NOVEMBER 2026

Highland Senior Center

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

A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.
At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Department of Senior Affairs pages for updates and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

Anna Sanchez
Director



Hours of Operation
Monday - Friday
8am - 5pm
Saturday 9am-1pm

Highland Staff

Chris Rogers
Manager

Michelle Padilla
Program Coordinator

Alexandria Davalos
Office Assistant

Anjelica Medrano
Program Assistant

Shayan Childers
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef

Nicole Munoz
Kitchen Aide



Chris Rogers
Center Manager



HIGHLAND SENIOR CENTER
ONGOING ACTIVITIES

FITNESS CENTER
Monday–Friday: 8:00 AM – 5:00 PM
Stay active. Stay healthy. Stay connected!

MEAL TIMES
Breakfast: 8:00–9:00 AM
Lunch: 11:30 AM–1:00 PM
Same times. Great food. Stronger together!

Reserve your lunch by 1:00 PM the day before to ensure a meal.

MONDAY

8:00 AM–12:00 PM	Flea Market	
9:00–10:00 AM	Aerobics	
9:15–11:00 AM	Veterans' Gathering – **ON HOLD**	
10:00–11:30 AM	Gathering of Artists	
10:15–11:15 AM	Gentle Exercise	
12:30–4:00 PM	Palo Duro Pottery Group	Room 2
2:00–4:00 PM	Mighty Palo Duro Singers	Room 7

TUESDAY

8:15–9:15 AM	Flex & Tone	
9:30 AM–12:00 PM	Watercolor	
10:00–11:00 AM	Partner Dance Class	
10:00 AM–1:00 PM	Palo Duro Sewing/ Alterations Group	Room 5
10:30–11:30 AM	Energy Yoga	
12:30–4:30 PM	AARP Smart Driver Class 1st Tuesday of each month	
1:00–3:00 PM	Conversation Spanish	
1:00–3:00 PM	Senior Citizens' Law Office 3rd Tuesday, every other month	
1:00–3:00 PM	Rainbow Artists Every 3rd of the month – confirm day	
2:00–3:30 PM	Intermediate Line Dancing	

HELPFUL REMINDERS
- Activities are subject to change.
- Please check the front desk or bulletin boards for updates.
- Some programs meet only on select weeks each month.
- Questions? Please see the front desk.

WEDNESDAY

8:30 AM–12:30 PM	GEHM Clinic 1st Wednesday of each month	
9:00–10:00 AM	Aerobics	
9:00–11:00 AM	**Senior Law Office** 9am–11am to Highland Senior Center, on We	
9:00 AM–12:00 PM	Silver Smith Group	Room 2
10:00 AM–12:00 PM	Highland Harmonizers	
10:15–11:15 AM	Gentle Exercise	
1:00–2:30 PM	Highland Folksong Circle Group	
1:00–3:00 PM	Knitting & Crocheting	
2:00–3:30 PM	Beginning Line Dancing	
3:00–5:00 PM	Beginning Ukulele	

THURSDAY

8:30 AM–4:00 PM	Palo Duro Pottery Group	Room 2
8:15–9:15 AM	Flex & Tone	
10:00 AM–12:00 PM	American Mahjong	
10:30–11:30 AM	Tai Chi	
1:30–2:30 PM	Chair Yoga	
2:00–4:00 PM	Senior LGBT Meeting 2nd Thursday of each month	
2:30–4:30 PM	ORCA Game Time 1st & 3rd Thursday of each month	

FRIDAY

9:00–10:00 AM	Aerobics	
9:30–11:30 AM	Rosemalers	
10:15–11:15 AM	Gentle Exercise	
10:30 AM–12:00 PM	Hightoners Singing Group	Room 3
12:30–3:30 PM	Silver Smith Group	Room 2

Check the bulletin boards for special events, trips, presentations and Department of Senior Affairs events!

🎈 Color, Culture & Creativity at Highland! 🎨

Highland Senior Center has offered wonderful experiences, including the Balloon Fiesta, performances by Turkish Dancers, and creative sessions with Painting with Suki. Members enjoyed fun, friendship, and lasting memories. Join in for more exciting activities!























Senior Law Office Information

HIGHLAND SENIOR CENTER

LEGAL CLINICS

Senior Citizens' Law Office | Remaining 2026 Dates

NOVEMBER
04
WEDNESDAY
2026

POWER OF ATTORNEY (POA)

9:00 AM - 11:00 AM

1st Wednesday of every other month

BRING: Current ID + agents' names & contact info

CALL TO ATTEND: (505) 265-2300

DECEMBER
02
WEDNESDAY
2026

GENERAL LEGAL CLINIC

9:00 AM - 11:00 AM

1st Wednesday of each month

SIGN UP IN ADVANCE - Space is limited

DECEMBER
15
TUESDAY
2026

ESTATE PLANNING & MEDICAID

1:00 PM - 3:00 PM

3rd Tuesday of every other month

SIGN UP IN ADVANCE - Space is limited

ADVANCE SIGN-UP | SPACE IS LIMITED

All three clinics take place at Highland Senior Center.

ACCESSIBILITY ASSISTANCE FOR POA

Seniors who are hard of hearing, non-English speaking, or have other accessibility needs may call SCLO at (505) 265-2300 for a one-on-one appointment.
SCLO office for these appointments: 1240 Pennsylvania St. NE, Albuquerque, NM 87110.

Only dates listed in the source flyers that remain after October 26, 2026 are shown.

Exciting Changes, Special Celebrations & Friendly Reminders!

A Warm Welcome to Our Palo Duro Friends!

As a friendly reminder, Palo Duro Senior Center is temporarily closed for some exciting renovations! While these improvements are underway, we encourage our Palo Duro friends to explore and enjoy other centers, including Highland Senior Center, Bear Canyon Senior Center, and Manzano Mesa Multigenerational Center, or any one of our other centers. It's a wonderful opportunity to try new activities, reconnect with old friends, and make some new ones along the way. ***Don't forget to reserve your meals in advance so you can enjoy lunch with us or at one of our other centers!*** Our doors are open, and we look forward to welcoming you!

Honoring Our Veterans – Tuesday, November 10

This November, we want to take a special moment to recognize the brave men and women who have served our country. Please join us on Tuesday, November 10, from 11:30 a.m. to 1:00 p.m. as we celebrate our veterans with coffee and cake during lunch, along with a special gift for our veterans as a token of our appreciation.

To all our veterans, thank you for your service, your sacrifices, and the example you continue to set for our community. We are grateful for each and every one of you!

Your Voice Matters – Share Your Thoughts!

Have an idea for a new activity? Something you'd like to see improved? Or maybe you just want to share something you love about Highland? We want to hear it all! Stop by our "Share Your Thoughts" suggestion box in the front lobby and let us know what's on your mind. Your feedback helps us continue growing and making Highland Senior Center an even better place for everyone.

Thank You for Being Part of Highland!

Whether you've been with us for years or are just joining us, we're glad you're here! It's our members who make Highland more than just a senior center. You make it a place of friendship, laughter, connection, and community.

We look forward to another wonderful month together!

New Classes Coming to Highland Senior Center!

Join us for music, creativity, and community.

Hightoners Singing Group

Every Friday
10:30am – 12:00pm
Room 3

Mighty Palo Duro Singers

Every Monday
2:00pm – 4:00pm
Room 7



Silver Smith Group

Every Wednesday 9:00am – 3:00pm
& Friday 12:30pm – 3:30pm
Room 2

Palo Duro Pottery Group

Every Monday 12:30pm – 4:00pm
& Thursday 8:30am – 4:00pm
Room 2





Palo Duro Sewing/Alterations Group

Every Tuesday
10:00am – 1:00pm
Room 5

HIGHLAND SENIOR CENTER

Holiday CLOSURE NOTICE

Highland Senior Center will be closed on the following dates in observance of the November holidays:



★ VETERANS DAY ★

Wednesday, November 11, 2026

Regular hours resume
Thursday, November 12, 2026,
from 8:00 a.m.–5:00 p.m.



THANKSGIVING HOLIDAY

**Thursday, November 26 &
Friday, November 27, 2026**



Open for the ticketed Thanksgiving Lunch only.
Regular programs and services are closed.

Saturday, November 28, 2026
Open
9:00 a.m.–1:00 p.m.

Monday, November 30, 2026
Regular weekday hours resume
8:00 a.m.–5:00 p.m.

We wish all our members and their families a wonderful Veterans Day and a Thanksgiving filled with gratitude, joy, and blessings!

Thank you for being part of our Highland Senior Center family!

DSA ADVISORY COUNCIL MEETING INFORMATION

Department of Senior Affairs Advisory Council
Your Voice Matters!

The Senior Affairs Advisory Council helps strengthen programs, services, and opportunities for older adults throughout Albuquerque by:

- Advocating for the needs of seniors
- Supporting quality programs and services
- Building strong community partnerships
- Providing valuable guidance to the Department of Senior Affairs

Upcoming Advisory Council Meeting
Monday, November 16, 2026
Time: 12:00–1:30 p.m.
Location: Conway Wood Multigenerational Center

December: No meeting scheduled.

Join Virtually via Zoom:
https://cabq.zoom.us/j/89110160434

Learn More:
Senior Affairs Advisory Council

Stay Connected, Stay Active, Stay Involved!
For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website
Visit www.cabq.gov/seniors for more information.

ONE ALBUQUERQUE

MEDICARE FAIR EVENTS AND FOOD PANTRY EVENTS

People Resources Community Together ♡

Upcoming Community Events

Helpful resources for health and community support

Stronger Seniors Brighter Community

Medicare Fair Event Series

Important Medicare information for Highland members and all community seniors!

LEARN
ASK QUESTIONS
GET SUPPORT

Your Health Matters at Every Stage ♡

Join us to learn about Medicare eligibility, enrollment, and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.



Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

Locations and Times

Bear Canyon Senior Center
- Medicare Event: **Oct. 14, 9–11 AM**
- SHIP Counseling: **Oct. 21, 9–11 AM**

Featured at

Highland Senior Center
- Medicare Event: **Oct. 15, 9–11 AM**
- SHIP Counseling: **Oct. 22, 9–11 AM**

Join us at Highland!

Manzano Mesa Multigenerational Center
- Medicare Event: **Nov. 6, 11 AM–1 PM**
- SHIP Counseling: **Nov. 18, 11 AM–1 PM**

Barelas Senior Center
- Medicare Event: **Nov. 12, 11 AM–1 PM**
- SHIP Counseling: **Nov. 19, 11 AM–1 PM**

For more information call
505-764-6400

Healthy Peopler Communities ♡

Free Mobile Food Pantry

Good Food. Stronger Neighbors.

NUTRITIOUS FOOD
BRIGHTER DAYS
A STRONGER COMMUNITY



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

Mobile food pantry for the community supplied by Roadrunner Food Bank.

ROADRUNNER FOOD BANK OF NEW MEXICO

Dates and Times

- **September 18, 2026** 2:00 PM–4:30 PM
- **October 16, 2026** 2:00 PM–4:30 PM
- **November 20, 2026** 2:00 PM–4:30 PM
- **December 18, 2026** 2:00 PM–4:30 PM

Age Well Belong Always ♡

City of Albuquerque Senior Affairs

COP Driving Safety Course

AmeriCorps Seniors

ONE ALBUQUERQUE senior affairs

Current Volunteer COP Holder Driving Safety Course

Because Every Safe Driver Makes a Difference

This course is MANDATORY for all current volunteer City Operators Permit (COP) drivers!

Course Includes:

- Basic & Advanced Driving Safety Rules
- How to Handle Emergencies
- Safe Driving Habits
- Avoiding Common Mistakes
- Driving Test



October 29th
November 5th & 12th

9am - 1pm

Anderson/Abruzzo Balloon Museum
9201 Balloon Museum Dr NE, 87113

Please call (505)767-5225 to sign up for one of the dates at least 3 days before the session.

AGELESS ARTISAN CRAFT FAIR- SATURDAY, NOVEMBER 14TH

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14

9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH SE
(505) 275-8731



- Tin Art
- Jewelery
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

Support Our Senior Artisans!

United Healthcare | cabq.gov/seniors | ONE ALBUQUERQUE senior affairs

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.

ONE ALBUQUERQUE

HOT LUNCH MENU

RESERVATIONS MUST BE MADE BY 1:00 PM THE DAY BEFORE. FEEL FREE TO VISIT US OR CALL 505-767-5210.

ONE ALBUQUERQUE

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
2	**3**	**4**	**5**	**6**
Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9	**10**	**CLOSED 11**	**12**	**13**
Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz		Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz	Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16	**17**	**18**	**19**	**20**
Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23	**24**	**25**	**CLOSED 26**	**CLOSED 27**
Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz		
30	**1**	**2**	**3**	**4**
Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz

Menu is Subject to Change