



A Message From Our Center Manager

Hello,

The month of July came and went so fast! We have been thrilled to see so many familiar faces and many new faces since re-opening on July 6. We want to thank you for your patience as we work through the re-opening process, including the updating and renewal of the membership cards. Please continue to check with our front desk staff and volunteers for details about all returning activities and classes as changes are happening frequently. While we are excited to return to a “new normal”, we are still being safe, following state guidelines and keeping sanitary practices in place.

In other center news, after 7 years of dedicated service to the Department of Senior Affairs and 5 of those years here at Bear Canyon Senior Center, Pauline Clements has decided to retire. We would like to thank Pauline for all she's done for Bear Canyon and we would like to congratulate her on her retirement. She will truly be missed.

Thank you all for the continued support of Bear Canyon Senior Center, have a great August!

Best Regards,

Tyler Dunn, Center Manager

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

Special Dates & Announcements

08/13: New Member Orientation

08/19: Lunch Bunch

08/19: Teeniors (by Appt)

08/25: Transition Workshop

All Centers Closed

There will be no classes or activities on September 6.

GENERAL INFORMATION & ASSISTANCE

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
Vacant, Program Coordinator
Ya Vette Bailey, Office Assistant
Gabrielle Banuelos, Program
Assistant
Vacant, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Services



Department of Senior Affairs



NOTE FROM ANNA

Hello,

Over the last few weeks, we have adored seeing our senior, multigenerational and sports and fitness centers come alive again! As we continue to scale up our programming, I want to share some important priorities and reminders when visiting our facilities.

The truth is every community has a responsibility to keep others safe in order to make it possible to be together again, but know the burden isn't yours alone. We are here to carry it with you, and we continue our commitment to making sure we are practicing consistent cleaning and sanitizing protocols in our centers. We ask that you do your part by continuing to wash your hands, wear your mask if you are not fully vaccinated, and please stay home if you are not feeling well. Even if you are vaccinated, and feel more at ease wearing your mask, please do not hesitate to do so when visiting. We are all adapting and learning new ways of being back in the community. Although it's hard to resist the physical hugs, handshakes and high fives, we should be mindful in respecting everyone's comfort levels of contact.

We have also realized transitioning back to a regular routine is something everyone is setting at their own pace and it might take some time to adjust to a new normal. With the release of our newly updated Activities Catalog, we hope it will help provide some reminders of favorite activities you used to love or help in finding new passions and curiosities to explore.

As always, if you have any questions about programming and services, please do not hesitate to reach out to myself or our staff members, contact our Senior Information Line at 505-764-6400 or visit our website at cabq.gov/seniors for updates and for more information.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

HELPFUL NUMBERS

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

V.F.W. POST 10763

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

Newcomers welcome!

AARP DRIVER SAFETY

First Saturday of the month, 9:30am to 1:30pm
Third Thursday of the month, 12:00pm to 4 pm

Cost: AARP members \$20; non-members \$25

Call (505) 767-5959 to register.

The AARP Smart Driver™ online course is still an option and you can register at:
<https://www.aarpdriversafety.org/>

Please check with your insurance agent to see if you're eligible for a discount.

NEW MEMBERS

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

Welcome to Bear Canyon!

MEMBERSHIP CARDS

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

HANDOUTS AVAILABLE AT FRONT DESK

- Catalog of activities for all City Centers
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

GENERAL INFORMATION & ASSISTANCE



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.

Friday, August 19, 2:00 p.m. to 4:00 p.m.

Please sign up at the front desk

BEAR CANYON APPLE USER GROUP

The Bear Canyon Apple User Group offers phone help and in-person appointments for all Apple devices (iMac, iPad and iPhone). Email Linda Taylor (lndt1r@gmail.com) to set up a help session. Free, but donations are welcome.



HEALTH & FITNESS

BLOOD PRESSURE SCREENING

Wednesdays, 9 a.m. to 11 a.m.

TOPS

TAKING OFF POUNDS SENSIBLY

Thursdays, 8:00 a.m. to 9:15 a.m.

EXERCISE

Chair Yoga

Mondays, 2:30 p.m. - 3:30 p.m.

Dancing with the Bars

Thursdays, 2:30 p.m. - 3:30 p.m.

Tai Chi Chih Practice

Wednesdays, 2:30 p.m. - 3:30 p.m.

Tai Chi Chuan

Saturdays, 11:30 a.m. - 1:00 p.m.

TNT Dynamite

Mondays, Wednesdays and
Fridays 2:30 p.m. - 3:30 p.m.

Yoga

Fridays, 10:00 a.m.- 11:00 a.m.

Zumba

Mondays, Wednesdays and
Fridays 8:15 a.m. - 9:15 a.m.

** Check our on-going class
schedule for any class fees.

Calendar & Activities



HEAT-HIGH ENERGY ACTIVE TRAVEL GROUP

HEAT is resuming this month
1st and 3rd Friday of each month
1:00 p.m. - 3:00 p.m. Room 5

A guest speaker is scheduled for August 20th at 1pm.

MEXICAN TRAIN

Mexican Train is back!
Saturdays, 10:00 a.m. to 12:30 p.m.



CRIBBAGE



Welcome to everyone who enjoys playing cribbage and meeting other members. Cribbage games have resumed on Mondays from 9 a.m. to 12 p.m. in the main lobby area. Tables and chairs will be set up already. Please feel free to bring your cribbage boards, pegs, and cards.

HEARTS

Do you like playing HEARTS? We have someone willing to resume the Friday Hearts Group from 9:00a.m. to 12:00 p.m. If you're interested please contact the front desk. If we have enough people interested we can bring the group back.



Calendar & Special Events

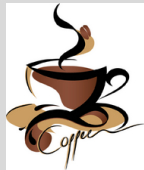
THURSDAY NIGHT DANCE

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.



- **Aug 5 - Swing Shift**
- **Aug 12 - Roger Burns**
- **Aug 19 - Paul Pino**
- **Aug 26 - Latin Soul**



Friendship Coffee

Every Tuesday, 9:30am to 10:30am

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 these sponsors and supporters:

Last month's sponsors:

- **Jul 13 - Sandia Vista Senior Living**
- **Jul 27 - Bear Canyon Estates**

LUNCH BUNCH



Thursday, August 19, at Jinja
89 Holly Ave NE Ste. B at 11:30 a.m.
(near Trader Joe's, off of Paseo Del Norte and Ventura)

Please sign in at the Front Desk. You will need your own transportation and can either meet at Jinja or meet at the center at 11am and caravan together.

TRANSITION WORKSHOP

Techniques to Work Through Transitions in Your Life and Move Forward

Join Alan J. Auerbach, Certified Professional Life Coach, for a journey of self-discovery in a safe and supportive environment. Why are transitions so difficult? The only constant is change! We are shifted out of our comfort zone: We must examine how we fit in a new situation which may require new skills. We will explore the path to self-awareness to create clarity and find what you really want to accomplish. Through a fun and interactive exercise we will learn how to make our transitions less stressful.

WEDNESDAY, AUGUST 25
9 – 10:00 AM

Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8 to 9 a.m., Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, 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

August 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 767-5959

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> ◆ Meatloaf W/ Tomato Gravy ◆ Roasted Red Potatoes ◆ California Blend ◆ Cupped Fruit ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Philly Cheese Steak ◆ Macaroni Salad ◆ Green Beans ◆ Hoagie Bun ◆ Cinnamon Apples ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Green Chili Chicken Enchilada ◆ Pinto Beans ◆ Spanish Rice ◆ Orange ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ 5 Cheese Tortellini W/ Marinara Sauce ◆ Garlic Bread Sticks ◆ Broccoli / Red Peppers ◆ Pudding ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Hawaiian Salmon W/ Pineapple ◆ Rice Pilaf ◆ Diced Beets ◆ Dinner Roll W/ Margarine ◆ Honey Dew ◆ 1% Milk 
9 <ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Orzo W/ Fajita Blend ◆ Green Peas ◆ Pudding ◆ 1% Milk 	10 <ul style="list-style-type: none"> ◆ Cheeseburger W/ Mushrooms ◆ Pinto Beans ◆ Fries ◆ Hamburger Bun ◆ Banana ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Lime Fish Tacos ◆ Calabacitas ◆ Tortilla ◆ Cherry Cobbler ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Beef Tips W/ Gravy ◆ Spinach ◆ Sweet Potato ◆ Applesauce ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Normandy Blend ◆ Garlic Bread Stick ◆ Watermelon ◆ 1% Milk 
16 <ul style="list-style-type: none"> ◆ Omelet W/ Red Chile ◆ Stewed Tomatoes ◆ Tater Tots ◆ Cookie ◆ 1% Milk 	17 <ul style="list-style-type: none"> ◆ Spaghetti W/ Meatballs ◆ Green Beans ◆ Garlic Breadstick ◆ Cantaloupe ◆ 1% Milk 	18 <ul style="list-style-type: none"> ◆ Pork Chop W/ Brown Gravy ◆ Scalloped Potatoes ◆ Italian Blend ◆ Yogurt ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Pollock Fish W/ Tartar Sauce ◆ Mac and Cheese ◆ Green Beans ◆ Pears ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Chicken Stir Fry ◆ White Rice ◆ Baby Carrots ◆ Pineapple ◆ 1% Milk 
23 <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Brown Gravy ◆ Roasted Rosemary Potatoes ◆ Mixed Vegetables ◆ Apricots ◆ 1% Milk 	24 <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Buttered Corn ◆ Broccoli / Red Peppers ◆ Cookies ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Baked Seasoned Chicken ◆ Sweet Potatoes ◆ Green Beans ◆ Yogurt ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Fajita Blend ◆ Garlic Breadstick ◆ Orange ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Beef Stew ◆ Buttered Cabbage ◆ Crackers ◆ Peach Cobbler ◆ 1% Milk 
30 <ul style="list-style-type: none"> ◆ Sliced Ham ◆ Corn Bread ◆ Pinto Beans ◆ Collard Greens ◆ Peaches ◆ 1% Milk 	31 <ul style="list-style-type: none"> ◆ Asian Beef Stir Fry ◆ Buttered Noodles ◆ Garlic Bread Stick ◆ Pineapple ◆ 1% Milk 	1 <ul style="list-style-type: none"> ◆ Fish & Chips ◆ Stewed Tomatoes ◆ Warm Sliced Apples ◆ 1% Milk 	2 <ul style="list-style-type: none"> ◆ Chicken Alfredo ◆ Green Beans ◆ Garlic Breadstick ◆ Strawberries ◆ 1% Milk 	3 <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Tater Tots ◆ Lettuce/Tomato/ Onion/Pickle ◆ Hamburger Bun ◆ Pear ◆ 1% Milk 