



Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Giving Our Team Their Flowers

They say April showers bring May flowers—and this month, we’re taking that to heart in a special way. It’s time to give our incredible Highland Senior Center team their well-deserved “flowers” and recognition!

First, a big thank you to Michelle, who has brought fresh energy to our programs with new ideas, performers, presenters, and even a new instructor—all in just a few short months. She’s also been a tremendous support at the front desk, helping keep things running smoothly. Our front desk stars, Alex and Anna Marie, continue to be the welcoming faces of our center. Whether they’re greeting members, answering calls, assisting with tax questions, sharing program information, or helping with lunch reservations—they do it all with care and professionalism. Behind the scenes, Mike and John keep our facility looking clean, organized, and event ready. From setting up rooms to maintaining a welcoming environment (and even adding a little music along the way!), they help make Highland feel like home. And of course, we can’t forget Richard and Nicole in the kitchen, who provide delicious, nutritious breakfasts and lunches five days a week. Their dedication keeps our members fueled and smiling.

When you see these amazing team members, please take a moment to thank them—they’ve truly earned their “flowers”!

A Job Well Done: AARP Tax Season Success

We also want to extend our heartfelt gratitude to the AARP Tax Team, led by Blaine, for an outstanding tax season.

This year, we proudly served over 1,000 taxpayers—an incredible accomplishment! This success was made possible through strong collaboration with the City of Albuquerque 311 Help Line, who assisted in scheduling appointments efficiently. We appreciate this partnership and look forward to another successful tax season next year.

Important Reminders

Membership Matters

Active membership is required to participate in all activities, trips, presentations, and meals. Please renew or sign up promptly to continue enjoying all the center has to offer.

Food Zones

Food and beverages are only permitted in designated areas. Please note: the pool room and computer lab (including the library lab) are strictly no food or drink zones.

Code of Conduct

Please review the Code of Conduct on page 4 of this newsletter. Following these guidelines helps ensure a safe and welcoming environment for everyone.

Respect for All

We are committed to a culture of kindness and respect. Please treat staff, members, instructors, and all visitors with dignity at all times.

Stay Connected

Our newsletter is packed with valuable information, important updates, and exciting activities. Be sure to explore every page so you don’t miss out!

Message from the manager,
Chris Rogers

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

VACANT
Office Assistant

VACANT
Program Assistant

VACANT
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Chris Rogers
Center Manager

**ONE
ALBUQUERQUE**

ncoa
National Council on Aging

DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meeting

- Date: May 18, 2026
- Location: North Valley Senior Center
- Address: 3825 4th St NW, Alb, NM 87107

Coffee with Constituents



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

Thursday, May 28, 2026

8:30am–9:30am

Palo Duro Senior 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!

SAVE THE DATES!!!!!!!

Discover What's Happening

This May at Highland Senior Center!

Stop by the center and check the bulletin boards for full details—you won't want to miss out!

May Events Line-Up:

Cinco de Mayo Celebration with Live Music by Cuarto

Friday, May 1 | 11:30 AM – 12:30 PM | Social Hall

Come enjoy lively music, great vibes, and festive fun!

Tarde De Oro Performance – KiMo Theatre Trip

Thursday, May 7 | 1:30 PM – 3:30 PM

Experience an unforgettable cultural performance at the historic KiMo!

Fraud & Scam Awareness Seminar

Friday, May 8 | 10:30 AM – 11:30 AM | Room 7

Stay informed and protect yourself—see flyer for more details.

Nevaeh Hospice & Care Providers Resource Event

Thursday, May 14 | 11:00 AM – 12:00 PM | Room 7

Connect with local care providers and explore helpful services.

Old Town Farm Tour & Breakfast Outing

Thursday, May 28 | 9:00 AM – 11:30 AM

Fresh air, good food, and great company—sign up early!

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

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.

TARDE DE ORO PERFORMANCE AT THE KIMO
(Thursday, 5/7/2026)



Hop on the Highland Senior Center express to the theater and back! But hurry, there are only 10 golden tickets available. Secure your spot at the front desk before they're gone!

NATIONAL SENIOR HEALTH AND FITNESS DAY



National Senior Health & Fitness Day
Sponsored by Blue Cross Blue Shield

Wednesday May 27, 2026

**North Domingo Baca
Multigenerational Center**

9:00am – 12:00pm

The event will have exercise demonstrations, raffle prizes, vendors, giveaways and much more

Fun and Games

Essential Movement Activities for Seniors – May

Everyday Movement Favorites

- Walking
- Tai Chi
- Chair Yoga
- Resistance Band Exercises
- Dancing

Tip: Enjoy the season with gardening, photography, or light hiking for extra movement and fresh air!

Strength & Functional Fitness

Build strength for daily activities

- Sit-to-Stands – Improve leg strength & independence
- Resistance Bands – Gentle muscle toning
- Wall Press-ups/Sits – Support posture & upper body
- Calf Raises & Lunges – Strengthen lower body & balance
- Range of Motion – Shoulder rolls, arm reaches, head tilts

Low-Impact Cardio

Boost heart health safely

- Walking or Light Hiking
- Water Aerobics / Swimming
- Dancing / Zumba Gold
- Cycling

Balance & Flexibility

Prevent falls and stay mobile

- Tai Chi – Improves balance & focus
- Chair Yoga – Gentle stretching support
- Balance Drills – Heel-to-toe walking, single-leg stands

Fun & Seasonal Activities

Stay active while enjoying May!

- Gardening
- Mini-Golf or Lawn Bowling
- Nature Walks & Picnics

Stay active, strong, and energized this spring!

Stay Moving, Stay Thriving!

Even small daily movements make a big difference.

Lunch Reservations reminders.

Friendly Reminder:

Lunch reservations must be made by 1:00 PM, one day in advance by calling or stopping by the center. To help us keep an accurate count and serve everyone efficiently, we kindly ask that you do not leave voicemail reservations.

If you do not have a reservation, you are still welcome to come in and wait for any cancellations.

Any available meals will be offered on a first-come, first-served basis. Please note that 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 you and look forward to serving you!



KITCHEN MENU

Breakfast

Light Breakfast - \$0.75
One egg, hashbrowns, slice of toast and choice of bacon or sausage, choice of red or green chile.

Breakfast Burrito - \$1.50
Scrambled eggs, cheese, hashbrowns, choice of bacon or sausage, choice of red or green chile.

English Muffin Sandwich - \$1.00
1 egg, cheese, and choice of bacon or sausage.

Beverages

Milk - \$0.25
Hot Tea - \$0.30
Orange Juice - \$0.25
Complimentary Coffee

Lunch

As always, **hot lunch meals** will be available with a reservation made by **1:00 pm the day prior** at the front desk for participants.

A La Carte offerings are not available at this time.

ONE ALBUQUE RQUE senior affairs

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 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
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ 3oz Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweet Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
4 Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	5 Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	6 Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	7 Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	8 Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
11 Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	12 Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	13 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	14 Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	15 Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
18 Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	19 BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	20 Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	21 Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	22 Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
CLOSED 25 	26 Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	27 Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	28 Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	29 Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz