

September

2026

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

From the Desk of Chris Rogers, Center Manager

Hello Highland Family,

September is here, and we are looking forward to another active and engaging month at Highland Senior Center. As we move into the fall season, our continued goal is to provide a welcoming environment where our members can stay active, connected, informed, and involved in their community.

The changing season reminds us that change is a natural part of life and growth. Some changes are welcomed, while others challenge us to adjust, learn, and see things from a different perspective. Yet every season of change brings new opportunities—to grow, build relationships, create memories, and appreciate the people and experiences that matter most. While change may bring something different, it can also bring something meaningful. Here at Highland, even as things around us change, our commitment to serving our members and strengthening our community remains constant.

As Center Manager, it is rewarding to see Highland continue to grow—not only through the programs, classes, trips, and special events we offer, but also through the relationships and sense of community that develop within our center. Our members are truly at the heart of what we do each day.

This September, I encourage you to take advantage of the opportunities available to you. Try a new class, participate in an event, join us on a trip, learn something new, or simply take the time to meet someone new. Sometimes one small step outside of our normal routine can open the door to a new experience, friendship, or opportunity.

As we continue working to strengthen and improve our center, please know that your participation, feedback, and support are important to us. We appreciate you choosing Highland Senior Center and allowing our staff the opportunity to serve you.

Fun Fridays – September Colors

Let's add a little extra fun and Highland spirit to our Fridays! Wear the color or theme of the week and join in with us:

- **Friday, September 4 – ❤️ BLUE**
- **Friday, September 11 – 💖 PINK**
- **Friday, September 18 – 🐆 CHEETAH**
- **Friday, September 25 – ❤️ LOBO RED**

On behalf of the entire Highland team, thank you for your continued support of our center, our programs, our staff, and one another. As we enter this new season together, let us continue to embrace change, appreciate the present, and look forward to the possibilities ahead.

We look forward to a wonderful September filled with learning, fellowship, growth, and new experiences.

Have a blessed September!

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

**ONE
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ncoa
National Council on Aging

HIGHLAND SENIOR CENTER SEPTEMBER 2026 EVENTS

LEARN • EXPLORE • CONNECT • HAVE FUN!



TAI CHI FOR ARTHRITIS

NEW 8-WEEK CLASS!



WEDNESDAY,
SEPTEMBER 2



1:30 – 2:30 PM



ROOM 8

Gentle Tai Chi movements to help improve **balance, flexibility, strength, and relaxation.**



PARTICIPATORY BUDGETING

PROJECT EXPO • CAST YOUR VOTE!



FRIDAY,
SEPTEMBER 11



12:30 – 3:00 PM



ROOM 8

Join Councilor Nichole Rogers and help decide how **\$1.7 MILLION** will be spent on community projects!

YOUR COMMUNITY • YOUR VOICE • YOUR VOTE

NATURAL HISTORY MUSEUM



DAY TRIP + LUNCH
AT OLD TOWN FARM



WEDNESDAY,
SEPTEMBER 16



10:00 AM – 2:00 PM

Visit the New Mexico Museum of Natural History & Science, followed by lunch at Old Town Farm.

ONLY 13 SPOTS
LOTTERY SELECTION

LIMITED SPACE!



AI SCAM & FRAUD PREVENTION

HOW TO PROTECT YOURSELF!



THURSDAY,
SEPTEMBER 17



9:30 AM – 11:00 AM



ROOM 8

Learn about the latest AI, phone, text, and email scams and how you can protect yourself from becoming a victim.

NO SIGN-UP REQUIRED!



TURKISH CULTURAL DANCE SHOW

MUSIC • DANCE • CULTURE



FRIDAY,
SEPTEMBER 25



2:00 – 3:00 PM



SOCIAL HALL

Enjoy a special afternoon celebrating the beauty and excitement of traditional Turkish dance and culture!



TEENIORS

TECH HELP FOR SENIORS



WEDNESDAY,
SEPTEMBER 30



3:00 – 5:00 PM



ROOM 8

Need help with your smartphone, tablet, computer, apps, email, or other technology?

BRING YOUR DEVICE AND YOUR QUESTIONS!

**THERE'S SOMETHING FOR
EVERYONE THIS SEPTEMBER!**

Come Learn • Come Explore • Come Connect • Come Have Fun!

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-ON HOLD
 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
 3:00pm-5:00pm 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

**PLEASE CHECK THE BULLETIN
 BOARDS FOR SPECIAL EVENTS,
 TRIPS, PRESENTATIONS OR
 DEPARTMENT OF SENIOR
 AFFAIRS EVENTS!**

**Breakfast is served
 Monday-Friday
 8:00am-9:00am
 Lunch is served
 Monday-Friday
 11:30am-1:00pm
 at Highland Senior
 Center**

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



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

Thursday, September 24, 2026

8:30am–9:30am

Los Volcanes Senior Center

DSA ADVISORY COUNCIL MEETING INFORMATION

Department of Senior Affairs Advisory Council

The Department of Senior Affairs Advisory Council works to improve the lives of older adults by advocating for seniors, supporting quality programs, and strengthening community partnerships. The Council provides valuable guidance to help ensure Department of Senior Affairs services continue to meet the evolving needs of our senior community.

Learn More: <https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council>

Attend the Meeting via Zoom: <https://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		
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.	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



CITY OF ALBUQUERQUE DEPARTMENT OF SENIOR AFFAIRS

SEPTEMBER 2026

LEARN • EXPLORE • CONNECT • HAVE FUN!



LABOR DAY CLOSURE

MONDAY,
SEPTEMBER 7

All Senior Affairs
centers will be closed.



FALL PREVENTION EVENT



FRIDAY,
SEPTEMBER 18, 2026
8:30 AM TO 12:00 PM

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



FBI FRAUD & SCAM PREVENTION PRESENTATION



TUESDAY,
SEPTEMBER 22
9:30 AM–11:00 AM

BARELAS SENIOR CENTER



AI SCAM CLASS

PRESENTED BY
JOEL WIGGLESWORTH

ALL CLASSES ARE HELD FROM
9:30 AM–11:00 AM.

- 1 THURSDAY, SEPTEMBER 3
PALO DURO SENIOR CENTER
- 2 THURSDAY, SEPTEMBER 10
SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER
- 3 THURSDAY, SEPTEMBER 17
HIGHLAND SENIOR CENTER



LEARN HOW TO PROTECT YOURSELF
FROM THE LATEST SCAMS!

ROADRUNNER FOOD BANK



FRIDAY,
SEPTEMBER 18, 2026
2:00 PM–4:30 PM

MANZANO MESA
MULTIGENERATIONAL CENTER

501 Elizabeth St. SE
Albuquerque, NM 87105



Something for Everyone This September!
COME LEARN • COME EXPLORE • COME CONNECT • COME HAVE FUN!



National Senior Center Month highlight at Highland

What National Senior Center Month Means at Highland

For me, National Senior Center Month is personal because I get to see every day what Highland Senior Center means to the people we serve. It is much more than a place to come for a meal or participate in an activity—it is a community where friendships are built, people feel welcomed, and our seniors know they have a place where they belong.

One of the best examples is seeing how Highland has continued to grow and come back together. When our kitchen reopened, we saw more and more members returning for breakfast and lunch. But what stands out to me isn't just the number of meals we serve. It's seeing members sitting around the tables laughing, checking on one another, welcoming someone new, and sometimes staying after their meal just to visit and enjoy each other's company.

I see that same sense of community during our dances, painting classes, educational presentations, day trips, special events, and everyday activities. Sometimes the most meaningful moments are the simplest ones—when a member stops by the office just to say hello, when someone makes a new friend, or when a member tells our staff how much they enjoy coming to Highland.

As Center Manager, those moments remind me why the work we do matters. Highland Senior Center isn't just a center -we are a community and, for many of our members, an extended family.

During National Senior Center Month, I want to thank our members, staff, volunteers, instructors, and community partners for helping make Highland a place where our seniors can stay active, connected, supported, and valued.

I am proud of what we are building together at Highland, and I am even more excited about where we are going.

Chris Rogers, Center Manager

Highland Senior Center

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.



ALOHA

FROM
HIGHLAND SENIOR CENTER!

Our 1st Annual

Luau Dance

Thursday, August 13th

What a wonderful time!
Thank you to everyone who
helped make it so special!





Music by Cuatro

**A BIG SHOUT-OUT TO
OUR PROGRAM COORDINATOR,
MICHELLE PADILLA!**

Michelle is doing an
AMAZING job bringing our
programs, activities, and
special events to life!
We truly appreciate all your
hard work and dedication!

**THANK YOU TO
CHRIS BURTON**
City of Albuquerque
Health, Housing &
Homelessness Department
for donating refreshments
and supporting our event!

**THANK YOU TO
ANA HUEZO**
for the bright palm trees
that brought the perfect
tropical atmosphere!

THANK YOU TO OUR AMAZING HIGHLAND MEMBERS
for coming out, having fun, and making the afternoon so special!

HIGHLAND SENIOR CENTER —
where friendship, community, and FUN come together!

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!

NEW LOCATION!

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



BlueCross BlueShield
of New Mexico

AND

LA VIDA LLENA
LIFE PLAN COMMUNITY

THE NEIGHBORHOOD
LIFE PLAN COMMUNITY



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LAW **Hurt? Call BERT.**



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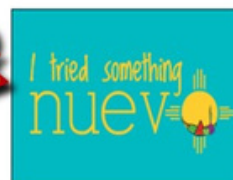
HOT LUNCH MENU

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

**ONE
ALBUQUE
RQUE**

SEPTEMBER

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
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	11 Chile Bowl /Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	16 Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	24 Anti-Inflammatory Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
28 Green Chile Chicken 3oz 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

Menu is Subject to Change