



Highland Senior Center

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

Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and "Coffee with Constituents" at Barelas Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person!

Here's to a beautiful April filled with sunshine and good health!

Sincerely,

Anna Sanchez, Director
Department 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

VACANT
Office Assistant

VACANT
Program Assistant

VACANT
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Chris Rogers
Center Manager



DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meeting

- Date: April 20, 2026
- Location: Manzano Mesa
Multigenerational Center
- Address: 501 Elizabeth SE, 87123

Coffee with Constituents



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

Thursday, April 23, 2026

8:30am–9:30am

Barelas Senior Center

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

www.cabq.gov/seniors

Message from the manager

ABQ BioPark is hosting a Senior Walking Group Pilot Program on April 14th from 9 AM to 12 PM at Highland Senior Center. Transportation to the zoo is available for 10 participants; sign-up at the front desk with a current membership required.



**LET'S WALK
THE ZOO**

ABQ BioPark is Hosting a Senior Walking Group Pilot Program.

WHEN: APRIL 14TH, 9 AM - 12 PM
WHERE: HIGHLAND SENIOR CENTER

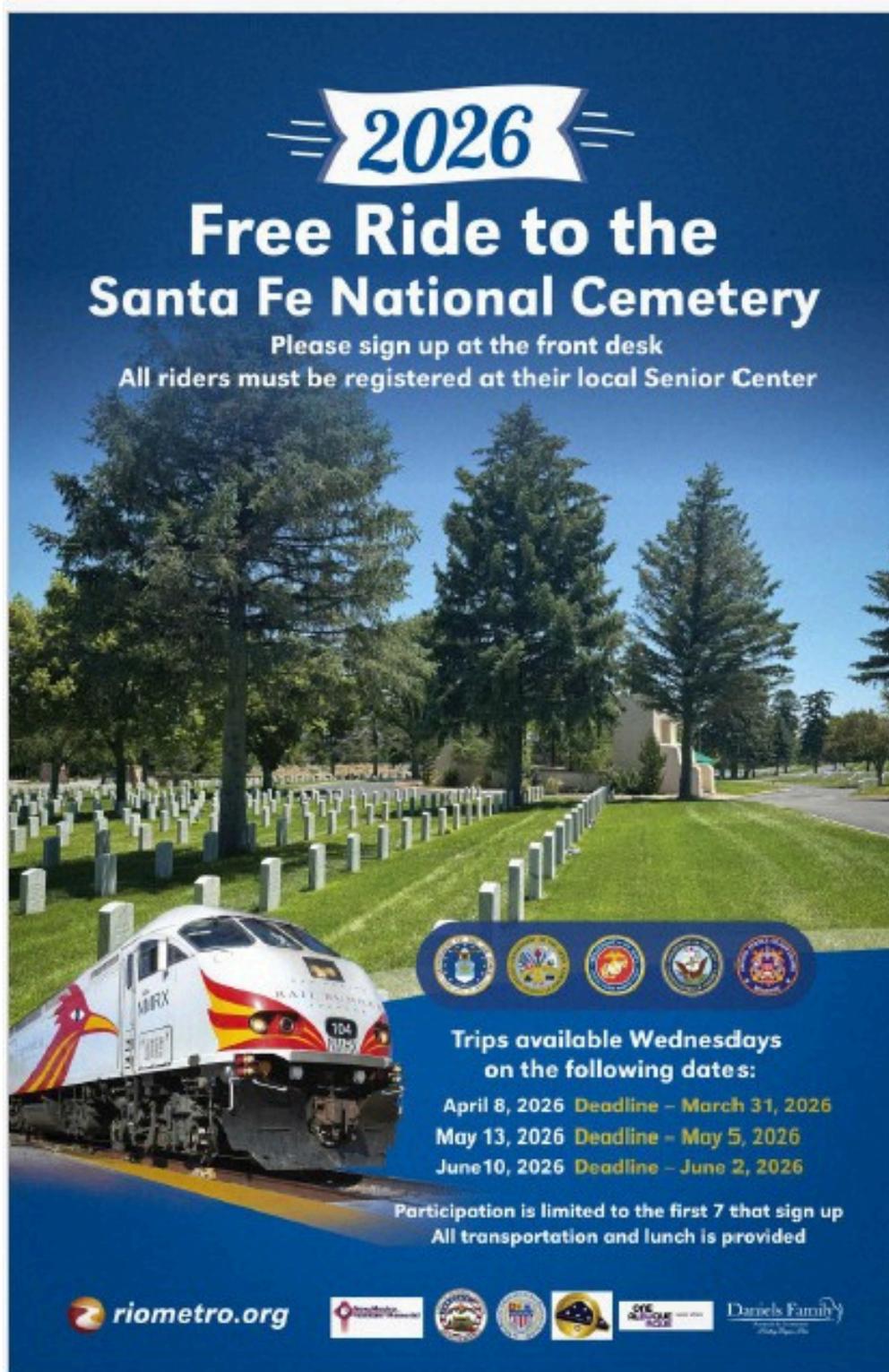
TRANSPORTATION TO THE ZOO IS AVAILABLE WITH ONLY 10 SPOTS OPEN. SIGN UP AT THE FRONT DESK, AND CURRENT MEMBERSHIP IS REQUIRED TO ATTEND THIS TRIP.



ABQ BIOPARK

Enjoy free Zoo entry. Your group gets a Walking Map with route options and a Scavenger Hunt on the back. Follow a suggested path or explore at your own pace..

SAVE THE DATES!!!!!!!



The poster features a blue background with a photograph of a train with a rooster logo on the front, passing through a cemetery with rows of white headstones. The text is centered and includes the year '2026' in a white banner, the title 'Free Ride to the Santa Fe National Cemetery', and registration instructions. A list of dates and deadlines is provided, along with a note about limited participation. Logos for various organizations are displayed at the bottom.

2026

**Free Ride to the
Santa Fe National Cemetery**

Please sign up at the front desk
All riders must be registered at their local Senior Center

Trips available Wednesdays
on the following dates:

April 8, 2026 **Deadline – March 31, 2026**
May 13, 2026 **Deadline – May 5, 2026**
June 10, 2026 **Deadline – June 2, 2026**

Participation is limited to the first 7 that sign up
All transportation and lunch is provided





Please sign up at the front desk. Participation is limited to the first 7 that sign up. Lunch will be provided. All riders must be registered at their local Senior Center.

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
 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

Beginning March 2, 2026, Highland Senior Center will be temporarily adjusting its hours of operation to Monday through Friday, 8 am – 5 pm. During this time, Saturday hours and Wednesday evening hours (5 – 7 pm) will be unavailable. We appreciate your patience and understanding as we work to rebuild our wonderful staff to serve you better.

**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)



ONE
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City of Albuquerque Dept. of Senior
Affairs & Dept. of Arts and Culture
with De Oro Productions Presents:



MAY 7

1:30 pm • Doors Open 12:45 pm • Kimo Theatre

SHELLEY MORNINGSOING & FABIAN FONTENELLE • LOS
BAILADORES DE ORO • LOS TAPATIOS • TRIO JALISCIENSE
EVA TORREZ WITH PICOSO • MC: JOSEPH ANTHONY WASSON

PAID PARKING IS AVAILABLE
BEHIND THE THEATER ON
COPPER. BUSES & VANS MUST
CONTACT CHRIS MELOY/KIMO,
505-228-9857 FOR PARKING
AND PASSENGER DROP OFF &
PICK UP DIRECTIONS.

SHOW INFORMATION:
FRANCES LUJAN
505-836-7579
FLUJAN3@MSN.COM

Highland Lunch and Breakfast Menu update

Welcome back to enjoying breakfast and lunch at Highland Senior Center! We're excited to once again gather, eat, and socialize with the reopening of our kitchen.

As part of this soft opening, we are taking a thoughtful approach to the menu while we test and adjust to our new equipment. At this time, à la carte options will not be available as we focus on ensuring consistent, high-quality meal service.

This process allows us to continue providing nutritious meals at an affordable cost without compromising quality. We appreciate your patience and understanding as we move through this transition. All updates and changes will be communicated through official notices, flyers, and town hall meetings to ensure everyone receives accurate information.

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.



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	
	30		31		1		2		3
Green Chile		Salisbury Steak	4oz	Chicken Tetrizzini	4oz	Cheese Omelet	3oz	Baked Tilapia	3oz
Chicken Posole	4oz	Gravy	2oz	Diced Beets	4oz	Fajita Blend	2oz	Diced Tomatoes	1oz
Green Beans & Mushrooms	4oz	Mashed Potatoes	4oz	Breadstick	1ea	Spinach	4oz	Brown Rice	4oz
Stewed Tomatoes	4oz	Roasted Vegetables	4oz	Pears	4oz	Sweet Potato Mash	4oz	Steamed Broccoli	4oz
Jell-O	1ea	Dinner Roll	1ea	1% Milk	8oz	Orange	1ea	Apple Slices	4oz
1% Milk	8oz	Margarine	1pc			1% Milk	8oz	1% Milk	8oz
		Yogurt	4oz						
		1% Milk	8oz						
	6		7		8		9		10
Pork Chop	3oz	Rotisserie Chicken	4oz	Frito Pie	4oz	Green Chile Cheese		Lemon Pepper Pollock	
w/ Gravy	1oz	Brown Rice	4oz	Imperial Blend	4oz	Veggie Burger	1ea	Sweet Potato Mash	4oz
Mashed Potatoes	4oz	Diced Beets	4oz	Corn Chips	1oz	Cauliflower	4oz	Green Beans	4oz
Buttery Peas	4oz	Dinner Roll	1ea	Orange	1ea	Succotash	4oz	Dinner Roll	1ea
Mandarin Oranges	4oz	Margarine	1pc	1% Milk	8oz	Chocolate Pudding	4oz	Margarine	1pc
1% Milk	8oz	Banana	1ea			1% Milk	8oz	Grapes	4oz
		1% Milk	8oz					1% Milk	8oz
	13		14		15		16		17
Sloppy Joe	1ea	Tuna Salad Sandwich	1	Chicken Fajita	4oz	Vegetable & Cheese		Meatloaf w/	
Ranch Beans	4oz	Cucumber, Tomato & Red Onion	4oz	Spanish Rice	4oz	Lasagna	4oz	Tomato Sauce	4oz
Broccoli	4oz	3 Bean Salad	4oz	Calabacitas	4oz	Diced Potatoes	4oz	Normandy Blend	4oz
Apple Slices	1ea	Honey Dew	4oz	Tortilla	2ea	Crinkle Cut Carrots	4oz	Sweet Potato Mash	4oz
1% Milk	8oz	1% Milk	8oz	Banana	1ea	Sliced Peaches	4oz	Yogurt	4oz
				1% Milk	8oz	1% Milk	8oz	1% Milk	8oz
	20		21		22		23		24
Carne Adovada w/ Red Chili	3oz	Beef Fajita Meat w/ Gravy	4oz	Mushroom Swiss		Spaghetti w/ Marinara Sauce	4oz	Denver Omelet	4oz
Spinach	4oz	Mashed Yams	4oz	Beef Patty	1ea	Imperial Blend	4oz	Stewed Tomatoes	4oz
Pinto Beans	4oz	Collard Greens	4oz	Normandy Blend	4oz	Garlic Bread Stick	1ea	Hash Browns	4oz
Tortilla	2ea	Dinner Roll	1ea	Brussel Sprouts	4oz	Apple Slices	1ea	Banana	1ea
Vanilla Pudding	4oz	Margarine	1pc	Dinner Roll	1ea	1% Milk	8oz	1% Milk	8oz
1% Milk	8oz	Yogurt	1ea	Margarine	1pc				
		1% Milk	8oz	Orange	1ea				
				1% Milk	8oz				
	27		28		29		30		MAY 1
Green Chile		Beef Tips w/ Noodles	3oz	Pork Loin	3oz	Mozzarella Baked Ziti	4oz	Salisbury Steak	3oz
Chicken Posole	4oz	Normandy Blend	4oz	Black Eyed Peas	4oz	Marinara	1oz	Gravy	1oz
Roasted Potatoes	4oz	Pinto Beans	4oz	Sweet Potato	4oz	Winter Blend	4oz	Diced Potatoes	4oz
Bell Peppers	4oz	Dinner Roll	1ea	Honey Dew	1ea	Garlic Bread Stick	1ea	Malibu Blend	4oz
Mandarin Oranges	4oz	Margarine	1pc	1% Milk	8oz	Apple Sauce	4oz	Jell-O	4oz
1% Milk	8oz	Pear	4oz			1% Milk	8oz	1% Milk	8oz
		1% Milk	8oz						