



# Highland Senior Center

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

## MESSAGE FROM THE MANAGER

**Wow, it's hot outside, but it's nice and cool here at Highland Senior Center!**

Can you believe we're already halfway through 2026? Time certainly flies! As I look back on the first half of the year, I am reminded of what makes Highland such a special place—not the building, classes, or events, but the people who walk through our doors each day. The friendships, laughter, conversations, and support we share are what truly make this center feel like a community.

June was another wonderful month at Highland. We enjoyed Painting with Suki, learned valuable information during our Social Security and Medicare presentation, and wrapped up the month with a fun Rail Runner trip to Santa Fe and lunch at Tia Sophia's. While these activities are always enjoyable, the best part is seeing members come together, meet new friends, and create lasting memories.

We are also excited to welcome three new staff members to the Highland family! Please join me in welcoming Alexandria, our new Office Assistant, along with Anjelica and Shayan, our new Program Assistants. They have already brought great energy, kindness, and enthusiasm to the center, and we are grateful to have them serving our members.

As we continue through the summer, I encourage everyone to stay connected and take advantage of the many opportunities Highland offers. Whether you're attending a class, enjoying lunch with friends, participating in a special event, or simply stopping by for a visit, know that you are an important part of this community. Highland is at its best when our members are engaged, involved, and supporting one another.

Remember, your ideas and feedback help us continue to grow and improve. If you have questions, suggestions, concerns, or kudos regarding center activities and programs, please contact Michelle to schedule an appointment by phone or email. Please see myself for anything else. We always appreciate hearing from you.

### Friendly Reminders

- Meals are to be enjoyed in the Social Hall. Take-out meals and food are not permitted.
- Highland Senior Center will be CLOSED August 3-7 for staff training. During this time, members are welcome to visit other senior centers for meals and activities.
- While we enjoy sharing our center with local wildlife, please refrain from feeding the pigeons. Thank you for helping keep our grounds and parking lot clean and welcoming for everyone.

Thank you for making Highland more than just a senior center. Because of you, it is a place where people connect, support one another, stay active, and continue to thrive. I am grateful to be part of such an amazing community. I'll leave you with these thoughts:

"Community is not just about being together; it's about doing life together."

"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."

**Stay cool, stay active, and continue looking out for one another.**

**We look forward to seeing you at Highland!**

**Chris Rogers**  
Center Manager  
Highland Senior Center

## Hours of Operation

**Monday - Friday**  
**8:00 AM - 5:00 PM**

### Highland Staff

**Chris Rogers**  
Manager

**Michelle Padilla**  
Program Coordinator

**Alexandria Davalos**  
Office Assistant

**Anjelica Medrano**  
Program Assistant

**Shayan Childers**  
Program Assistant

**Mike Berry**  
General Service

**Richard Tucker**  
Cook/Chef

**Nicole Munoz**  
Kitchen Aide



**Chris Rogers**  
Center Manager



# DSA Important Information

## City of Albuquerque Department of Senior Affairs Advisory Council Meeting

*Date:* Monday, July 20, 2026

*Location:* Highland Senior Center

*Address:* 131 Monroe NE, Albuquerque, NM 87108

## Coffee with Constituents



Santa Barbara Martineztown  
Multigenerational Center  
will be hosting Department of Senior  
Affairs Administrators for this event.

**Thursday, July 23, 2026**

**8:30am–9:30am**

**Santa Barbara Martineztown  
Multigenerational Center**

For a full list of programs, activities, and events happening  
across DSA centers, please visit the DSA website

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

# DSA Employee Training-Centers closed

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## IMPORTANT NOTICE

**SOME SENIOR CENTERS AND FITNESS FACILITIES WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING**

**These facilities will be closed for Employee Training  
August 3 to August 7, 2026:**

Barelas Senior Center  
North Valley Senior Center  
Highland Senior Center  
Bear Canyon Senior Center

Normal business hours will resume on **August 10, 2026** for Barelas and Highland facilities.

Normal business hours will resume on **August 9, 2026** for North Valley.

Normal business hours will resume on **August 8, 2026** Bear Canyon.

**During this time, meal services will be available at our other locations:**

Manzano Mesa Multigenerational Center  
North Domingo Baca Multigenerational Center  
Santa Barbara Martineztown Multigenerational Center  
Los Volcanes Senior Center & Fitness Facilities  
Palo Duro Senior Center & Fitness Facilities

Thank you for your cooperation!

# Exciting Happenings at Highland Senior Center! 🎉

☀️🎨 SUMMER FUN IS HEATING UP AT HIGHLAND SENIOR CENTER! 🚌☀️

Summer is the perfect time to connect with friends, make new memories, and enjoy exciting activities at Highland Senior Center! Be sure to mark your calendars for these special events:

🎨 July 13-30

## Highland Art Exhibition Show

Come celebrate the creativity and talent of our Highland artists as we showcase beautiful works from our Watercolor and Rainbow Art Groups. Don't miss this inspiring display of local artistry!

🚌 July 30

## Day Trip to Santa Cruz Lake & Santuario de Chimayó

Enjoy a relaxing summer picnic at Santa Cruz Lake Recreation Area followed by a visit to the historic Santuario de Chimayó. This popular trip is sure to fill quickly, so be sure to sign up early!

☎️ For trip details, event information, costs, and registration, please call or stop by the front desk.

✅ Remember: A current Highland Senior Center membership is required to participate in center activities, meals, events, and trips. We look forward to sharing a fun-filled summer with you!

# 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-ON HOLD  
 10:00am-11:30am Gathering of Artists  
 10:15am-11:15am Gentle Exercise

## 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 Citizens' Law Office  
*(3rd Tues. of every other month)*  
 2:00pm-3:30pm Intermediate Line Dancing  
 1:00pm-3:00pm 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 Aerobics  
 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-2:30pm Highland Folksong Circle Group  
 1:00pm-3:30pm Knitting & Crocheting  
 2:00pm-3:30pm Beginning Line Dancing  
 3:00pm-5:00pm 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  
*(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 Aerobics  
 9:30am-11:30am Rosemalers  
 10:15am-11:15am Gentle Exercise

**PLEASE CHECK THE BULLETIN  
 BOARDS FOR SPECIAL EVENTS,  
 TRIPS, PRESENTATIONS OR  
 DEPARTMENT OF SENIOR  
 AFFAIRS EVENTS!**

**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.



## **Membership Services Are Back at Highland!**

We are excited to announce that Highland Senior Center has begun processing memberships again! Thanks to the addition of new staff and ongoing training, we are now able to assist members with both new memberships and renewals on a regular schedule.

### **Membership Processing Hours**

#### **Morning Hours**

Monday–Friday

9:00 a.m. – 11:00 a.m.

#### **Afternoon Hours**

Monday–Friday

1:00 p.m. – 3:00 p.m.

Please note that membership services are unavailable between **11:00 a.m. and 1:00 p.m.** while staff assist with lunch check-ins and meal service.

We appreciate everyone's patience and support as we continue strengthening our team and expanding services for our members. We look forward to welcoming both new and returning members and helping you stay connected to all the great programs, activities, events, and opportunities Highland Senior Center has to offer!

**Your membership is your key to fitness, fun, friendships, learning, and so much more at Highland Senior Center!**

**Remember: A current Highland Senior Center membership is required to participate in center activities, meals, events, and trips.**

If you have any questions, please stop by the front desk or give us a call. We're happy to help!

## BIG ANNOUNCEMENT

### NEW BREAKFAST MENU COMING!



The Department of Senior Affairs will continue to offer breakfast service at participating City of Albuquerque senior and multigenerational centers. Beginning Monday, July 6, guests can enjoy a refreshed breakfast menu featuring delicious, daily options.

To ensure the long-term sustainability of this valued program, we have made thoughtful updates to our breakfast menu, still featuring our popular plates with a focus on this service for our seniors only.

We are proud to be the only municipally operated senior breakfast program of its kind in New Mexico. More than a meal, breakfast is an opportunity for seniors to connect with friends, build community, and start the day together. Through our programming, there will also be renewed opportunities to bring seasonal and holiday breakfast specials to support those connections.

Below is the revamped breakfast menu that will be offered consistently across the Department of Senior Affairs.

**Full Breakfast – \$4.00**

**Mini Breakfast – \$3.00**

**Breakfast Burrito – \$4.00**

**English Muffin Sandwich – \$3.00**

**Huevos Rancheros – \$5.00**

*(ONLY offered on Tuesdays and Fridays)*

**Beverages: Orange Juice, Milk, or Tea – \$0.50**

**Coffee – FREE!**



*We look forward to serving you at breakfast!*

# Lunch Reservations reminders.

Hey there, fabulous foodie friends! 🌟 Here's a quick heads-up to keep our lunch gatherings soaring with success:

- **Make your lunch reservations by 1:00 PM, one day ahead, to ensure you're part of our culinary celebration!**
- **Connect with us by calling or visiting the center—voicemail won't cut it for reservations!**
- **No reservation? No problem! Join us anyway and enjoy the thrill of waiting for any last-minute cancellations!**
- **Meals are a first-come, first-served delight, so get ready for a taste adventure!**
- **Remember, those reserved meals or no-shows might just become your ticket to a surprise feast after 12:30 PM!**

**Big thanks for being part of our amazing dining community! Your cooperation fuels the fun, and we can't wait to serve you a sensational meal! 🍴🎉**

## CENTER CLOSED FOR HOLIDAY

**The Highland Senior Center will be closed on Friday, July 3rd, in observance of Independence Day.**



# 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 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	<b>30</b>  Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	<b>1</b>  BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	<b>2</b>  Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	<b>3</b> <b>CLOSED</b> 
<b>6</b>  Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	<b>7</b>  Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	<b>8</b>  Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	<b>9</b>  Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 1oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	<b>10</b>  Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
<b>13</b>  Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	<b>14</b>  Teriyaki Chicken w/ Fajita Vegetables 3oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	<b>15</b>  Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	<b>16</b>  Cheese Omelet w/ Peppers & Red Chile 3oz Stewed Tomatoes 2oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	<b>17</b>  Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
<b>20</b>  Beef w/ Peppers & Onions 3oz Normandy Blend 2oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	<b>21</b>  Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	<b>22</b>  BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	<b>23</b>  Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	<b>24</b>  Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
<b>27</b>  Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	<b>28</b>  Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	<b>29</b>  Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	<b>30</b> <b>Anti-Inflammatory</b> Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	<b>31</b>  Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz