

February 2026

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s **Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm**—we encourage you to join us!

Also, every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on **Thursday, February 26th from 8:30-9:30am**. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website or pick up the activities catalog in one of our centers.

www.cabq.gov/seniors

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers
Manager

Michelle Padilla
Program Coordinator

VACANT
Office Assistant

VACANT
Program Assistant

VACANT
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Chris Rogers
Center Manager

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National Council on Aging

DEPARTMENT OF SENIOR AFFAIRS INFORMATION

The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

 **Alongside your written story**, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email.)

Anonymous submissions will be accepted; however, there is **no guarantee they will be featured**.



Drop entries off at any Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.

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Message from the manager

MESSAGE FROM THE MANAGER

Just like the fresh winter air rolled in this January, we were delighted to welcome back Blane and his AARP Tax Team! We're so grateful for their support of our community. As a friendly reminder, tax appointments are scheduled by calling the City of Albuquerque information line at 311, as there is no in-person scheduling.

There's lots of exciting energy around the center lately—especially in the kitchen! Our kitchen renovation has really gained momentum, bringing us even closer to the grand reopening of the Highland Kitchen. Thank you for your patience and positive spirit as we move through this process together. Great things are coming!

In the spirit of February, I'll keep this message short and sweet. Don't forget to renew your membership or sign up for a new one for just \$20. Your membership opens the door to nine senior centers, delicious meals, fitness centers across the city, engaging classes, informative presentations, and so much more. Best of all, it's a place to connect, laugh, learn, and build meaningful, lifelong friendships.

We're so thankful to share this journey with you. Here's to a wonderful experience for the mind, body, and soul—and to many great moments ahead at Highland!

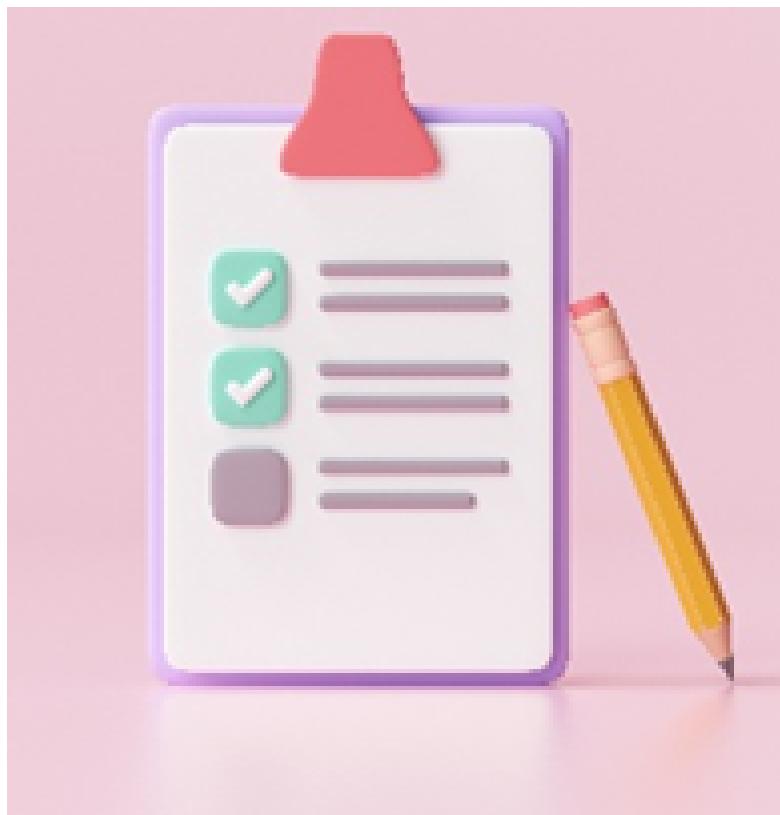
Chris Rogers

Center Manager

Department of Senior Affairs Survey

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!



SENIOR DAY AT THE ROUNDHOUSE-FEBRUARY 13



Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY MEMBERS
ACROSS NEW MEXICO.

WWW.AGING.NM.GOV/SENIORDAY

Coffee with Constituents



The Highland Senior Center will host Administrators from the Department of Senior Affairs for this event.

Thursday, February 26, 2026

8:30am-9:30am

Highland Senior Center

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

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 <i>(2nd Thursday of the month)</i>
2:30pm-4:30pm	ORCA Game Time <i>(Every 1st & 3rd Thurs. of the month)</i>

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 <i>(every 1st Tuesday of the month)</i>
1:00pm-3:00pm	Conversation Spanish
1:00pm-3:00pm	Senior Citizen's Law Office <i>(3rd Tues. of every other month)</i>
2:00pm-3:30pm	Intermediate Line Dancing
1:00pm-3:00pm	Rainbow Artists <i>(every 3rd of month)</i>

Friday

8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Exercise to Music
9:30am-11:30am	Rosemakers
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 <i>(Every 2nd Sat. of the month)</i>

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

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.

For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website or pick up the activities catalog in one of our centers.



LOVE is in the is at Highland Senior Center AIR

JOIN US FOR DELICIOUS COOKIES AND
ENCHANTING LOVE SONGS BY A
TALENTED GUITARIST AND HARPIST!

**WHEN: FRIDAY
FEBRUARY 13TH
11:30 - 12:30
(DURING LUNCH)**

**WHERE: SOCIAL
HALL**



Chair Class Yoga

Take a break and join us for a gentle chair yoga class focusing on:

- flexibility & range of motion
- strength & balance
- tension release

Exciting New Class Announcement!
Starting Thursday February 19th



Thursdays, 1:30 p.m - 2:30 p.m

Highland Senior Center

FREE for Members!

Room 8

Amy DeCesare, Instructor

RYT 500



HOT LUNCH MENU

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



FEbruary

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 Beef Tips over Bowtie Pasta Gravy Zucchini & Squash Dinner Roll Margarine Pears 1% Milk	3 Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Yogurt 1% Milk	4 Sliced Ham Pineapple Sauce Cauliflower Spinach Cornbread Banana 1% Milk	5 Pasta Primavera Steamed Broccoli Dinner Roll Margarine Mandarin Oranges 1% Milk	6 Pork Chop Mashed Potatoes Brussel Sprouts Jell-O 1% Milk
9 Chicken Tamales Green Chile Black Beans Normandy Blend Dinner Roll Margarine Applesauce 1% Milk	10 Mac & Cheese w/ Ham Steamed Broccoli Spinach Yogurt 1% Milk	11 Lemon Baked Cod Tartar Sauce Brown Rice Brussel Sprouts Jell-O 1% Milk	12 Red Chile Cheese Enchilada Spanish Rice Calabacitas Pears 1% Milk	13 BBQ Baked Chicken Thigh Stewed Tomatoes Ranch Beans Normandy Blend Dinner Roll Valentine Cookie 1% Milk
CLOSED 16 	17 Carne Adovada Calabacitas Pinto Beans Flour Tortilla Apple slices 1% Milk	18 Baked Cod Salsa Brown Rice Spinach & Onions Jell-O 1% Milk	19 Baked Ziti Brussel Sprouts Breadstick Banana 1% Milk	20 Breaded Pollock Tartar Sauce Carrots Green Beans w/ Mushrooms Mandarin Oranges 1% Milk
23 Salisbury Steak Mushrooms & Gravy Mashed Potatoes Carrots Brownie 1% Milk	24 Green Chile Chicken Posole Steamed Cauliflower Red Peppers Applesauce Saltine Crackers 1% Milk	25 Meatloaf w/ Tomato Sauce Garlic Potatoes Succotash Dinner Roll Margarine Banana 1% Milk	26 Veggie Green Chile Cheeseburger Sweet Potato Mash Baked Beans Yogurt 1% Milk	Black Bean Chile 4oz Green Beans Brussel Sprouts Jell-O 1% Milk

