



Highland Senior Center

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

MESSAGE FROM THE DIRECTOR OF SENIOR AFFAIRS

Hours of Operation

Monday - Friday

8:00 AM - 5:00 PM

Please note that we will no longer extend our hours on Wednesdays and will be closed on Saturdays.

Highland Staff

Chris Rogers
Manager

Michelle Padilla
Program Coordinator

Alexandria Davalos
Office Assistant

Anjelica Medrano
Program Assistant

VACANT
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year.

While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.



Anna Sanchez
Director of Senior Affairs



Chris Rogers
Center Manager

DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meeting

Date: Monday, June 15, 2026

Location: Los Volcanos Senior Center

Address: 6500 Los Volcanes Rd NW, Alb, NM 87121

Coffee with Constituents



North Domingo Baca
Multigenerational Center will be
hosting Department of Senior Affairs
Administrators for this event.

Thursday, June 25, 2026

8:30am–9:30am

**North Domingo Baca
Multigenerational Center**

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

www.cabq.gov/seniors

IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training

June 1 to June 5 , 2026:

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

Normal business hours will resume on **June 6, 2026** for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on **June 8, 2026** for Santa Barbara Martineztown.

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

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

Thank you for your cooperation!

Exciting Happenings at Highland Senior Center! 🎉

Look on the bulletin boards for details of these
upcoming events.

June 10th – Paint with Suki

Dive into a delightful day of creativity with Suki! Whether you're a seasoned artist or just eager to explore, it's a fantastic way to unwind, mingle, and craft your own stunning masterpiece.

June 18th – Social Security & Medicare Talk

Unlock the mysteries of Social Security and Medicare with a straightforward, enlightening presentation. We'll tackle your questions and offer invaluable tips to help you sail smoothly through your benefits and services.

Special Adventure! June 24th – Rail Runner to Santa Fe & Lunch at Tia Sophia's

Soar through scenic landscapes on a captivating train journey to Santa Fe, then savor a delicious meal at the renowned Tia Sophia's! Spots are limited, so secure your seat early and join the adventure!

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 3rd of month)*

Wednesday

8:00am - 6:30pm FITNESS CENTER
 8:30am-12:30pm GEHM Clinic
(every 1st Wednesday of the month)
 9:00am-10:00am Aerobics
 9:00am-12:00pm Senior Law Office
(1st 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-CLASS ON HOLD
 2:00pm-4:00pm Senior LGBT Meeting
(2nd Thursday of the month)
 2:30pm-4:30pm ORCA Game Time
(Every 1st & 3rd 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.

Highland Member Spotlight Congrats to Beth Ciccone!!!!



Meet Beth Ciccone, rocking the purple dress and a triumphant grin on the far right! She snagged First place, Overall platinum novice in Country, and First place Overall in International smooth standard. This glittering event took place in Alexandria, Louisiana. And guess what? Beth spins her magic in Partner Dance Class at Highland every Tuesday morning at 10 o'clock!

CENTER CLOSED FOR HOLIDAY

The Highland Senior Center will be closed on Friday, June 19th, in observance of Juneteenth.



Fun and Games

PICNIC

Words can be found in any direction (including diagonals) and can overlap each other.
Use the word bank below.

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

Word Bank

- | | | | |
|--------------|------------|-------------|---------------|
| 1. Utensils | 2. Milk | 3. Coffee | 4. Tea |
| 5. Sugar | 6. Lettuce | 7. Bread | 8. Sweets |
| 9. Salt | 10. Drink | 11. Cloth | 12. Sauce |
| 13. Cups | 14. Salami | 15. Thermos | 16. Margarine |
| 17. Napkins | 18. Ham | 19. Tomato | 20. Cheese |
| 21. Buns | 22. Plates | 23. Basket | 24. Pepper |
| 25. Biscuits | | | |

Lunch Reservations reminders.

Friendly Reminder:

- Lunch reservations must be made by 1:00 PM, one day in advance.
- Reservations can be made by calling or stopping by the center; voicemail reservations are not accepted.
- If you don't have a reservation, you're still welcome to come and wait for any cancellations.
- Available meals are offered on a first-come, first-served basis.
- Reserved meals or no-shows may be released after 12:30 PM to those waiting.
- Thank you for helping us keep things running smoothly—we truly appreciate your cooperation and look forward to serving you!



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 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
1 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz	2 Greek Pasta Salad 4oz Cucumber/Red Onion Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	3 Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz	4 Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	5 Beef Steak /Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz
8 Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	9 Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz	10 Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz	11 Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz	12 Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz
15 Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	16 Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	17 Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	18 Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz	CLOSED 19
22 Red Chile Beef 3oz Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz	23 Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz	24 Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	25 Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz	26 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz
29 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	30 Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	1 BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	2 Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	CLOSED 3