

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

Spring is officially here which excites me for warmer weather and things starting to bloom all around us. Staff have been working hard on bringing back activities that had yet to resume since the pandemic while members feel more comfortable coming back.

We are looking forward to and are excited for our first special luncheon returning this month on Friday, April 15 (see front desk or flyer for more information). With it being spring, we thought it to be appropriate to have an Earth Day event as well. Please join us for this free event on Friday, April 22 with a hands on activity hosted by some of our wonderful volunteers and some goodies!

Furthermore, we are planning more trips in and around Albuquerque. Be on the lookout for some new as well as past popular ones. If you have any suggestions of other trips or events you'd like to possibly see please share those ideas and we'd be happy to look into them!

Lastly, we will be hosting another vaccine clinic on Friday, April 22 from 1-4pm.

Thanks all for your patience and have a wonderful April and Happy Easter!

Best regards,

Tyler Dunn

Center Hours

M-W: 8a-5p Sat: 9a - 3p
Th: 8a-9p Sun: Closed
F: 8a-5p

Special Dates & Announcements

- Apr 8: Movie Matinee
- Apr 15: Spring Special Luncheon
- Apr 21: Lunch Bunch
- Apr 22: Earth Day Planting
- Apr 22: Vaccine Clinic
- Apr 22: Painting with Suki
- Apr 28: Meow Wolf Trip
- May 3: AFR Fall Prevention Class
- May 10: Abq Police Museum Trip

Resuming this month

- New Member Orientation
- AARP Driver Safety Classes

See Inside for more details

Accredited by 
National Institute of
Senior Centers



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Barelas Senior Center
MONDAY, APRIL 18

11:30 a.m. - Meet the Advisory Council
Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

V.F.W. POST 10763

Post meetings are held at Bear Canyon on the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

Newcomers welcome!

DRIVER SAFETY CLASSES

First Saturday of the month, 9:30 am to 1:30 pm
Third Thursday of the month, Noon to 4 pm
Cost: AARP members \$20; non-members \$25
Call (505) 767-5959 to register.

NEW MEMBER ORIENTATION

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

MEMBERSHIP CARDS

Membership Cards are required when purchasing meals and attending any activities at the center. Membership fee is \$20 per year and is valid at all Senior (50+) and Multigenerational centers.

HANDOUTS AVAILABLE AT FRONT DESK

- DSA Information Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque General Info311
Non-emergency Police242-COPS (2677)
Emergencies911

Department of Senior Affairs

NOTE FROM ANNA



Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast, AARP, and AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

GENERAL INFORMATION & ASSISTANCE

SUGGESTION BOX

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **"Serve some salt-free meals"**

Thank you for the suggestion. While we know that some members may have certain dietary restrictions, a state nutritionist with our nutrition division for the department does plan out our "hot" or "main entrée" meals monthly. This helps to ensure the meal is balanced while still meeting daily required intake values. On the other hand, we are also able to offer our a-la-carte menu items as another option. Regardless, I will be sure to make the kitchen staff aware of our members' requests going forward.

ONE ALBUQUE RQUE
diverseIT

FREE COMPUTER LEARNING CLASSES

UNSUBSCRIBE ME. HOW TO CANCEL, PAUSE OR CHANGE ONLINE SUBSCRIPTIONS
April 6, 2022
9am-11am
Palo Duro Senior Center
Call 505-888-8102 to Register

FACT VS. FICTION: WHAT'S REAL ON THE INTERNET?
April 22, 2022
10am-12pm
Los Volcanes Senior Center
Call 505-767-5999 to Register

UNSUBSCRIBE ME. HOW TO CANCEL, PAUSE OR CHANGE ONLINE SUBSCRIPTIONS
April 29, 2022
10am-12pm
Los Volcanes Senior Center
Call 505-767-5999 to Register

cabq.gov/seniors



Teeniors* are a tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, their goal is to empower you to connect with your loved ones, engage with your community, and the world through technology, while providing paid, meaningful jobs for youth in N.M.

First Friday of each month
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

Department of Senior Affairs

PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

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 email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

CITY OF ALBUQUERQUE



Mayor Timothy M. Keller

Department of Senior Affairs

Anna M. Sanchez, Director
Chris Sanchez, Associate Director

Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager
Ya Vette Bailey, Program
Coordinator
Brenda Carroll, Office Assistant
Isaiah Barton, Program Assistant
Vacant, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
Kelly Trujillo, General Service
Vacant, General Services



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of April is FOBC Secretary PJ Faubion.

You know, when you get to be my age, you have a lottt!!! of history. One of my least favorite subjects to talk about is - me. One of my most favorite subjects to talk about is Bear Canyon so I'll start there, then expand. I like the Out to Lunch Bunch, I like the Out to Dinner Group, I like the Pie and Ice Cream Social, I like Special Luncheons, I like Movin' On, I like FOBC, I like any trip on the van when Ron is driving. I like dogs and plants and homemade orange marmalade jam. I like having a beer with my friends, and I like having lunch with them too, and I like gambling in a casino anytime, any place, whether I'm with my friends or not. By the way, I was born in Texas. Yay Texas!

FOBC Thank You

A special thank you to the Friends for purchasing the new popcorn machine. With the help of Jim Berdine, we initiated the machine at the March 22 Friendship coffee. Children from the youth program at North Domingo Baca and our seniors enjoyed a fresh bag of popcorn.



Spring has sprung!

Time to clean the car. Here is your opportunity to purchase car wash tickets for Mister Car Wash. This is a FOBC fundraising event that will benefit the Bear Canyon Senior Center. Tickets on sale until Friday, April 8.

The Piano is here...

A special thank you goes out to the Friends of Bear Canyon and the Piano Groups for their coordinated efforts. Together, they purchased a piano and organized it's delivery to Room 2.



CALENDAR & ACTIVITIES

BEAR CANYON WALKING GROUP

Tuesdays, 9:00 a.m. to 10:00 a.m.

Meet in the lobby at 9:00am and walk around the area or parks close to the center. Open to everyone.

OPEN BIBLE STUDY

Thursdays, 9:00 a.m. to 10:00 a.m.

Everyone Welcome



WINDOWS

WINDOWS PC CLASSES

For a calendar of Bear Canyon computer activities, visit:

www.brownbearsw.com/freecal/bcsc

We conduct classes on a variety of Windows PC topics. To join our email list and receive course notifications, contact:

Gary Day (505)-292-4909 or email garylday@msn.com or Walter Garrett at bcwinclasses@gmail.com

OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00–11:00 am

iMac, PC, and iPad are available for members' use.

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month

8:30 a.m. to 12:00 p.m.

In the Lobby

GEHM provides a wide variety of health services to help seniors achieve and maintain a high level of health and independence. UNM nursing and pharmacy students provide the services.



BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

Room 2

CALENDAR & ACTIVITIES

PAINTING WITH SUKI

Friday, April 22
2:00 p.m. to 4:00 p.m. Room 5

Space is limited, please register at the front desk



BE BRAVE: with HEART a fall recovery class
Albuquerque Fire Rescue is proud to offer **BE BRAVE: with HEART.**
a dynamic 90 minute session of discussion & practice.

Brainstorm	Execute	Breathe. through nose & slowly exhale
What is a fall?		Remain positive.
Breathing (anatomy of breathing)		Assess body & from toes to head
STEADI protocol: 30 sec chair stand,		surroundings. Where are you
Timed up & Go, 4 stage balance		Venture to safety. crawl, scoot, pull/drag
Fear cycles of falls		Engage help. call family, friends/911
How to get up off the ground		
Be BRAVE: Fall action plan		
Concerning symptoms		

Bear Canyon Senior Center

9:00-10:30

Tuesday May 3, 2022

Participation is strongly encouraged. Firemen, Physical Therapists or Occupational Therapists will be available to answer questions.

By practicing fall recovery, confidence in one's own abilities will increase reducing the fear of falling.

Please wear secure shoes and layers.

For more information contact:
Lt. Athena Valerio-Hirschfeld 505.768.3791

Home Engagement Alternative Response Team



Space is limited, please register at the front desk.

Dig in! It's Earth Day



**FRIDAY, APRIL
22ND FROM
9:30AM—12PM
IN MULTIPURPOSE
ROOM**

Join us and Josie Tennent,
our gardening and
houseplant expert, for an
Earth Day Celebration.
Learn how to plant and care
for seedlings that you will
get to take home.
Refreshments, seedlings, and
supplies for planting will be
provided.

REGISTER AT THE FRONT DESK (SPACE MAY BE LIMITED)



*Spring
is in the
Air*



Bear Canyon's Special Luncheon
Friday, April 15th
Seating at 11:30 am
Tickets on Sale Now
Fee: \$4.00

No Refunds

Menu

- Salmon w/Garlic sauce
 - Rice Pilaf
 - Normandy Blend Vegetables
 - Dinner Roll
- Dessert Sponsored by:
TBD

MEMBERSHIP AND RESERVATIONS ARE REQUIRED

*If you do not have a reservation, lunch may not be available since extra and/or a la carte lunch options will not be served.

Calendar & Special Events

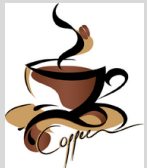
THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



Come on Thursdays for a whirl around the dance floor. Your current membership card and \$3 will get you in for an exciting evening of music and dancing.

- **Apr 7 - Swing Shift**
- **Apr 14 - Roger Burns**
- **Apr 21 - Paul Pino**
- **Apr 28 - Latin Soul**



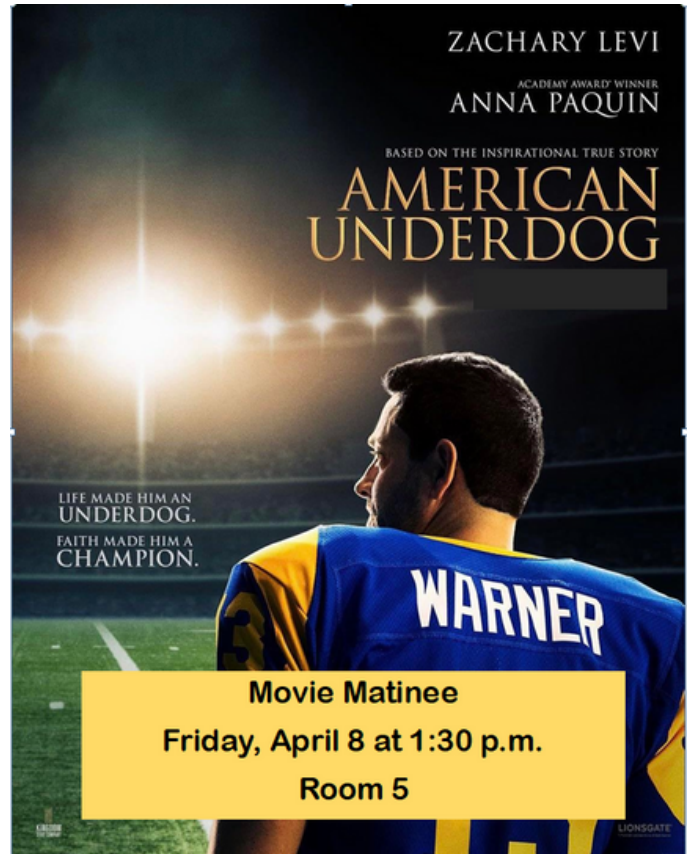
FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

Friendship Coffee is a great opportunity to gather with old friends and make new ones while enjoying a cup of coffee and a morning treat. The event is free, thanks to the generosity of our sponsors and supporters.

Last month's sponsors:

- **Mar 1 - Primerica**
- **Mar 8 - Sandia Vista**
- **Mar 15 - MedCare**
- **Mar 22 - Blue Cross Blue Shield**
- **Mar 29 - MedCare**



Let's Do Lunch!

LUNCH BUNCH

Thursday, April 21, at la Madeleine
2110 Louisiana Blvd NE, at 11:30 a.m.

Please sign up at the front desk and let us know if you'll be riding on the van or taking your own vehicle.

Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.
Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
1 egg, bacon or sausage, hash browns (Chile optional)	

A-la-Carte

Egg25
2 Pieces of bacon or sausage50
Pancake25
French Toast25
Egg Muffin Sandwich	1.00
Toast or Tortilla20
Hash Browns30
Hot Cereal w/milk70
Side of Chile25

Waffle Wednesday:

Plain	1.00
With Strawberries & Cream	1.50
Biscuits & Gravy (Thursdays)	1.00
Huevos Rancheros (Fridays)	1.50

Drinks

Milk25
Juice25
Coffee or tea30

Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

Milk25
Juice25
Coffee or tea30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

April Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25






















Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.



April 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1 ♦ Turkey w/Gravy ♦ Stuffing ♦ Vegetables ♦ Fruit ♦ 1% Milk 
4 ♦ Salisbury Steak w/Gravy ♦ Roasted Redskin Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	5 ♦ Rotisserie Chicken ♦ Brown Rice ♦ Beets w/Onions ♦ Dinner Roll ♦ Fruit ♦ 1% Milk 	6 ♦ Turkey Chef Salad ♦ Orzo Pasta w/Red Peppers ♦ Croissant ♦ Pudding ♦ 1% Milk 	7 ♦ Frito Pie ♦ Vegetables ♦ Corn Chips ♦ Fruit ♦ 1% Milk 	8 ♦ Garlic Tilapia ♦ Pasta w/Diced Tomatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 
11 ♦ Sloppy Joe ♦ Tater Tots ♦ Vegetables ♦ Yogurt ♦ 1% Milk 	12 ♦ Egg Salad Sandwich ♦ Mediterranean Mixed Bean Salad ♦ Fruit ♦ 1% Milk 	13 ♦ Chicken Fajitas ♦ Spanish Brown Rice ♦ Vegetables ♦ Fruit ♦ 1% Milk 	14 ♦ Chicken Tender w/BBQ Sauce ♦ Steamed Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	15 ♦ Baked Cod w/Tartar Sauce ♦ Orzo Pasta w/Black Olives ♦ Vegetables ♦ Chocolate Cake ♦ 1% Milk 
18 ♦ Carne Adovada ♦ Vegetables ♦ Pinto Beans ♦ Cookie ♦ 1% Milk 	19 ♦ Beef Fajitas ♦ Sweet Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	20 ♦ Beef Patty w/Mushroom & Swiss ♦ Vegetables ♦ Hamburger Bun ♦ Fruit ♦ 1% Milk 	21 ♦ Spaghetti w/Meat Sauce ♦ Vegetables ♦ Fruit ♦ 1% Milk 	22 ♦ Southwest Omelet ♦ Stewed Tomatoes ♦ Hash Browns ♦ Fruit ♦ 1% Milk 
25 ♦ Bean & Rice Burrito topped w/Red Chile & Cheese ♦ Vegetables ♦ Cake ♦ 1% Milk 	26 ♦ Beef Tips w/Bowtie Pasta ♦ Vegetables ♦ Wheat Roll ♦ Fruit ♦ 1% Milk 	27 ♦ Baked Chicken ♦ Southern Black Eyed Peas ♦ Brown Rice w/Red Peppers ♦ Fruit ♦ 1% Milk 	28 ♦ Baked Ziti ♦ Steamed Green Beans ♦ Seasonal Vegetables ♦ Apple Sauce ♦ 1% Milk 	29 ♦ Roast Beef w/Gravy ♦ Parsley Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.