

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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ncoa
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.

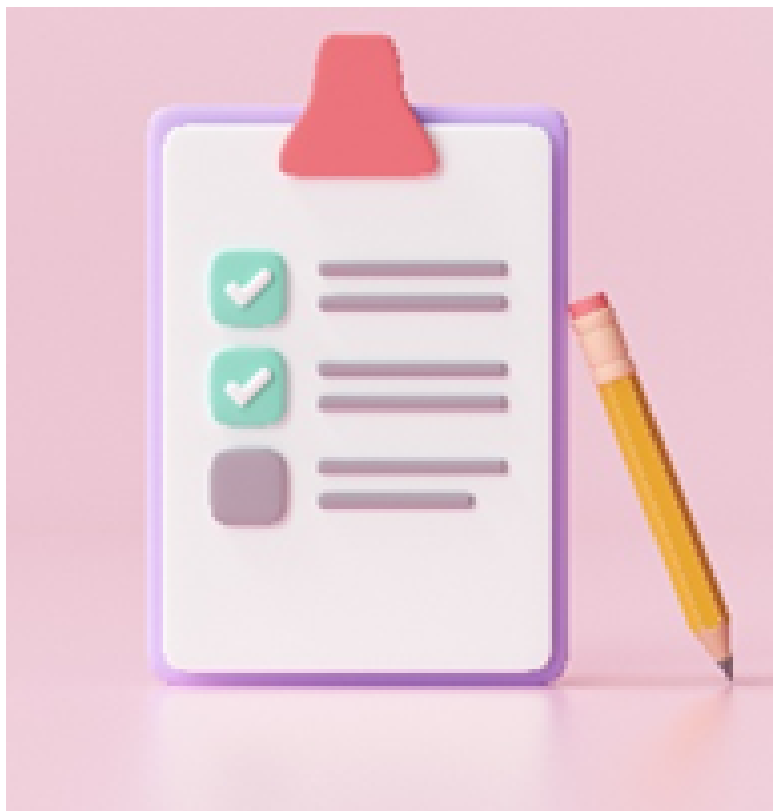
We're so thankful to share this journey with you. Here's to a wonderful experience for the mind, body, and soul—and to many great moments ahead at Highland!

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

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 Citizen's 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 Exercise to Music
 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
 4:30pm-6:30pm 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 Exercise to Music
 9:30am-11:30am 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 2nd Sat. of the month)

**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

**Exciting New Class
Announcement!
Starting Thursday
February 19th**

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

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



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

Highland Senior Center

FREE for Members!

Room 8

Amy DeCesare, Instructor

RYT 500

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HOT LUNCH MENU

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

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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	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz
CLOSED 16	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz



Menu is Subject to Change