

October 2026

Highland Senior Center

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

From the Desk of Chris Rogers

October is shaping up to be another exciting month here at Highland Senior Center! As we move into the fall season, we continue to look for ways to bring our members together through fun activities, special events, learning opportunities, and plenty of chances to connect with one another.

This month, we have several great programs to look forward to, including Paint with Suki on October 14, a special Los Bailadores de Oro performance on October 23, Teeniors on October 28, and our big "Let the Ghoul Times Roll" Halloween Dance Bash on October 30. The Halloween Dance Bash will feature music, dancing, refreshments, and a cake walk, making it a fun way to close out the month together.

More to Look Forward To

October also brings several special events and resources throughout the Department of Senior Affairs and our community. Members can look forward to the 30 Years Prime Time Expo, the Ageless Artisan Craft Fair, a Veterans Wall of Honor Photoshoot, the Medicare Fair Event Series, and a Free Mobile Food Pantry. These events offer even more opportunities to stay informed, celebrate our community, access helpful resources, and stay connected.

Fun Fridays – October Colors!

We are keeping the fun going throughout October with our weekly Friday colors! Wear the color of the day, show your Highland spirit, and join in the fun:

- October 2 – Orange
- October 9 – Black
- October 16 – Green
- October 23 – Red
- October 30 – TBD: Team/Group Halloween Costumes

We are especially looking forward to October 30, when we will bring some extra Halloween spirit to the center with our team and group costumes!

October will also bring an important change within the Department of Senior Affairs. October 16 will be the last operational day for Palo Duro Senior Center before the center closes for renovations. During this transition, we may see some new faces visiting Highland and other senior centers throughout the city. We look forward to welcoming everyone and helping our fellow members stay connected while Palo Duro receives these much-needed improvements.

We are also beginning preparations for our Highland Senior Center Thanksgiving meal. More information and details will be coming soon regarding the meal, tickets, entertainment, and other plans. We are looking forward to creating a warm and enjoyable holiday celebration for our members.

As always, I appreciate the energy, participation, and sense of community that our members bring to Highland every day. Whether you are joining us for a class, enjoying a meal, attending a special event, participating in one of our Fun Fridays, or simply stopping by to visit with friends, you are what makes Highland Senior Center such a special place.

**I hope everyone has a wonderful October, and I look forward to seeing you around the center!
Have a blessed month!**

Chris Rogers
Center Manager
Highland Senior Center

For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website
www.cabq.gov/seniors

Hours of

Operation

Monday - Friday

8:00 AM - 5:00 PM

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

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National Council on Aging

HSC October Events Page



ENGAGE
CONNECT
BELONG

City of Albuquerque
Department of Senior Affairs
HIGHLAND SENIOR CENTER

OLDER
BOLDER
BRIGHTER
TOGETHER

October 2026
Senior Events

Fall into Fun!



INDIGENOUS PEOPLES' DAY CLOSURE
Monday, October 12
Highland Senior Center will be **CLOSED**.
In honor of Indigenous Peoples' Day, we recognize and celebrate the histories, cultures and contributions of Indigenous peoples.



RESPECT
HONOR
LEARN
TOGETHER

Paint with Suki
Unleash Your Creativity!
ONLY 8 SPOTS AVAILABLE
Wednesday, October 14
2:00 PM – 4:00 PM
Highland Senior Center Activity Room
All painting supplies provided.

Los Bailadores de Oro
Performance
Experience the Beauty of Traditional Dance!
Friday, October 23
2:00 PM – 3:00 PM
Highland Senior Center Social Hall

Teeniors
Students Helping Seniors
Get help with computers, tablets, phones and more!
Different Generations Stronger Together!
Wednesday, October 28
3:00 PM – 5:00 PM
Highland Senior Center • Room 8
TECHNOLOGY • FRIENDSHIP • BRIGHTER TOMORROWS

Let the Ghoul Times Roll!
Halloween Dance Bash
Friday, October 30
2:00 PM – 4:00 PM
Highland Senior Center • Social Hall
Refreshments • Cake Walk • DJ
DJ sponsored by Beth Ciccone
our Partner Dance Instructor

Good Friends ♥ *Brighter Days*
STAY ACTIVE • STAY CONNECTED • BELONG

ALL ARE WELCOME AT HIGHLAND SENIOR CENTER

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

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–12:00 PM	Mahjong
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 AM–12:00 PM	Senior Law Office 1st Wednesday, every other month
10:00 AM–12:00 PM	Highland Harmonizers
10:15–11:15 AM	Gentle Exercise
1:00–2:30 PM	Highland Folksong Circle Group
1:00–3:30 PM	Knitting & Crocheting
2:00–3:30 PM	Beginning Line Dancing
3:00–5:00 PM	Beginning Ukulele

THURSDAY

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



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



DSA Important Information

City of Albuquerque Department of Senior Affairs Advisory Council Meetings

- **August – No meeting**
- **Monday, September 21, 12:00–1:30 p.m. – North Domingo Baca Multigenerational Center**
- **Monday, October 19, 12:00–1:30 p.m. – Barelás Senior Center**
- **Monday, November 16, 12:00–1:30 p.m. – Conway Wood Northwest Multigenerational Center**
- **December – No meeting**

Coffee with Constituents



North Domingo Baca Multigenerational
Center

(Community Room)

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

Thursday, October 22, 2026

8:30am–9:30am

**North Domingo Baca
Multigenerational Center**

DSA ADVISORY COUNCIL MEETING INFORMATION

Department of Senior Affairs Advisory Council

Your voice matters!

The Advisory Council helps strengthen programs and services for older adults by:

- Advocating for seniors
- Supporting quality programs
- Building community partnerships
- Providing guidance to Senior Affairs

Learn More:

cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council

Join by Zoom:

cabq.zoom.us/j/89110160434



City of Albuquerque Department of Senior Affairs Advisory Council

2026 Schedule of Meetings- Zoom Link:
<https://cabq.zoom.us/j/89110160434>

January 26, 2026	Bear Canyon Senior Center – 4645 Pitt NE, 87111
February 23, 2026	Santa Barbara Martineztown Multigenerational Center – 1825 Edith Blvd NE, 87102
March 16, 2026	Palo Duro Senior Center – 5221 Palo Duro NE, 87110
April 20, 2026	Manzano Mesa Multigenerational Center – 501 Elizabeth SE, 87123
May 18, 2026	North Valley Senior Center – 3825 4 th St NW, 87107
June 15, 2026	Los Volcanes Senior Center – 6500 Los Volcanes NW, 87121
July 20, 2026	Highland Senior Center – 131 Monroe NE, 87108
August 2026	No Meeting
September 21, 2026	North Domingo Baca Multigenerational Center – 7521 Carmel Ave NE, 87113
October 19, 2026	Barelas Senior Center – 714 7 th St SW, 87102
November 16, 2026	Conway Wood Northwest Multigenerational Center – 10751 Cibola Loop NW, 87114
December 2026	No Meeting

Advisory Council shall:

- **Promote** awareness and education on senior issues, increasing community involvement and commitment to seniors.
- **Advocate** on behalf of seniors, ensuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- **Support** the program development by acting as the ears and eyes of the Department, assessing needs and skills of seniors, become knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery of services and supporting the funding development activities.
- **Support** the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs other entities.

Join the Highland Harmonizers!

*New members welcome –
come sing with us!*

Share your voice, make new friends, and have fun.



🎵 LOVE TO SING? COME JOIN THE HIGHLAND HARMONIZERS! 🎵

SING • MAKE FRIENDS • HAVE FUN!

No need to read music or sing like an opera star—just bring your voice, enthusiasm, and love of music!

🎤 **Led by Connie Devers — 46 Years of Bringing Voices Together!**

 **Wednesdays**

 **10:00 AM–12:00 PM**

 **Highland Senior Center**

Come make music, build friendships, and share the joy of song!



30 Years!

PRIME TIME 50+ EXPO

Join us as we celebrate 30
incredible years of the 50+ Expo!
Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!



8:30AM - 1PM at the

Museum of Natural History & Science

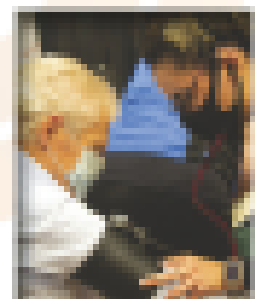
- FREE EVENT -

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



AND



For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428

PrimeTimeNM.com

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH

9:00 AM - 1:00 PM

MANZANO MESA
MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE
(505) 275-8731



Tin Art



Jewellery



Ceramics



Wood Work



Mixed-Media



Photography & More!



Support Our Senior Artisans!



United
Healthcare

cabq.gov/seniors

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senior affairs

HONORING OUR VETERANS

The City of Albuquerque Department of Senior Affairs is proud to recognize the veterans in our community and honor their service to our nation.

BE PART OF DSA'S VETERANS WALL OF HONOR
Veterans are invited to have a **complimentary professional portrait** taken for inclusion in our Veterans Wall of Honor, proudly displayed at participating Department of Senior Affairs centers.

NORTH VALLEY SENIOR CENTER

THURSDAY, OCTOBER 8TH FROM 9:00 AM - 11:00 AM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

FRIDAY, OCTOBER 9TH FROM 10:30 AM - 12:30 PM

BARELAS SENIOR CENTER

TUESDAY, OCTOBER 13TH FROM 9:00 AM - 11:00 AM

HIGHLAND SENIOR CENTER

WEDNESDAY, OCTOBER 14TH FROM 11:00 AM - 1:00 PM

PLEASE SIGN UP AT THE FRONT DESK

DSA Upcoming Events and Information

People
Resources
Community
Together
♥



Stronger
Seniors
Brighter
Community

Upcoming Community Events

Helpful resources for health and community support



Medicare Fair Event Series

Important Medicare information for Highland members and all community seniors!

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.

For more information call
505-764-6400

LEARN
ASK QUESTIONS
GET SUPPORT

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**

Your
Health
Matters
at Every
Stage
♥





Healthy
Peoples
Communities
♥



Free Mobile Food Pantry

Good Food. Stronger Neighbors.

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

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



FREE Healthy Food Happier Communities ♥

NUTRITIOUS FOOD
BRIGHTER DAYS
A STRONGER COMMUNITY

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

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
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz 1pc Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz 1oz Steamed Cauliflower 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
12 CLOSED INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	23 New Mexican Grown Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz 1ea Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz 2oz Stewed Tomato 4oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz

Menu is Subject to Change