

JULY

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108

505-767-5210

From the Desk of the Manager:

Greetings Highland Senior Center Members! As it heats up outside, we have some exciting news to share! Highland Senior Center is thrilled to announce the much-anticipated kitchen remodel, aiming to enhance our facilities while ensuring minimal disruption to our beloved community. The remodel will start on July 28th. Throughout the renovation period, the center will remain open, maintaining its regular programming to best serve our seniors. To accommodate your needs, we will offer low-cost continental breakfast options, including cold cereal, fruit and pastries. For your comfort, complimentary coffee will continue to be available. While the kitchen undergoes its transformation, rest assured that hot and nutritious hot lunches will continue to be freshly prepared off-site and safely delivered to the center. We are committed to upholding the highest food safety and temperature control standards during this renovation. During the remodel our usual lunch and breakfast a la carte options will not be offered, as the kitchen will be out of service. Members can still enjoy their meals on-site with accessible dine-in seating during regular mealtimes. We appreciate your understanding and support as we work to improve our facilities for your enjoyment and comfort.

A few reminders....

- All food must be consumed in the dining hall. Food cannot be brought out of the center. See page 2 for more details on this policy.
- Highland will be CLOSED for staff training August 4th-8th (M-F). Members are welcome to visit other centers for meals and activities!
- While we love the wildlife around Highland, please refrain from feeding the pigeons. Thanks for helping to keep our parking lot clean.



Chris Rogers
Center Manager

Sincerely,
Chris Rogers

ONE
ALBUQUE
RQUE

ncoa
National Council on Aging

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

Bailey Grebbin
Program Coordinator

Gloria Ortiz
Office Assistant

Julian Davalos
Program Assistant

Beverly Manuelito
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Anna Sanchez,
Director
Department of
Senior Affairs

Center & Meal Program Information

MEMBERSHIP MATTERS

Active memberships are mandatory for participation in all activities, trips, dances and meals. Please renew expired memberships promptly to continue enjoying our facilities & other CABQ senior centers.

- The membership fee is **\$20** for the year & can be paid via **cash** or **card**.
- We can typically process memberships M-F between **9am-11am or 1pm-3pm**.
- You can also renew or register at any CABQ senior or multigenerational center.

Both new and renewing members must complete the registration form onsite. Then, it has to be processed by our front desk. **Please plan to spend about 45 minutes on registration.** We appreciate your patience.

Reminder:

Meals are to be consumed in the Social Hall.

Take out meals or food are not permitted.

In accordance with the regulations set forth by the Area Agency on Aging and the New Mexico Aging and Long-Term Services senior meal program, meals are not permitted to be removed from the designated dining area. Exceptions to this rule include fruits such as apples, as well as individually wrapped cookies.

Thank you for your cooperation.

Questions? Comments?

Please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at **505-764-6450** for further clarification about meal program regulations and anything else related to the menu or meal program.

HOT MEAL LUNCH RESERVATIONS MUST BE MADE BY 1:00PM ONE DAY IN ADVANCE

- Reserve your hot meal prior to 1pm by calling us at **(505)767-5210** or by speaking with the front desk while you're visiting Highland.
- If you lack a reservation, wait until 12:30 PM for possible cancellations.
- We reserve the right to give unclaimed meals to anyone waiting for a meal at 12:30pm
- Unclaimed meals will be distributed on a first-come, first-served basis. Meals that go unclaimed are wasted, impacting our ability to provide low-cost services.
- Remember, you can always order off the a la carte menu. You do not need a reservation for a la carte food.
- See page 11 for a la carte menu and page 12 for the monthly hot meals.

LUNCH TIME



TRANSPORTATION SERVICES

Did you know that the Department of Senior Affairs provides complimentary transportation services for seniors aged 60 and above living within a five-mile radius of our senior and multigenerational centers? Current members can call 764-6400 for additional information.

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	Mah Jongg
12:30pm-4:30pm	AARP Smart Driver Class (every 1 st)
1:00pm-3:00pm	Conversation Spanish
1:00pm-3:00pm	Senior Citizen's Law Office
(3 rd Tues. of every other month, see page 7 for details)	
2:00pm-3:30pm	Intermediate Line Dancing
2:00pm-4:00pm	Rainbow Artists (every 3 rd)

Wednesday

8:00am - 6:30pm	FITNESS CENTER
8:30am-12:30pm	GEHM Clinic (every 1 st)
9:00am-10:00am	Exercise to Music
9:00am-12:00pm	Senior Law Office
(1 st Wed. of every other month, see page 7 for details)	
10:15am-11:15am	Gentle Exercise
1:00pm-3:30pm	Knitting & Crocheting
12:00pm-12:30pm	Birthday Celebration (1 st)
2:00pm-3:30pm	Beginning Line Dancing
5:30pm-6:30pm	ORCA Loss Group
4:30pm-6:30pm	Beginning Ukulele

Thursday

8:00am - 4:30pm	FITNESS CENTER
8:15am-9:15am	Flex & Tone
10:30am-11:30am	Tai Chi
2:00pm-4:00pm	Senior LGBT Meeting (2 nd)
2:30pm-4:30pm	ORCA Game Time (every 1 st & 3 rd)

Friday

8:00am - 4:30pm	FITNESS CENTER
9:00am-10:00am	Exercise to Music
9:30am-11:00am	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 nd)

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

Our Mission

The Department of Senior Affairs is committed to providing resources with care and compassion that helps our community thrive while embracing aging.

Upcoming Events at Highland

70'S SUMMER DANCE PARTY

Dance to 70's tunes!

Enjoy a sweet treat!

Wear a fun summer outfit or
your favorite 70's fashions!

SATURDAY, JULY 19TH

12:30PM-2:30PM

Hosted by Beth & the Tuesday Morning Dance Class

HIGHLAND SENIOR CENTER

GRAND CRAFT DAY

Bring your grandkids in
& make a craft together!

2:00PM-3:30PM

Highland--Room 2

THURSDAY JULY 10TH

Paint a keepsake rock together!



Celebrate summer!

Make a bracelet!



Supplies Provided--Crafts Appropriate for Ages 4 and Up

Join the Senior Citizens' Law Office
for a presentation on how to

BE A SMART SHOPPER

- Handling Debt Collectors
- Recognizing Scams
- Buying a Used Car
- Online Shopping and Product Safety
- Errors on Credit Card Bills
- ...and more!



Thursday, July 24th, 2025

Starting at 1:30 PM

Highland Senior Center, Room 7

Please Sign Up at the Front Desk

PAINTING WITH SUKI

WEDNESDAY, JULY 9TH, 2025

2:00PM -4:00PM 🎨 ROOM 2



Register at the front desk

The first eight participants will enjoy the gift of Painting with Suki!

Sponsored by the Weinberg Endowment Fund

Coordinator's Hub

Happy July! As it gets warmer outside, I am struck by the warmth and kindness I see within our community every day. Shoutout to everyone who's helped a peer out or been kind to center staff in the last month, I see and truly appreciate your efforts.

In June, we celebrated LGBTQ Pride Month with a lively dance! Thank you to ORCA for providing snacks and support for this event. In July, I'm looking forward to our "Grand Craft" activity, where members are welcome to bring their grandkids in to make a craft or two together. See flyer on page 4 for details. Let's have a great summer!

-Bailey Grebbin, Program Coordinator



In Other News

Senior Citizens Law Office is back for another special presentation! Join us on July 24th to learn how to be a smarter shopper. Please sign up at the front desk.

Reminder: Highland will be closed August 4th–8th, along with several other centers. During this time, you can visit North Valley, Santa Barbara Martientown, Manzano Mesa and North Domingo Baca for meals and activities.

Come celebrate summer and dance to 70's tunes on Saturday, July 19th, 12:30pm–2:30pm.



We love Painting with Suki! Her next class is Wednesday, July 9th. Spots are limited, sign up with the front desk today!

Want to learn how to play the ukulele?

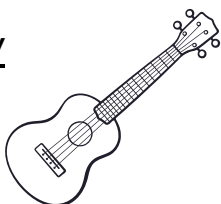
Join Beginning Ukulele!

Every Wednesday

4:30pm–5:30pm

Room 7

Ukuleles available to borrow



Classes at Highland & Special Notice



Kitchen Renovation Key Information

Senior Affairs is excited to share a variety of upgrades and renovations taking place at our facilities across Albuquerque. One of the highlights will be the renovation of the kitchen at the Highland Senior Center.



- For breakfast, we will offer a low-cost continental breakfast, including options such as cold cereal, fruit, yogurt and pastries.
- Free coffee will continue to be available during the renovation.
- Hot and nutritious lunches will be freshly prepared off-site and delivered to Highland Senior Center. Members will still need to sign up for a hot lunch by 1pm the day before.
- We will adhere to the highest standards of temperature control and food safety practices with pre-prepared meals, maintaining the same protocols as those in our on-site kitchen.
- The lunch & breakfast a la carte options will not be offered, as the kitchen will be out of service.
- Dine-in seating will still be accessible, allowing seniors to enjoy their meals on-site at the regularly scheduled mealtimes.
- This project is expected to have minimal impact on regular programming, and the center will remain open during renovations.

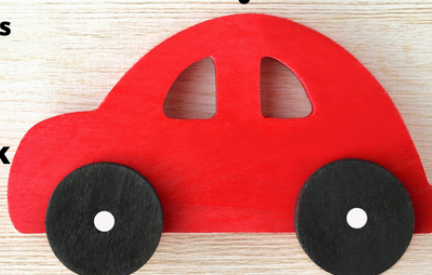


AARP Smart Driver Course

**1st Tuesday
every Month
12:30pm- 4:30pm**



**Cost: \$20 for AARP
members
\$25 Non-members
Sign up
Required at
the front desk**



AARP

Highland Flea Market

**Every Monday from 8am - 12noon
Room 7**

Sign up for table purchase for the following month are every last Monday of the Month!
Tables are \$2.00 you must have a current membership to purchase a table.



Please inquire at the front desk if you have any questions or how to purchase a table.

Senior Citizen Law Office Information

ABOUT

The mission of SCLO is to provide critically needed advocacy and legal representation to residents sixty years of age and older in order to uphold their rights, maximize their autonomy and ensure that they receive the benefits to which they are entitled.

SCLO offers free services & presentations in the following areas: healthcare, public benefits, housing, advance directives, financial wellbeing, guardianships, consumer support & long-term care. SCLO also offers estate planning services for a reduced fee.

SCLO Phone #: (505) 265-2300

Did you know?

SCLO offers clinics at various CABQ senior centers each month. See the “Senior Law Office Information” section of the board for more information and the full SCLO July-December clinic schedule.

HIGHLAND CLINIC SCHEDULE JULY-DECEMBER

General Legal Clinic

What: This clinic provides seniors with the opportunity for one-on-one legal consultations with an attorney.

Dates & Time:
8am-11am.
August 13th, October 1st
December 3rd.

Sign Up: Schedule your General Legal Clinic appointment with the Highland front desk.

Medicaid/Estate Planning Presentation

What: Estate planning presentation on wills, probate, and powers of attorney. Discussion on Medicaid coverage.

Dates & Time:
1pm-3pm.
August 19th, October 21st, December 17th

Sign Up: Sign up for this presentation with the Highland front desk.

Power of Attorney Clinic

What: This clinic assists seniors with power of attorney. Please call SCLO at (505) 265-2300 for more information.

Dates & Time:
9am-11am.
July 2nd, September 3rd,
November 5th

Sign Up: Call SCLO at (505) 265-2300 to schedule your appointment.

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.

Department of Senior Affairs & CABQ Events

COMMUNITY SAFETY SERIES



Join us for free coffee, conversation, and connect with members of Albuquerque Community Safety and Albuquerque Police!

	Bear Canyon Senior Center	Los Volcanes Senior Center	Palo Duro Senior Center
	Jun 17th 10:00 AM	Aug 12th 10:00 AM	Nov 6th 10:00 AM

Learn about important topics such as:

- Keeping yourself safe at home and around the city.
- Ways to keep your property safe.
- What to look for in your community.
- How ACS/APD can help you.



SELF-CHECK HEALTH DAYS

HIGHLAND SENIOR CENTER

1ST FRIDAY OF THE MONTH | 9 AM - 11 AM

Regular health checks are essential for ensuring overall wellness and detecting potential health issues early, especially as you age. Stay proactive and informed by checking in on your health today!

Blood oxygen level meter

Blood pressure monitoring

Check your pulse/heart rate monitoring



BOARDS & COMMISSIONS NEEDS YOU

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

CABQ.GOV/BOARDS

APPLY TODAY

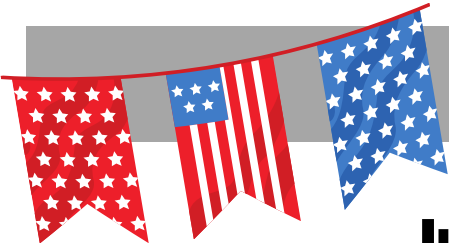


Did you know that you can find all our current activities on the City of Albuquerque website? For details about services, the monthly menu, and center information, please visit:

www.cabq.gov/seniors

We're also active on social media, so be sure to look for us there!

www.cabq.gov/seniors



Brain Teasers

July Word Search

Word Bank

L	E	M	A	N	T	F	I	R	E	W	O	R	K	S
O	P	A	R	T	I	E	S	S	A	B	B	E	C	F
N	A	D	E	O	E	U	C	E	B	R	A	B	M	L
S	R	P	I	L	T	F	E	H	T	R	U	O	F	I
U	N	I	T	E	D	S	T	A	T	E	S	U	G	P
N	E	C	W	M	O	R	R	K	S	Q	U	N	B	F
S	F	N	M	O	S	Q	U	E	U	C	I	P	L	L
H	O	I	R	N	H	N	S	I	D	T	H	E	A	O
I	U	C	T	A	S	U	T	N	A	N	I	D	N	P
N	P	E	N	D	A	O	H	O	S	E	U	A	K	S
E	A	T	S	E	E	H	B	U	N	D	E	H	E	R
R	S	A	D	S	T	P	A	R	A	D	E	S	T	A

ANTS
BARBECUE
BLANKET
BOATING
FIREWORKS
FLIP FLOPS
FOURTH
LEMONADE
MOSQUITOES
PARADES
PARTIES
PICNIC
SHADE
SUNSHINE
THUNDERSTORM
UNITED STATES

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3



There are three Sudoku rules:
Firstly, each row must contain the numbers 1-9 exactly once each.
Secondly, each column must contain the numbers 1-9 exactly once each.
Lastly, each 3x3 box must contain the numbers 1-9 exactly once each. That's it!

Daily Breakfast & A-la-Carte-Menu

Breakfast

Monday-Friday
8:00 a.m. – 9:00 a.m.

Full Breakfast \$1.50

(2 eggs, 2 bacon or Sausage, Hash Browns, toast or tortilla)

Mini Breakfast 75¢

(1 egg, 1 bacon or Sausage, Hash Browns, toast or tortilla)

Breakfast Burrito \$1.50

(egg, bacon or Sausage, Hash Browns, choice of Red or Green Chile)

English Muffin Sandwich \$1.00

(1 egg, Bacon or Sausage, Cheese)

Specials

Huevos Rancheros \$1.50 (Tuesday & Thursday Only)

2 eggs (your way) Corn tortilla, beans, lettuce, tomato Choice of Red or Green Chile

Biscuit & Gravy \$1.00 (Wednesday Only)

Waffle (Plain) \$1.00 or (with fruit) \$1.50 (Fridays only)

A-l-a-Carte

1 Egg 25¢ (each)

Bacon or Sausage (2 per order) 50¢

1 Pancake 25¢ (each)

1 French Toast 25¢ (each slice)

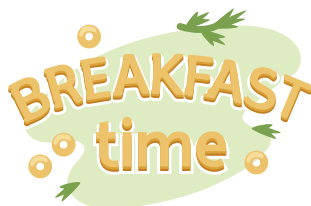
Hash Browns 30¢

Side of Red or Green Chile 25¢

Hot Cereal (Oatmeal w/Milk) 70¢

Waffle (Plain) \$1.00 Waffle with Fruit \$1.50 (Fridays only)

See our Full A-la-Carte Menu at our
Front Desk!



Friendly Reminder:

Meals should be enjoyed in the Social Hall
and are not allowed to be taken out.

Thank you for your understanding and
cooperation!

Lunch

Monday-Friday

11:30 a.m. - 1:00 p.m.

Grilled Cheese \$1.25

Soup of the Day 50¢

Sandwich \$1.50

Slice of Pie 50¢

Salad \$1.00

Sandwich choices change weekly
please see front desk for menu.



Beverages

Milk or Juice 25¢

Hot Chocolate 30¢

Hot Tea 30¢



Menu is Subject to Change

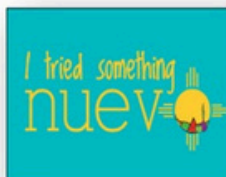
HOT LUNCH MENU

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



JULY 2025

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
30	1	2	3	CLOSED 4
Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz 	Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion Salad 4oz Orange 1ea 1% Milk 8oz 	Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz 	Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz 	
7	8	9	10	11
Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz 	Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz 	Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz 	Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz 	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz 
14	15	16	17	18
Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz 	Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz 	Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz 
21	22	23	24	25
Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz 	Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz 	Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz 	Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz 	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz 
28	29	30	31	1
Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 