



Highland Senior Center

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

MESSAGE FROM THE DIRECTOR

Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

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.
(See Page 9)

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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



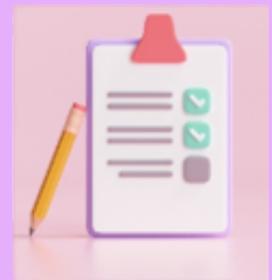
DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meeting

- Date: March 16, 2026
- Location: Palo Duro Senior Center
- Address: 5221 Palo Duro NE, 87110

ANNUAL SENIOR AFFAIRS SURVEY

We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks. Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!



Thank you in advance for your participation!

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

MESSAGE FROM THE MANAGER

February Highlights at Highland Senior Center

February brought lots of candy, chocolate, flowers—and more than anything, lots of love! ❤️ Some of our seniors attended Senior Day at the Roundhouse, and what an amazing experience that was for everyone.

A big thank you to Michelle Padilla, our new Program Coordinator, for bringing the romantic sounds that serenaded our seniors for Valentine’s Day. The dynamic duo of a harpist and guitarist truly made the afternoon special! We also want to thank CASA for providing delicious refreshments of cookies and fruit—always a crowd favorite. We ended the month with a special visit from the Director of Senior Affairs, Anna Sanchez, who took time to meet with our members, answer questions, and share insight on the direction of the Department of Senior Affairs. We truly appreciate her time and support.

In the words of Benjamin Franklin, “Diligence is the mother of good luck.” We are excited to finally see the fruits of that labor with the completion of our much-anticipated kitchen renovation sometime this month. That means we’ll soon be lucky as leprechauns, enjoying Richard’s tasty breakfasts and lunches once again! 🍀

Important Membership Update:

Due to recent staff issues, we are currently unable to process memberships at Highland Senior Center. However, you may start or renew your membership at any of our other senior or multigenerational centers for an annual fee of \$20. We are actively working to resolve this and appreciate your patience and continued support.

As always, if you have any questions, concerns, or would just like to chat for a few minutes, please feel free to set up an appointment or email me so we can find a good time to meet. We are here for you!

Chris Rogers

Center Manager

SAVE THE DATES!!!!!!!!!!

Coffee with Constituents



Manzano Mesa Multigenerational Center will be hosting Department of Senior Affairs Administrators for this event.

Thursday, March 26, 2026

8:30am–9:30am

Manzano Mesa

Multigenerational Center

TEENIORS MARCH SCHEDULE



Free Tech Help: March! *Albuquerque*

Tuesday, Mar. 3 @ 3:00-5:00p
Santa Barbara Martineztown Center

Thursday, Mar. 19 @ 2:00-4:00p
Los Volcanes Senior Center

Wednesday, Mar. 4 @ 3:00-5:00p
Palo Duro Senior Center

Friday, Mar. 20 @ 3:30-5:30p
Cherry Hills Library

Friday, Mar. 6 @ 3:00-5:00p
Bear Canyon Senior Center

Tuesday, Mar. 24 @ 1:00-3:00p
Manzano Mesa Multi Gen Center

Thursday, Mar. 12 @ 3:00-5:00p
Barelas Senior Center

Wednesday, Mar. 25 @ 3:00-5:00p
Highland Senior Center

Tuesday, Mar. 17 @ 3:00-5:00p
North Domingo Baca Multi Gen Center

Friday, Mar. 27 @ 1:00-3:00p
North Valley Senior Center

RSVP with your center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com
All are welcome - there are no stupid questions! Open and free to all!



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
4:30pm-6:30pm 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

Saturday

10:00am - 3:30pm FITNESS CENTER
10:30am-12:00pm Improver Line Dancing
1:30pm-3:30pm Music Jam Session
(Every 2nd Sat. of the month)

**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.

LOVE STORY Contest Winner-Our Journey of Life Begins

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell New Mexico. My roommate asked if I could be part of a Double Date. Didn't excite me in the slightest. He would provide the car and tickets to the Drive Inn theatre. No thanks was my quick response. His response was how about I include the soda pop and POPCORN. Bingo we had a deal.

A few days later we drove to pick up our date's. When she opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date her Father showed me his pistol and explained that if I had any funny idea's about his daughter he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied "What For", my reply was " You're going to Marry Me. You might as well pick out the ring". That was early July and we were married 13 November 1965.

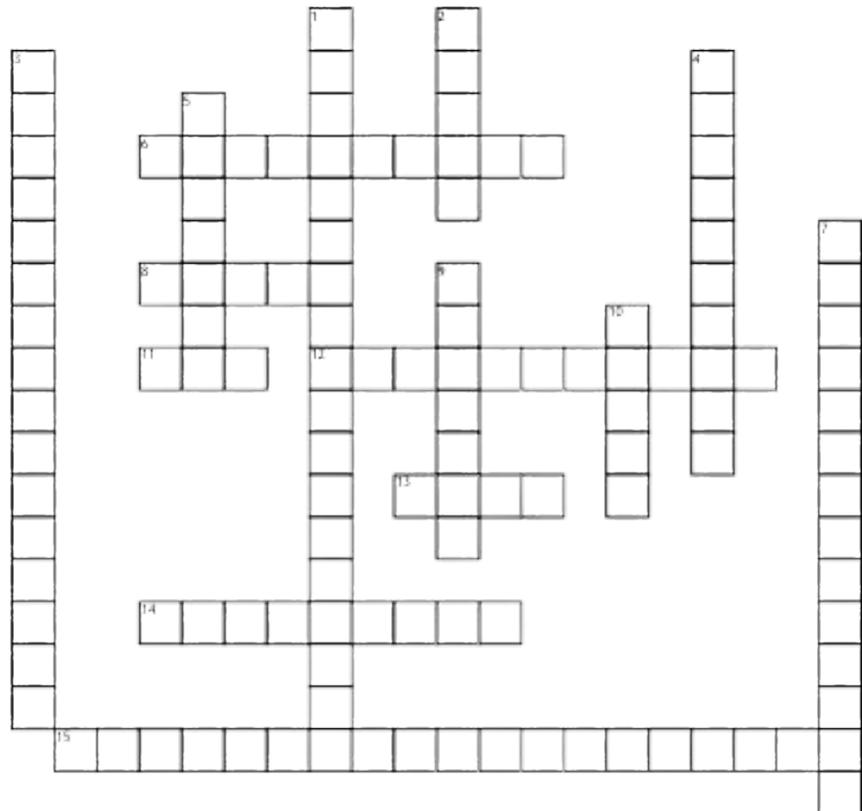
Our travels have taken us from California to Turkey and points in between. We've been blessed with two Children Tom and Jennifer, 5grandchildren 3 granddaughters 2 grandsons and 4 Great Grandsons. On 13 November 2025 we celebrated 60 years together.

Life is an amazing Journey packed full of ups and downs, mostly UPS. Enjoy the ride.

Jim & Joyce"



March Crossword



Across

6. What sport is March madness?

8. What you feel when you don't wear green.

11. Common Irish hair color.

12. One week break from school

13. Whats in the pot at the end of the rainbow.

14. Also known as a Shamrock

15. Begins on March 13th

Down

1. What is March declared as?

2. Day with a lot of math jokes on the 14th

3. Holiday on the 17th

4. Has a pot of gold at the end of a rainbow.

5. Some Irish people play these.

7. This plant could bring you good luck

9. Where you find a pot of gold.

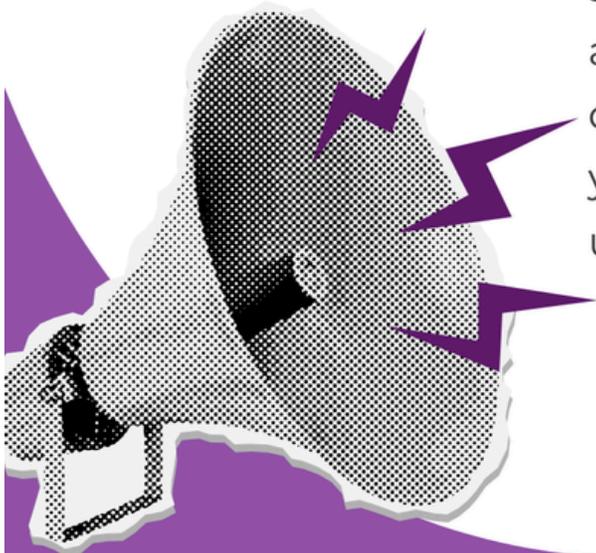
10. The color you wear on St. Patrick's day

NOTICE

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 build our team to serve you better.

Want to help us get back to full speed? We're hiring! If you or someone you know is passionate about serving our older adult community, we'd love to hear from you. Apply at cabq.gov/jobs or by using the QR code below.



**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.

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MARCH



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
Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz
9	10	11	12	13
Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz
16	17	18	19	20
Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Corned Beef & Cabbage 4oz Rosemary Potatoes 4oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz
23	24	25	26	27
Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	Mac & Cheese w/ Broccoli 3oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz
30	31	1	2	3
Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	Chicken Tetrazzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz