

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 and click the 'Senior Affairs Events' tab on the left.

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

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National Council on Aging

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

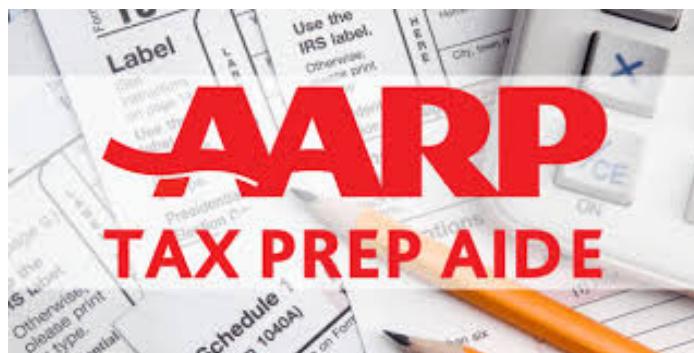
Holiday Closures

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

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 <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
2:00pm-4:00pm	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>

Wednesday

8:00am - 6:30pm	FITNESS CENTER
8:30am-12:30pm	GEHM Clinic <i>(every 1st Wednesday of the month)</i>
9:00am-10:00am	Exercise to Music
9:00am-12:00pm	Senior Law Office <i>(1st Wed. of every other month)</i>
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

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

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