

NOVEMBER 2025

Highland Senior Center

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

The Holiday Season Is Near—Can You Feel That Crisp Autumn breeze?

As the leaves turn golden and the air grows cooler, we can't help but feel the excitement of the holidays drawing near. This time of year reminds us how truly blessed we are to share laughter, friendship, and special moments together here at Highland Senior Center. It's a season for giving thanks, spreading kindness, and celebrating the joy that comes from being part of such a caring community.

We are grateful for each and every one of you—our members, volunteers, and staff—who make Highland such a warm and welcoming place. Whether you're joining us for a holiday luncheon, decorating the center, or simply enjoying coffee and conversation with friends, your presence adds so much to the heart of our Highland family. As we enter this season of gratitude and celebration, please take note of a few friendly reminders:

- **As a reminder, we would love for you to join us for our Thanksgiving Day luncheon from 11:00 AM - 1:00 PM, November 27th, 2025, located at Barelvas Senior Center - 714 7th Street SW, 87102. Tickets go on sale Monday, November 3rd at 9:00 AM. Tickets must be purchased before the event.**
- Service animals are always welcome; however, pets are not permitted inside the building.
- Please make lunch reservations for the following day to help us plan and serve everyone comfortably.
- And don't forget to renew your membership so you can continue to enjoy all the wonderful programs, meals, and festivities offered through our Department of Senior Affairs Centers.
- "Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts."

May your days be filled with warmth, joy, and the spirit of the holidays. From all of us at Highland—happy holidays and heartfelt thanks for being part of our community!

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers
Manager

VACANT
Program Coordinator

Gloria Ortiz
Office Assistant

Julian Davalos
Program Assistant

Beverly Manuelito
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef



Chris Rogers
Senior
Center Manager

Chris Rogers
Center Manager

www.cabq.gov/seniors

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National Council on Aging



Department of Senior Affairs & CABQ Events



Ageless Artisan Craft Fair

Saturday | **15** | November
9 AM - 1 PM | 2025

Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123
505-275-8731

Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!



 **United Healthcare** 

Step right up to Albuquerque's senior artisan extravaganza! Feast your eyes on unique tin art, dazzling woodwork, captivating ceramics, sparkling jewelry, and fantastic photography. Join the family fun with toe-tapping live music and incredible local talent at Manzano Mesa

Multigenerational Center,

Saturday, November 15, 2025

9 AM-1 PM. Don't miss the artistic magic!

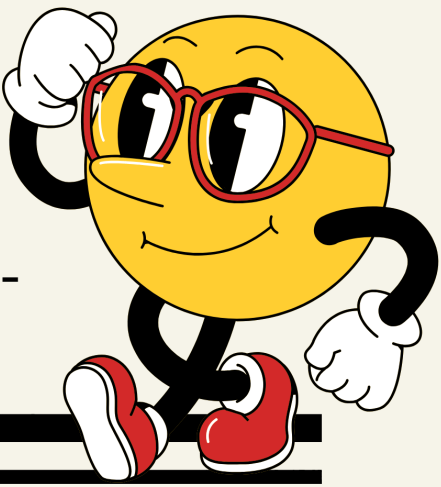


WE ARE

CLOSED

NOVEMBER 11-
VETERAN'S DAY

NOVEMBER 27 & 28-
THANKSGIVING



Volunteer Spotlight: Celebrating Our Highland Stars



From left to right: Esther, Connie, and Beth — three remarkable Highland members who were recently honored at the Annual City of Albuquerque Volunteer Breakfast for their outstanding service and dedication.

Connie, director of the Highland Harmonizers, received the City's highest honor — the Lifetime Achievement Award — recognizing an incredible 44 years of volunteer service with the City of Albuquerque. Her passion, leadership, and commitment have touched countless lives over the years.

Beth and Esther also share their time and talents generously, volunteering not only at Highland but at other centers as well. Every Tuesday morning, they bring music, movement, and joy to our community through their beloved ballroom dance class, helping members stay active while building friendships and fun memories.

We are deeply proud of Esther, Connie, and Beth, and profoundly grateful for the warmth, dedication, and heart they bring to Highland and beyond.

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
 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 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 Citizen's Law Office
(3rd Tues. of every other month)
 2:00pm-3:30pm Intermediate Line Dancing
 2:00pm-4:00pm 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 Exercise to Music
 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-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
 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 Exercise to Music
 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)

Please see
 our bulletin
 board for
 details about
 on-going
 classes

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.

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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November

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
 3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	 4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	 5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	 6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	 7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
 10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11  VETERANS DAY HONORING ★ ALL WHO ★ SERVED	 12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
 17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	 18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	 19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	 21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
 24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	 25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	 26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	

