



JUNE

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from Dir. Sanchez: Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Dance at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!



Chris Rogers
Center Manager

Sincerely,
Anna M. Sanchez, Director

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

SENIOR CITIZEN LAW OFFICE INFORMATION

Presentations
3rd Tuesday of
every other Month



General Legal Clinic
1st Wednesday of
Each Month
By Appointment Only

On Tuesday June 17th, 2025, SCLO will host a free estate planning presentation covering wills, probate, and Medicaid for nursing homes.

Sessions occur every other month on the 3rd Tuesday. Seniors must sign up at the Highland front desk.

Schedule:

- 1:00 PM: General lecture on wills, probate, and powers of attorney.
- 2:00 PM: Discussion on Medicaid coverage for nursing homes and services.

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 information on individual centers, please visit:

www.cabq.gov/seniors

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



SCLO operates two distinct clinics, alternating between a Free Legal Clinic and a Power of Attorney Clinic. These clinics take place on the first Wednesday of each month. To schedule your appointment for the Power of Attorney Clinic, please contact the Senior Law Office at 265-2300.

On Wednesday, June 4th, 2025, SCLO will conduct a

General Legal Clinic,

This clinic provides seniors with the opportunity for one-on-one legal consultations with an attorney. To schedule a **General Legal Clinic**, please reach out to the Highland Senior Center staff at 505-767-5210. For arranging Powers of Attorney clinics, contact SCLO at 505-265-2300.

SENIOR CITIZENS LAW OFFICE

Essential Information for Seniors:

Please take note of the following updates:

- All appointments for general legal clinics should be scheduled through the front desk at the Highland Senior Center.
- For Powers of Attorney clinics, you make appointments by contacting
- SCLO at 505-265-2300.
- The Medicaid/Estate Planning Presentation will take place exclusively in February, April, and June at the Highland Senior Center. Please sign up at
- Highland Senior Center.

Highland On-Going Activities

Monday

8:00am-12:00pm Arts Mart/Flea Market
8:00am - 4:30pm FITNESS CENTER
9:00am-10:00am Exercise to Music
10:15am-11:00am Veterans 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 1st)
1:00pm-3:00pm Conversation Spanish
1:00pm-3:00pm Senior Citizen's Law Office
(every 3rd Tues. of every other month see page
2 for more details)
2:00pm-3:30pm Intermediate Line Dancing
2:00pm-4:00pm Rainbow Artists (every 3rd)

Wednesday

8:00am - 6:30pm FITNESS CENTER
8:30am-12:30pm GEHM Clinic (every 1st)
9:00am-10:00am Exercise to Music
9:00am-12:00pm Senior Law Office Appts.
(every 1st) (See Page 2 for more details)
10:00am-12:00pm Highland Harmonizers
10:15am-11:15am Gentle Exercise
1:00pm-3:30pm Knitting & Crocheting
12:00pm-12:30pm Birthday Celebration
(every 1st)
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
(every 2nd)
2:30pm-4:30pm ORCA Game Time
(1st & 3rd)

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 2nd)

**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 help
our community thrive while
embracing aging.

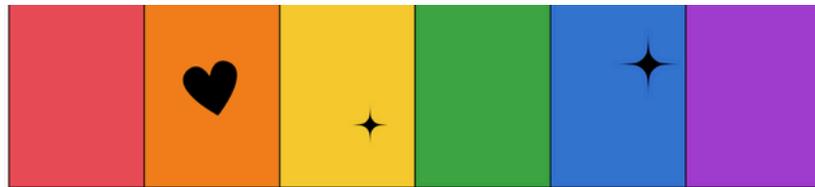
Upcoming Events at Highland

What is LGBTQ Pride?

LGBTQ Pride Month is a commemoration of the lesbian, gay, bisexual, transgender and queer community, that is part celebration and part protest.

Pride Month traces its roots back to the June 1969 Stonewall riots in NYC for LGBTQ rights.

Today, it is often associated with massive marches and parties that honor the community's joys and accomplishments, while continuing the fight for LGBTQ rights.



DANCE WITH PRIDE

THURSDAY JUNE 26TH

2:00PM-4:00PM

Highland Senior Center

LIVE MUSIC / PHOTO BOOTH / TABLING

Celebrate LGBTQ Pride Month-All Are Welcome



Live Music by Paul Pino

Thank you to ORCA (Older Rainbow Community of ABQ) and the Department of Senior Affairs for supporting this event.



Coordinator's Hub



Say goodbye to spring and hello to summer! Highland spent spring in full swing, with members attending special events and participating in Highland's ongoing activities. Members experienced New Mexico's unique history while attending an incredible performance of Tarde de Oro on a trip to the Kimo theater. Senior Citizen's Legal Office gave an informative presentation on avoiding scams, Director Sanchez came by for coffee with constituents and members crafted journals from recycled materials. We also wrapped up 8 weeks of improving our strength and balance through Tai Chi for Arthritis! If you enjoyed that class, be sure to check out the weekly Tai Chi, exercise and meditation classes we have here at Highland.

We were fortunate to have students from Highland High School perform a wonderful Jazz concert and we were visited by Tech Leadership High School for a final time before school let out. Teeniors will be continuing during summer; the next Teeniors is June 26th 10am-Noon. Thank you to these youth for supporting our senior community!

-Bailey Grebbin, Program Coordinator



In Other News

Want to paint with friends?

Join Open Studio Watercolors!

Tuesdays, 10am-Noon, Room 2

Self-Guided, bring your own supplies



We've started hosting a new Veterans fellowship group! Mondays, 9:15am-11am.



Be sure to take advantage of our Self-Check Health Station, available in the lobby on the 1st Friday of the month.



Thank you to everyone who contributed a pet photo to our Highland Highlights board! Our upcoming theme is "Summer Shout Outs". Share a positive note about a class, a fellow member, the center or summer in ABQ!

Classes and Groups at Highland



VETERANS GATHERING

Join other veterans for conversation & fellowship.

EVERY MONDAY

9:15AM-11:00AM

ROOM 3

Join Us For 

Meditation

 Mondays 

1:30PM-2:30PM

Room 3
Highland Senior Center 

Practice mindfulness, reduce anxiety!
Perfect for beginners!

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



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.

Food and Transportation Information



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

Reminder:
Meals are to be consumed at the center in the Social Hall. Take out meals are not permitted.

WE RESERVE THE RIGHT TO GIVE RESERVED MEALS TO ANYONE WAITING FOR A MEAL AT 12:30PM

If you lack a reservation, wait until 12:30 PM for possible cancellations. 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.



Notice

ALL FOOD AND MILK MUST BE CONSUMED IN DESIGNATED DINING AREAS ONLY

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. However, exceptions to this rule include fruits such as bananas, apples, and oranges, as well as individually wrapped cookies.

For any inquiries regarding these regulations and guidelines, please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at 505-764-6450 for further clarification.

Thank you for your cooperation.

TRANSPORTATION SERVICES

Did you know that the Department of Senior Affairs provides transportation services for seniors aged 60 and above living within a five-mile radius of our senior and multigenerational centers? This complimentary service enhances connectivity, encourages participation in activities, and allows you to fully enjoy everything your local center has to offer. Current members can call 764-6400 for additional information.



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



ABQ! Free Tech Help in June 2025!

- Bear Canyon Senior Ctr..... Fri, June 6 | 10:00a-12:00p
- Barelas Senior Ctr.....Tues, June 10 | 10:00a-12:00p
- Santa Barbara Martineztown.....Thurs, June 12 | 10:00a-12:00p
- North Domingo Baca Ctr.....Tues, June 17 | 10:00a-12:00p
- Palo Duro Senior Ctr.....Wed, June 18 | 10:00a-12:00p
- Manzano Mesa Ctr.....Mon, June 23 | 10:00a-12:00p
- Highland Senior Ctr.....Wed, June 25 | 10:00a-12:00p
- Los Volcanes Senior Ctr.....Thurs, June 26 | 10:00a-12:00p
- North Valley Senior Ctr.....Fri, June 27 | 10:00a-12:00p

RSVP with your Albuquerque center above, or contact Teeniors with questions:
teeniors@gmail.com | (505) 600-1297

Learn more about our award winning work at teeniors.com

ONE ALBUQUE RQUE

ENGAGE with Wellness

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



INTRO TO THE OUTDOORS LEARN TO BIRDWATCH

Join the Open Space Division and the Bird Alliance of Central New Mexico for a birding adventure!

Discover how to identify common bird species and explore the best spots around Albuquerque to observe them. Participants can bring their own binoculars or borrow a pair from us, along with a field guide.

TINGLEY BEACH SATURDAY, JUNE 14

7:30 a.m. to 9:30 a.m.

Meet at the steps in the north parking area



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

ONE ALBUQUE RQUE city clerk



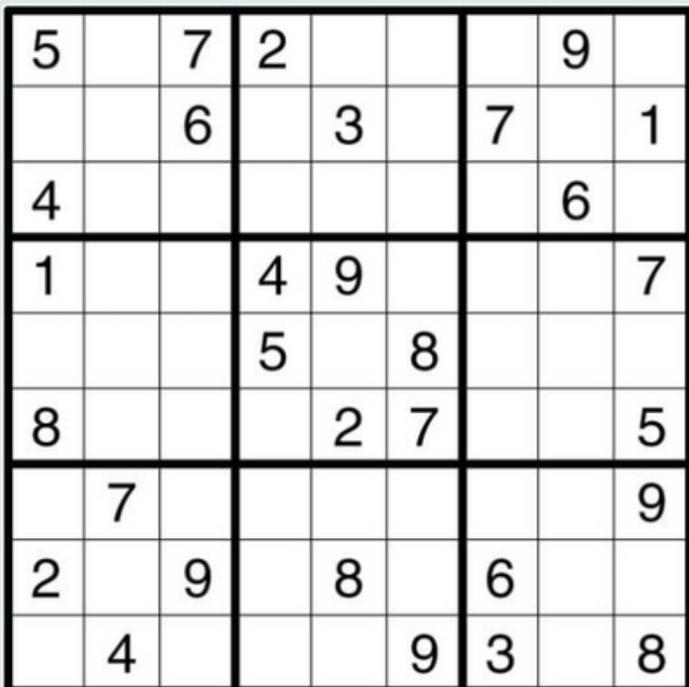
Brain Teasers

Summer Word Search



Word Bank

AUGUST	ICE POP
BARBECUE	JULY
BEACH	JUNE
FAMILY	OCEAN
FLIPFLOPS	PICNIC
FUN	POOL
HOT	RELAX
ICE CREAM	SEASIDE
SHORTS	
SPRINKLER	
SUMMER	
SUNGLASSES	
SUNSCREEN	
SUNSHINE	
SWIMMING	
VACATION	



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.



JUNE 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
2	3	4	5	6
BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz	Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz
9	10	11	12	13
Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz	Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz	Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz	Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz	Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz
16	17	18	CLOSED 19	20
Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz	Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz	Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz	JUNETEENTH	Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
23	24	25	26	27
Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	Chicken Salad 4oz <i>*May Contain Nuts</i> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz	Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz	Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz