party with Cuatro**

Thursday, August 13 | 2:00–3:30 PM

Get ready to dance, laugh, and celebrate summer island-style! Join us for live entertainment by Cuatro, tropical fun, and light refreshments. This is a FREE event, but tickets are required to reserve your spot. Stop by the front desk to pick up your ticket before they're gone!

💙 **Medicare Annual Enrollment Period (AEP): What Are Your Options?**

Thursday, August 20 | 1:00–2:00 PM | Room 7

Confused about Medicare changes? Join Paul Oostenbrug for an informative presentation that will help you understand your Medicare Annual Enrollment Period (AEP) options. Learn about available plans, important deadlines, and how to make informed decisions about your healthcare coverage. Bring your questions and leave with greater confidence!

🧠 **Know the 10 Warning Signs of Alzheimer's & Dementia**

Thursday, August 27 | 12:30–1:30 PM | Room 7

Knowledge is power. Join us for this informative presentation to learn the 10 early warning signs of Alzheimer's and other forms of dementia, discover the importance of early detection, and explore valuable resources available for individuals and families. Everyone is welcome!

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-ON HOLD
 10:00am-11:30am Gathering of Artists
 10:15am-11:15am Gentle Exercise

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 Mahjong
 12:30pm-4:30pm AARP Smart Driver Class
(every 1st Tuesday of the month)
 1:00pm-3:00pm Conversation Spanish
 1:00pm-3:00pm Senior Citizens' Law Office
(3rd Tues. of every other month)
 2:00pm-3:30pm Intermediate Line Dancing
 1:00pm-3:00pm Rainbow Artists *(every 3rd of month)*

Wednesday

8:00am - 6:30pm FITNESS CENTER
 8:30am-12:30pm GEHM Clinic
(every 1st Wednesday of the month)
 9:00am-10:00am Aerobics
 9:00am-12:00pm Senior Law Office
(1st Wed. of every other month)
 10:15am-11:15am Gentle Exercise
 10:00am-12:00pm Highland Harmonizers
 1:00pm-2:30pm Highland Folksong Circle Group
 1:00pm-3:30pm Knitting & Crocheting
 2:00pm-3:30pm Beginning Line Dancing
 3:00pm-5:00pm Beginning Ukulele

Thursday

8:00am - 4:30pm FITNESS CENTER
 8:15am-9:15am Flex & Tone
 10:00am-12:00pm American Mahjong
 10:30am-11:30am Tai Chi
 1:30pm- 2:30pm Chair Yoga
 2:00pm-4:00pm Senior LGBT Meeting
(2nd Thursday of the month)
 2:30pm-4:30pm ORCA Game Time
(Every 1st & 3rd Thurs. of the month)

Friday

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

**PLEASE CHECK THE BULLETIN
 BOARDS FOR SPECIAL EVENTS,
 TRIPS, PRESENTATIONS OR
 DEPARTMENT OF SENIOR
 AFFAIRS EVENTS!**

**Breakfast is served
 Monday-Friday
 8:00am-9:00am
 Lunch is served
 Monday-Friday
 11:30am-1:00pm
 at Highland Senior
 Center**

DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meetings

- **August – No meeting**
- **Monday, September 21, 12:00–1:30 p.m. – North Domingo Baca Multigenerational Center**
- **Monday, October 19, 12:00–1:30 p.m. – Barelás Senior Center**
- **Monday, November 16, 12:00–1:30 p.m. – Conway Wood Northwest Multigenerational Center**
- **December – No meeting**

Coffee with Constituents



Bear Canyon Senior Center
will be hosting Department of
Senior Affairs Administrators for
this event.

Thursday, August 27, 2026

8:30am–9:30am

Bear Canyon Senior Center

DSA ADVISORY COUNCIL MEETING INFORMATION

Department of Senior Affairs Advisory Council

The Department of Senior Affairs Advisory Council works to improve the lives of older adults by advocating for seniors, supporting quality programs, and strengthening community partnerships. The Council provides valuable guidance to help ensure Department of Senior Affairs services continue to meet the evolving needs of our senior community.

Learn More: <https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

Attend the Meeting via Zoom: <https://cabq.zoom.us/j/89110160434>



senior affairs

**City of Albuquerque
Department of Senior Affairs
Advisory Council**

2026 Schedule of Meetings- Zoom Link:
<https://cabq.zoom.us/j/89110160434>

Advisory Council shall:	January 26, 2026	Bear Canyon Senior Center – 4645 Pitt NE, 87111
• Promote awareness and education on senior issues, increasing community involvement and commitment to seniors.	February 23, 2026	Santa Barbara Martineztown Multigenerational Center – 1825 Edith Blvd NE, 87102
• Advocate on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.	March 16, 2026	Palo Duro Senior Center – 5221 Palo Duro NE, 87110
• 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.	April 20, 2026	Manzano Mesa Multigenerational Center – 501 Elizabeth SE, 87123
• Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.	May 18, 2026	North Valley Senior Center – 3825 4 th St NW, 87107
	June 15, 2026	Los Volcanes Senior Center – 6500 Los Volcanes NW, 87121
	July 20, 2026	Highland Senior Center – 131 Monroe NE, 87108
	August 2026	No Meeting
	September 21, 2026	North Domingo Baca Multigenerational Center – 7521 Carmel Ave NE, 87113
	October 19, 2026	Barelas Senior Center – 714 7 th St SW, 87102
	November 16, 2026	Conway Wood Northwest Multigenerational Center – 10751 Cibola Loop NW, 87114
	December 2026	No Meeting

DSA Employee Training-Centers closed



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IMPORTANT NOTICE

**SOME SENIOR CENTERS AND FITNESS
FACILITES WILL BE TEMPORARILY CLOSED FOR
EMPLOYEE TRAINING**

**These facilities will be closed for Employee Training
August 3 to August 7, 2026:**

- Barelas Senior Center
- North Valley Senior Center
- Highland Senior Center
- Bear Canyon Senior Center

Normal business hours will resume on **August 10, 2026** for Barelas and Highland facilities.

Normal business hours will resume on **August 9, 2026** for North Valley.

Normal business hours will resume on **August 8, 2026** Bear Canyon.

**During this time, meal services will be available at our other
locations:**

- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Santa Barbara Martineztown Multigenerational Center
- Los Volcanes Senior Center & Fitness Facilites
- Palo Duro Senior Center & Fitness Facilites

Thank you for your cooperation!

**For a full list of programs, activities, and events happening
across DSA centers, please visit the DSA website
www.cabq.gov/seniors**

Message from the Manager

Celebrating Wellness, Growth & Our Amazing Seniors!

August is a special month at Highland Senior Center as we celebrate National Wellness Month and National Senior Citizens Day on August 21. It's a wonderful time to recognize the wisdom, contributions, and lasting impact of older adults while encouraging healthy living, lifelong learning, and meaningful friendships.

As we celebrate our seniors this month, I'm excited to share that Highland continues to grow! The first half of 2026 has been an incredible success, thanks to our outstanding staff, volunteers, community partners, and most importantly, you—our members.

Our Nutrition Program continues to thrive. From January through July, Highland served **9,755 nutritious meals**, including **3,272 breakfasts and 6,483 lunches**. These meals do much more than provide great nutrition—they bring neighbors together, create lasting friendships, and keep our community active and connected.

We've experienced tremendous growth this year! Breakfast participation increased by **387.5%**, growing from an **average of 8 breakfasts per day in January to 39 per day in June**. Lunch participation increased by **136.4%**, **climbing from 27 lunches per day to 64 per day** during the same period. June became our busiest month ever, serving **2,170 meals—an average of 103 meals every service day!** While July's breakfast price adjustment brought a slight decline in breakfast participation, our lunch program continues to average more than **60 lunches each day**, showing that our Nutrition Program remains stronger than ever.

August is also a great opportunity to stay informed with two important educational presentations:

Medicare Annual Enrollment Period (AEP): What Are Your Options?

Thursday, August 20 • 1:00–2:00 p.m. • Room 7

Join Paul Oostenbrug to learn about your Medicare options before Annual Enrollment begins and get answers to your questions.

Know the 10 Warning Signs of Alzheimer's & Dementia

Thursday, August 27

Learn to recognize the early warning signs of Alzheimer's disease, understand the benefits of early detection, and discover helpful resources for families and caregivers.

As we continue improving our facility, expanding programs, and creating new opportunities for connection, our mission remains the same—to provide exceptional service and a welcoming place where every senior feels valued, supported, and at home.

Thank you to the Department of Senior Affairs, our Advisory Council, community partners, volunteers, and our incredible Highland staff for helping make this center such a success. Most of all, thank you, our members, for making Highland your second home. I look forward to seeing you at the center and continuing this exciting journey together.

Here's to a healthy, active, and joyful August!

Have a blessed day,

Chris Rogers

Center Manager, Highland Senior Center

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.

Estate Planning for Seniors

Learn about organizing your legal, financial, and healthcare documents to protect your assets and dictate your future wishes.



Attend ONE of these FREE presentations:

Tuesday, August 4, 2026

4-5pm

**Manzano Mesa Multigenerational Center
501 Elizabeth St SE, ABQ, NM 87123**

Wednesday, August 12, 2026

4-5pm

**Barelas Senior Center
714 7th St SW, ABQ, NM 87102**

Thursday, August 20, 2026

3:30-4:30pm

**North Valley Senior Center
3825 4th St NW, ABQ, NM 87107**

Tuesday, August 25, 2026

3:30-4:30pm

**Los Volcanes Senior Center
6500 Los Volcanes Rd NW, ABQ, NM 87121**

Presented by attorney and judge

Cristy J. Carbón-Gaul



in conjunction with



Please sign up at the front desk
at the Center where you plan to attend.

AGELESS ARTISANS CRAFT FAIR 2026
SATURDAY NOVEMBER 14, 2026



Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am – 2:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St. SE

Questions? Call 505-275-8731



Applications Open:
August 3, 2026, 8:00 am

Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available
beginning August 3 on the Senior
Affairs Events webpage and at any
Senior or Multigenerational Center.

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 2026

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
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 3oz Marinera 4oz Sliced Carrots 2oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 1ea Peach 4oz 1% Milk 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz