

Highland Senior Center

Department of Senior Affairs
131 Monroe NE Albuquerque, NM 87108

505-767-5210

From the Desk of the Manager:

When I reflect on the Highland Senior Center, two key concepts resonate with me: community and culture. Community represents a group of individuals who connect and interact, sharing common interests and a sense of belonging. In terms of culture, we embody a spirit of mutual support, encapsulated in the notion of "paying it forward." I have witnessed this firsthand, whether in the lunch line, the social hall, the classroom, or even the parking lot! This sense of camaraderie is what makes Highland truly special to me.

I would like to leave you with a piece of wisdom: treat others as you wish to be treated.

I would also like to extend my heartfelt gratitude to the AARP Tax Team, led by Blaine, for an exceptional tax season. We served 905 taxpayers this year—a remarkable achievement! This success could not have been possible without the assistance and support of the 311 City of Albuquerque help line in scheduling all those tax appointments. We look forward to another successful tax campaign next year!

Give warm welcome to our two new staff at Highland,
they are Julian Davalos and Beverly Manuelito!

Our newsletter is packed with valuable information, important events, and enjoyable activities.

Be sure to check pages 1 and 4 for essential updates:

Membership Matters: Active memberships are required for participation in all activities, trips, presentations, and meals. Please renew any expired memberships promptly to continue enjoying our facilities.

Food Zones: Please restrict consumption of food and beverages to designated areas. The pool room and computer lab are strictly no-food and drink zones, which includes the computer lab in the library.

Code of Conduct: Familiarize yourself with the code of conduct outlined on page 8 of the newsletter. Adhering to these regulations is vital for the smooth operation of our senior and multigenerational centers.

Respect for All: It is imperative to treat all staff, fellow members, instructors, and community members with the dignity and respect they deserve.



Chris Rogers
Center Manager

Sincerely,
Chris Rogers

www.cabq.gov/seniors

**ONE
ALBUQUE
RQUE**

ncoa
National Council on Aging

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

3rd Tuesday of
every other Month
Presentations
No Appointment Necessary!



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.

Special Presentation:
How to Spot and Avoid Scams and Identity Theft
Thursday May 22nd 1:30-2:30pm
Highland-Room 7
SIGN UP AT THE FRONT DESK

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.

1st Wednesday of
Each Month
By Appointment Only

On Wednesday, May 7th, 2025, SCLO will conduct a Power of Attorney 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
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
10:00am-11:30am Gathering of Artists
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics
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)
8:15am-10:00am Adapted Aquatics
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 Mexican Train Dominoes
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
8:15am-10:00am Adapted Aquatics
9:00am-10:00am Exercise to Music
9:30am-11:00am Rosemalers
10:15am-11:15am Gentle Exercise
12:30pm-2:00pm Adapted Aquatics

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.

Special Notices: Computer Lab Edition

Computer Login Steps

Shake the mouse for a moment.



Press the ctrl, alt, delete buttons on the keyboard at the same time.



Your computer screen will go from black to a landscape photo.

A box that says "password" will be in the middle of your screen.



Type in the password. The password is Center. Then, click the arrow at the end of the password box.

Center



Password: Center

**BEFORE YOU LEAVE
PLEASE SANITIZE YOUR AREA**

**DO: WIPE DOWN
YOUR MOUSE**



**DO: WIPE
DOWN YOUR
KEYBOARD**



**DON'T: WIPE
THE COMPUTER
SCREEN**



**PLEASE DO NOT TOUCH
THE POWER BUTTON**

Repeated or hard pressing will
damage the computer.

**No Food
or Drinks**



**Please take all of your
belongings when leaving for
longer than 15 minutes.**

Highland Senior Center is
not responsible for any theft
or loss of belongings.

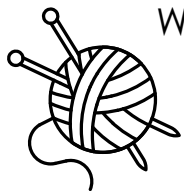
Coordinator's Hub

April showers bring May flowers...and here in Albuquerque, a ton of sun just adds to the fun!

Highland had a lovely April, with members enjoying both ongoing activities and special events. Members ventured out on a trip to Chimayo, created beautiful paintings with Suki and continued to be active through exercise & dance classes. Meanwhile, our incredible team of AARP tax preparation volunteers wrapped up yet another successful tax season, completing a grand total of 905 free returns! Thank you, AARP and all Highland volunteers, for your service to our community.

-Bailey Grebbin

We're fortunate to be enjoying new computers in the computer lab. Please see page 4 for your own copy of the computer log in instructions and reminders about lab expectations. Let's work together to keep the lab open & computers in good condition.



Want to learn how to knit or crotchet?

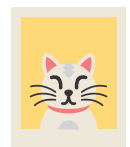
Join the Madhatters!

Wednesdays, 1-3pm in Room 3.

Supplies provided.

May is National Pet Month!

Let's celebrate the furry, feathered or scaly friends in our lives. Members are invited to put a photo of their pets, past or present, up on the Highland Highlights Community Board.

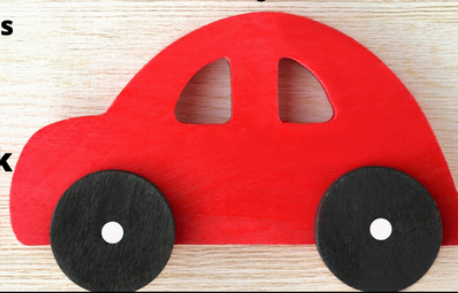


Classes and Presentations at Highland

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

Join Us For Meditation

Mondays

1:30PM-2:30PM

Room 3

Highland Senior Center

Practice mindfulness, reduce anxiety!

Perfect for beginners!

How to Spot & Avoid SCAMS & IDENTIFY THEFT

Presented by

Senior Citizens' Law Office

Thursday May 22nd

1:30PM-2:30PM

Room 7

SIGN UP AT THE FRONT DESK

Partner Dance Class

Come learn and practice all styles
of dance in a cheerful and
supportive environment. Dance
patterns include those from
ballroom, rhythm and country.

No partner required

Tuesdays: 10am-11am

Social Hall

\$5 suggested donation



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 Events

**Mark your calendars
for exciting news
about our annual
FREE event at the
Kimo Theater on
Thursday, May 8th, at
1:30 PM! Don't miss
out—it's going to be a
blast! 🎉**



**ALL ABOARD THE NM
RAIL RUNNER TO
SANTA FE'S NATIONAL
CEMETERY! READY TO
PAY YOUR RESPECTS
AND HONOR A LOVED
ONE? SIGN UP AT THE
FRONT DESK FOR THIS
SPECIAL JOURNEY! 🚂**



Upcoming Events at Highland

Coffee with Constituents



Highland Senior Center will be hosting Department of Senior Affairs Administrators for this event.

Thursday, May 8th

9:30am–10:30am

Highland Senior Center



TECHNOLOGY HELP OPPORTUNITIES

1:1 tutoring on computer & phone skills



TEENIORS

1PM–3PM

WEDNESDAY

MAY 21st



**TECH LEADERSHIP
HIGH SCHOOL**

10AM–11AM

**FRIDAY
MAY 9th**

Tutoría disponible en español

Tutoring available in Spanish

Sign up at the front desk




Create a Flipbook



with Dorothy



What's a flipbook?

-  A little book made out of paper and scrapbooking materials, that can be used as a notebook, journal or photo album.
-  A beginner friendly craft! All are welcome.
-  A great Mother's Day gift!

Thursday, May 8th

2pm–3:30pm

Room 2



Supplies Provided

Bring any personal photos you want to include.

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)

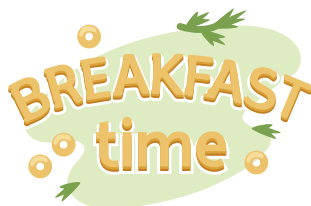
Hash Browns 30¢

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.



MAY 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
28	29	30	1	2
<ul style="list-style-type: none"> ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz
5	6	7	8	9
<ul style="list-style-type: none"> ♦ Beef Tips 3oz Rotini Pasta 4oz ♦ Roasted Veggies 4oz ♦ Green Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Seasonal Fruit 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Enchilada 2ea Red Chile 1oz ♦ Spanish Rice 4oz ♦ Pinto Beans 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotisserie Chicken 4oz ♦ Mashed Potatoes 4oz ♦ Black-Eyed Peas 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cheese Omelet 1ea Red Chile/Peppers 4oz ♦ Diced Potatoes 4oz ♦ Spinach 4oz ♦ Peaches 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Sweet & Sour 1oz Pork 4oz ♦ Brown Rice 4oz ♦ Stir Fry 4oz ♦ Mandarin Orange 4oz ♦ 1% Milk 8oz
12	13	14	15	16
<ul style="list-style-type: none"> ♦ Salisbury Steak 4oz Green Chile Gravy 1oz ♦ Mashed Potatoes 4oz ♦ Spinach 4oz ♦ Cupped Pears 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Cajun Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Pinto Beans 4oz ♦ Spanish Rice 4oz ♦ Applesauce 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Pasta Primavera 4oz ♦ Steamed Broccoli 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Asian Chicken 3oz Peppers 2oz ♦ Brown Rice 4oz ♦ Green Beans 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz
19	20	21	22	23
<ul style="list-style-type: none"> ♦ Beef Chile Beans 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Brownie 2x2 ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Cod 3oz Tarter Sauce 1pc ♦ Quinoa 4oz ♦ Steamed Carrots 4oz ♦ Pear 1ea ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Baked Chicken 3oz ♦ Spinach 4oz ♦ Corn/ Edamame 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Veggie Swiss Burger 1ea ♦ Steamed Broccoli 4oz ♦ Sweet Potato Mash 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Chicken Posole 4oz ♦ Spinach & Mushrooms 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Mixed Berries 4oz ♦ 1% Milk 8oz
CLOSED 26	27	28	29	30
	<ul style="list-style-type: none"> ♦ Chicken Tamales 2ea Green Chile 2oz ♦ Steamed Mushrooms w/Onions 4oz ♦ Brussel Sprouts 4oz ♦ Mixed Berries 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Carne Adovada 3oz Red Chile 1oz ♦ Corn w/Peppers 4oz ♦ Broccoli/Cauliflower 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ Tortilla 1pc ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Rotini Pasta 4oz Marinara Sauce 1oz ♦ Spinach w/Onions 4oz ♦ Corn 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	<ul style="list-style-type: none"> ♦ Beef Tips 3oz Gravy 1oz ♦ Brown Rice 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Applesauce 4oz ♦ 1% Milk 8oz