

October 2025

Highland Senior Center

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

Message from the Manager

“Time you enjoy wasting is not wasted time.” At Highland Senior Center, this saying truly comes to life! As we enter the final three months of the year, we’ve been busy with activities that are both enjoyable and meaningful.

- **The Fiestas at Barelvas was a tremendous success, attracting over 500 attendees for lively music, beautiful dancing, delicious food, and wonderful camaraderie. A special thank you to Barelvas Senior Center and all the other centers that contributed to making this event so memorable!**
- **After a well-deserved Labor Day break, we celebrated Healthy Living Day at the NM State Fair. Seniors had access to free health screenings, flu shots, and vendor discounts, courtesy of the NM Department of Health and Aging.**
- **Our new walking group at the ABQ BioPark Zoo has gained popularity, blending exercise with the joy of exploring the zoo. Additionally, we’ve introduced Virtual Bingo and health-focused events, demonstrating that staying active, engaged, and social is now easier—and more enjoyable—than ever. Today’s seniors lead vibrant lives: exercising, pursuing hobbies, volunteering, and even continuing their careers. Age is no barrier to living fully.**

The kitchen renovation is progressing nicely. We sincerely appreciate the patience and understanding of our members, visitors, staff, and vendors during this time.

I’ll leave you with this uplifting thought: “Both young children and older adults have plenty of time on their hands. That’s probably why they get along so well.”

Have a blessed day!

Chris Rogers

www.cabq.gov/seniors



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

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National Council on Aging

Center & Meal Program Information

MEMBERSHIP MATTERS

Active memberships are mandatory for participation in all activities, trips, dances and meals. Please renew expired memberships promptly to continue enjoying our facilities & other CABQ senior centers.

- The membership fee is **\$20** for the year & can be paid via **cash** or **card**.
- We can typically process memberships M-F between **9am-11am** or **1pm-3pm**.
- You can also renew or register at any CABQ senior or multigenerational center.

Both new and renewing members must complete the registration form onsite. Then, it has to be processed by our front desk. **Please plan to spend about 30 minutes on registration.** We appreciate your patience.

Reminder:

Meals are to be consumed in the Social Hall.

Take out meals or food are not permitted.

In accordance with the regulations set forth by the Area Agency on Aging and the New Mexico Aging and Long-Term Services senior meal program, meals are not permitted to be removed from the designated dining area. Exceptions to this rule include fruits such as apples, as well as individually wrapped cookies.

Thank you for your cooperation.

Questions? Comments?

Please contact Tim Martinez, Manager of the Senior Affairs Nutrition and Transportation Division, at **505-764-6450** for further clarification about meal program regulations and anything else related to the menu or meal program.

Lunch Reminder

As the leaves change and we welcome the cozy days of fall, there's nothing better than sharing a meal with friends at Highland! To help us make sure there's a plate for everyone, please let the front desk know by 1:00 PM the day before if you'd like lunch. You can call us at

(505) 767-5210 or sign up when you're at the center.

On the day of your meal, we kindly ask that you arrive by 12:30 PM.

After that time, any extra lunches may be shared with friends on the waitlist who are hoping to join in.

Thank you for being part of our table this fall—we look forward to enjoying good food and great company together! 🍂🍲💛



TRANSPORTATION SERVICES



Did you know that the Department of Senior Affairs provides complimentary transportation services for seniors aged 60 and above living within a five-mile radius of our senior and multigenerational centers? Current members can call 764-6400 for additional information.

Department of Senior Affairs & CABQ Events

Celebrate Albuquerque's senior artisans with one-of-a-kind tin art, woodwork, ceramics, jewelry, photography & more! Enjoy family fun, live music, and local talent at

Manzano Mesa

Multigenerational Center,

Saturday, November 15.



Ageless Artisan Craft Fair

Saturday | **15** | November
9:00 - 1:00 | 2025

Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123

**APPLICATIONS START
SEPTEMBER 1ST
APPLICATIONS DUE BY
SEPTEMBER 30TH**

Applications will be available at
at all Senior Centers or
Multigenerational Centers

ONE ALBUQUE senior affairs

“Prime Time 50+ Expo: Health, fun, and resources for seniors and caregivers—all in one place!”

Join us for a vibrant day connecting seniors and caregivers with health screenings, expert advice, lifestyle tips, and opportunities to stay active and engaged. A must-attend event for staying informed and inspired!

Wednesday October 8th

8:30am-1:00pm

Embassy Suites



29th Annual PRIME TIME MONTHLY MAGAZINE 50+ EXPO

Don't miss... **The Largest Health Fair in New Mexico!**

- Free Event -
Wednesday, October 8th 2025!
8:30AM - 1PM At Embassy Suites (Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings. The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

**Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!**

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PRESENTING SPONSOR


BlueCross BlueShield of New Mexico

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ONE ALBUQUE


FRENCH AMERICAN CHAMBER OF COMMERCE



Call 505-242-2428 or Visit PrimeTimeNM.com

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	Mah Jongg
12:30pm-4:30pm	AARP Smart Driver Class (every 1 st)
1:00pm-3:00pm	Conversation Spanish
1:00pm-3:00pm	Senior Citizen's Law Office
(3 rd Tues. of every other month, see page 7 for details)	
2:00pm-3:30pm	Intermediate Line Dancing
2:00pm-4:00pm	Rainbow Artists (every 3 rd)

Wednesday

8:00am - 6:30pm	FITNESS CENTER
8:30am-12:30pm	GEHM Clinic (every 1 st)
9:00am-10:00am	Exercise to Music
9:00am-12:00pm	Senior Law Office
(1 st Wed. of every other month, see page 7 for details)	
10:15am-11:15am	Gentle Exercise
10:00am-12:00pm	Highland Harmonizers
1:00pm-3:30pm	Knitting & Crocheting
12:00pm-12:30pm	Birthday Celebration (1 st)
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
10:30am-11:30am	Tai Chi
2:00pm-4:00pm	Senior LGBT Meeting (2 nd)
2:30pm-4:30pm	ORCA Game Time
	(every 1 st & 3 rd)

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 2 nd)

**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.

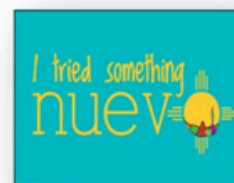
HOT LUNCH MENU

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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OCTOBER

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
29 Chicken Fajitas w/ Salsa 4oz Ranch Beans 2oz Flour Tortilla 4oz Hot Sliced Apples 2ea 1% Milk 8oz	30 Beef Stroganoff w/ Elbow Pasta 3oz Cauliflower w/ Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz JellO 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ Brown Rice 3oz Stir Fry Veggies 2oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea JellO 4oz 1% Milk 8oz
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
20 Beef Tips w/ Pasta Gravy 4oz Green Beans w/ Mushrooms 2oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ Garlic Butter 3oz Brown Rice 1oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz JellO 4oz 1% Milk 8oz