

# January 2026

## Highland Senior Center

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

### MESSAGE FROM THE MANAGER

As we look back on 2025, it's clear that this year brought growth, new beginnings, and many joyful moments at the Highland Senior Center. We welcomed new faces to our staff, celebrated the return of familiar ones, and worked together as a strong team to make each day special for our members. We kicked off exciting kitchen renovations at the end of summer and can't wait to see the progress continue, with completion expected in Spring 2026 (be sure to check out page 2 for kitchen updates!). We also rolled out a new process for AARP Tax Season, with appointment scheduling now available through the City's "311" information line (see page 3 for more details).

Throughout the year, our center was filled with laughter, music, creativity, and connection. We painted with Suki, took fun trips, and danced along with Beth and DJ Dom during our special holiday celebrations. Pride Day had us rocking out with Paul Pino and the Tone Daddies, while the Pink Mustache photo booth helped us capture those unforgettable smiles. We wrapped up the year in true festive style with a holiday luncheon featuring a delicious enchilada dinner, sparkling cider, and plenty of cheer. DJ Michelle, along with photos by Third Soul Events, kept the holiday spirit alive on the dance floor. To top it all off, our members received a special gift to celebrate the season and welcome the New Year.

The Highland Senior Center truly feels like family, and this quote says it best: "Family isn't always blood. It's the people in your life who want you in theirs—those who accept you for who you are, want to see you smile, and love you no matter what."

Thank you to our amazing members, staff, volunteers, and community for making 2024 such a wonderful year. Here's to more fun, friendship, and memories ahead.

Highland Senior Center, let's do it all over again in 2026! 🎉

For details on holiday and seasonal events, visit  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors) and click the 'Senior  
Affairs Events' tab on the left.

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

**Gloria Ortiz**  
Office Assistant

**Julian Davalos**  
Program Assistant

**Beverly Manuelito**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef



**Chris Rogers**  
Senior  
Center Manager

# Kitchen updates for Highland Senior Center



We are excited to share that we are nearing the grand re-opening of the Highland kitchen! We understand that the delays and setbacks have been frustrating and inconvenient, and we sincerely apologize for the impact they've had on each of you.

Our goal is to welcome you back home here at Highland—back to the amazing food, fellowship, and sense of community you've missed and have been eagerly awaiting. Thank you for your continued patience and understanding as we work through these final steps.

We're pleased to report that we have received approval for the electrical work, along with several other required items, and those components are progressing along. With these milestones achieved, we are able to move forward with finishing the remaining portions of the project.

At this time, we anticipate that the Highland kitchen will be ready to welcome you back between February and March in Spring 2026!

Thank you again for your support and patience. We look forward to celebrating the reopening with you very soon!

# Events and Important information at Highland Senior Center

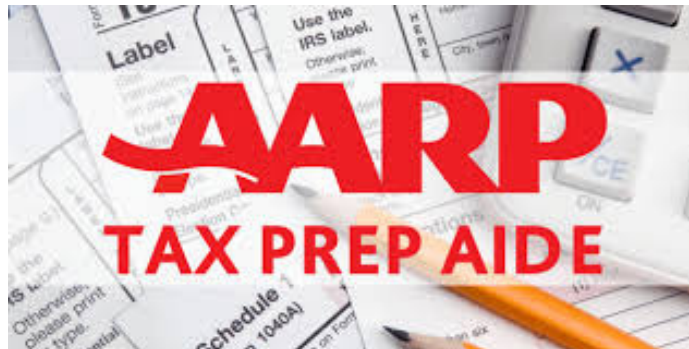
## Holiday Closures

The Highland Senior Center will be closed on Thursday, January 1, 2026, to ring in the New Year!

Furthermore, the center will also be closed on Monday, January 19th, in honor of Martin Luther King Jr. Day.



Join us in welcoming Nevaeh Hospice as the new sponsor for our monthly birthday celebration starting January 7th, 2026, at 12:00 PM! Enjoy cupcakes in the Social Hall to honor those born this month. Mark your calendars for the first Wednesday of each month from 12:00–12:30 PM for the festivities!



## Tax Season is Upon Us!

- Tax Season: It's that time of year again! Be sure to call "311" to schedule your tax appointment before the rush starts. TAX APPOINTMENTS CAN BE MADE BEGINNING ON SATURDAY, JANUARY 3, 2025.
- AARP volunteers will start providing tax preparation services from late January through mid-April. \*(Stay tuned for more updates!)
- Tax preparation will be by appointment ONLY!
- Appointments will be allocated on a first-come, first-served basis.
- This service is available to everyone, not just members, so feel free to share this information with family and friends!

# 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  
 2:00pm-4:00pm Rainbow Artists *(every 3<sup>rd</sup> of month)*

## Wednesday

8:00am - 6:30pm FITNESS CENTER  
 8:30am-12:30pm GEHM Clinic  
*(every 1<sup>st</sup> Wednesday of the month)*  
 9:00am-10:00am Exercise to Music  
 9:00am-12:00pm Senior Law Office  
*(1<sup>st</sup> Wed. of every other month)*  
 10:15am-11:15am Gentle Exercise  
 10:00am-12:00pm Highland Harmonizers  
 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  
 2:00pm-4:00pm Senior LGBT Meeting  
*(2<sup>nd</sup> Thursday of the month)*  
 2:30pm-4:30pm ORCA Game Time  
*(Every 1<sup>st</sup> & 3<sup>rd</sup> 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 2<sup>nd</sup> Sat. of the month)*

Please see  
 our bulletin  
 board for  
 details about  
 on-going  
 classes

# 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.



# HOT LUNCH MENU











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



## JANUARY 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>29</b> Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 <b>30</b> Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 <b>31</b> Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	<b>CLOSED</b> <b>1</b> 	 <b>2</b> Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 <b>5</b> Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 <b>6</b> Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 <b>7</b> Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 <b>8</b> Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz 	 <b>9</b> Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 <b>12</b> Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 <b>13</b> Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 <b>14</b> Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 <b>15</b> Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 <b>16</b> Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
<b>CLOSED</b> <b>19</b> 	 <b>20</b> Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 <b>21</b> Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 <b>22</b> Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 <b>23</b> BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 <b>26</b> Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 <b>27</b> Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 <b>28</b> Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 <b>29</b> Green Chile Mac & Cheese w/ Broccoli 5oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 <b>30</b> Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz