

**BEAR CANYON SENIOR CENTER**

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

cabq.gov/seniors

**Department of Senior Affairs**



**A Message From Our Center  
Manager**

Hello all!

It is that time of the year where summer is nearing an end, and kids are going back to school. We hope that everyone is enjoying their summer and staying out of the extreme heat while attending some of our great events to stay cool here at the center!

Last month, we enjoyed a wonderful Independence Day Social with live music from a local member, Norio. Participants also enjoyed a car show provided by Pajarito Car Club along with grilled hot dogs, lemonade and freshly made popcorn! Thanks to all of the staff, volunteers, sponsors, Norio and Pajarito Car Club for contributing to another fun event.

Coming up this month, the Friends of Bear Canyon will be hosting an Appreciation Social for the center and its members on August 23 (more details to follow).

Lastly, I would like to recognize and thank our two Job Mentorship Interns that we hosted for the summer. Their hard work, assistance and eagerness to learn while integrating into our team was a tremendous help. We hope that it was a positive experience for them and wish them nothing but the best in the future.

We will see you all next month. As always, we appreciate your continued support and participation!

Best regards,

Tyler Dunn

**Center Hours**

M-W: 8 am - 5 pm    Sa: 9 am - 3 pm

Th: 8 am - 9 pm    Su: Closed

Fr: 8 am - 5 pm

**DATES TO REMEMBER**

- Aug 5-9 BCSC is Closed (See below)
- Aug 13 Santa Fe Farmers Market Trip  
Flea Market
- Aug 15 Lunch Bunch
- Aug 20 FOBC Restaurant Fundraiser  
Taos Gorge Bridge & Plaza Trip
- Aug 22 Ron's Schwebach Farm Trip
- Aug 23 FOBC Member Appreciation
- Aug 27 Flea Market

**AUGUST CLOSURE NOTICE**

The following senior and fitness centers will be **CLOSED** from August 5 through August 9 for Employee Training:

**Bear Canyon & Barelás  
Highland & Palo Duro**

Normal hours and operations will resume on Saturday, August 10.

Accredited by   
National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE



VFW Post 10763 in partnership with Bear Canyon Senior Center is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Bring your non-perishable food items (items that do not require refrigeration) to Bear Canyon Senior Center the month of September.

### VFW Meetings

Post meetings are held at Bear Canyon the first Thursday of every month at 9:30 am. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.



**1st Saturday of the month**  
**9:30 am - 1:30 pm**  
or

**3rd Thursday of the month**  
**12 - 4 pm**

Cost: AARP members \$20; non-members \$25  
Call (505) 767-5959 to register.

### Navigating Medicare Assistance

**Tuesday, August 20, 2024**

**Lobby**

**10 am – 2 pm**

Provided by NM Aging and Long-Term Services SHIP Counselors.

### NEW MEMBER ORIENTATION

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 - 11:30 am. Anyone who would like to attend is welcome.

**Next orientation: September 13, 2024.**

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

### HELPFUL NUMBERS

Department of Senior Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## GENERAL INFORMATION & ASSISTANCE

### COMPUTER ROOM INFORMATION



#### OPEN COMPUTER LAB

**Monday, Wednesday, and Friday**  
**9 - 11 am**  
**iMac, PC, and iPad available**



#### PC COMPUTER WORKSHOP

Third Wednesday of the month  
1:30 pm to 3:30 pm  
Contact person: Harold Gottlieb  
Email: hbgottl2@q.com



#### APPLE MAC WORKSHOP

Fourth Saturday of the month  
9:30 am - 12:30 pm  
Computer Lab  
Activity Leader: Bo Keith  
Email: bnkeith@comcast.net

Anyone with an iMac, iPhone or iPad is welcome to attend. A presentation will be followed by an open question and answer period.

### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



**Second Tuesday of the month**  
**8:30 am - 12 pm**  
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 - 11 am**  
Room 2

We are retired registered nurses with varied professional experiences ranging from emergency room, surgical, case management, oncology, public health including infectious diseases and overall health promotion and disease prevention. To join us call Lupe at 505-401-2558.

## CALENDAR OF ACTIVITIES

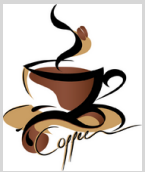
### THURSDAY NIGHT DANCE

6 - 8:30 pm



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.

- **Aug 1** DJ- Jim's Night Train
- **Aug 8** CLOSED
- **Aug 15** Paul Pino
- **Aug 22** Roger Burns
- **Aug 29** Guest Band: Jazz Breeze



### FRIENDSHIP COFFEE

Every Tuesday, 9:30 - 10:30 am

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 2** Oak Street Health
- **Jul 9** Karen Cooper Agency
- **Jul 16** Sandia Vista Hospice
- **Jul 23** Beehive Homes
- **Jul 30** Enchanted Sky Hospice

## Pie Social

Monthly on the 3rd Friday

1:30 – 2:30 pm

Social Hall

Stop by for free pie and ice cream.  
Enjoy Fun, Fellowship and Friends.

Sponsored by: Anna with  
SEASONS Real Estate



### PIE AND REAL ESTATE!

Hi! I'm Anna, your Senior Real Estate Specialist. I'm the positive person that brings the pie and ice cream for the monthly Pie Socials. I am on a mission to help people get to the next chapter in their lives. If you or a loved one is curious about the real estate market, let's chat! Let me know if any of the following information would be helpful to you: value of your current home, real estate market data and neighborhood trends, current inventory review, tips for selling in the future, downsizing, organizing, senior living, relocating, etc. Thank you for having me!



Anna Herrera, SRES  
(505) 508-9805 | O: (505) 828-1000  
anna.nmrealty@gmail.com  
SEASONS Real Estate powered by Coldwell Banker Legacy  
6767 Academy Rd NE, Abq, NM 87109



## CALENDAR OF ACTIVITIES

### Upcoming Trips

Due to the limited space on trips, a member may only sign up for 3 per month including Pop Up Trips.

#### Tue, Aug 13 - Santa Fe Farmers Market

Check in: 8 am      Return: 4 pm  
Lunch: at own expense

#### Tue, Aug 20 - Visit Taos Gorge Bridge and Plaza

Check in: 8 am      Return: 4:30 pm  
Lunch: at own expense

#### Ron's Ride and Glide

#### Thu, Aug 22 - Schwebach Farm

Check in: 8 am      Return: 4:00 pm  
Lunch: Pizza Barn at own expense

Watch the bulletin board and front desk display for

#### “Pop Up Trips.”

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.

### Presentations

Sign up at the front desk.

#### Scams & Identity Theft

Tuesday, Aug 13  
10 - 11 am      Room 5

#### Medicare 101

Tuesday, Aug 13  
11:30 am - 1:30 pm Room 5

#### Make your Android cell phone work for you

Tuesday, Aug 20  
2-3:30 pm      Room 5

#### Organize your life on all your devices with Google Tools

Tuesday, Aug 27  
2-3:30 pm      Room 5

#### Redefine Your Means in Retirement

Tuesday, Sep 3  
10:30 am - 12:30 pm      Room 5

### Schedule Changes

#### Effective Tuesday, Aug 13

#### Ladies Bible Study

1-2:30 pm      Room 1

#### Now on Thursday

#### DRTEDTALKS- Expanding Joy w/ Dr Ted

11:30 am - 12:30 pm      Room 2

### Flea Market

Sign up for table (by lottery)

#### Lottery on Sep 3

FLEA MARKET DATES

SEP 10 & SEP 24  
10 am - 1 pm

## FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES



**You're Invited :**  
**Member Appreciation  
Summerfest**

**FRIDAY, AUGUST 23RD**  
2-4 pm at Bear Canyon Senior Center

Come and enjoy a Summerfest with us as our way of showing our appreciation for all of the support you've given us.

Sponsored by Friends of Bear Canyon and the Bear Canyon Senior Center.

Enjoy Refreshments,  
Presentations,  
Demonstrations,  
Memory Lane Videos,  
Drawings & Giveaways.  
Must be present to win.



### **Bear with us Lunchtime changes**

Due to the length of our lunchtime lines, we have had to move the line to the northwest side of the lobby, just beyond the dining hall doors. Please look for the sign indicating the beginning of the line. It has a copy of the day's menu for you to review when you get to the front of the line. We ask that one person or family move up to the order desk at a time and that everyone else remain behind the sign, so that traffic flow is not impeded. If you come back for additional items, you must return to the back of the line.

### **FRIENDS OF BEAR CANYON August Restaurant Fundraiser**



Tuesday, August 20  
11 am - 9 pm  
2241 Q Street NE, Uptown, 87110

We would like to thank:



for being the July Restaurant of the Month!



#### **Join us for an Uplifting Sounds Session**

4th Thursday of the month  
starting July 25  
9 am - 11:30 am  
Room 3

Space is limited to the 1st 10 people  
See flyer for more details

CALENDAR OF ACTIVITIES & SPECIAL EVENTS

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



**Barelas Senior Center Fiestas**

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC, DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

**6 SEPTEMBER 2024** | 9 am - 3 pm

714 Seventh St SW 87102










**Altered Books**  
**FALL DECOR**

Thursday, August 22

9:30-11:30am

Room 1

Come join us for a fun 2-hour workshop  
Make a decorative wreath, Fall Flowers,  
and a wine cork vase

\$5.00 Donation

**Space is limited. Please sign up at front desk.**

**OUT TO DINNER**

**Monday, August 5**  
**at Hayashi Japanese Steakhouse**  
6321 San Mateo Blvd NE  
505-884-0694

Check in: 4:45 am    Return: 8:30 pm

**LUNCH BUNCH**



**Thursday, August 15**  
**at Cinnamon, Sugar & Spice**  
5809 Juan Tabo NE  
505-492-2119

Check in: 10:45 am    Return: 3 pm

**Please sign up at the front desk.**

ONE ALBUQUE RQUE senior affairs

**Palo Duro Senior Center**  
**50th Golden Jubilee**  
*Palo Duro is Celebrating 50 Years!*  
Join us the week of **August 12 - 16.**

**Monday, August 12:**  
Palo Duro Singers - 11:30 am and  
Line Dance Demonstration - 12:30 pm

**Tuesday, August 13:**  
Jubilee Bingo! Door Prizes  
2:00 - 4:00 pm

**Wednesday, August 14:**  
50th Golden Jubilee Dinner Dance with Gonzalo  
4:00 - 7:00 pm, \$5 Tickets go sale July 17th

**Thursday, August 15:**  
50th Golden Jubilee Open House. Door Prizes.  
9:00 am - 12:00 pm  
The Hightoners - 11:30 am  
Line Dance Demonstration - 12:15 pm

**Friday, August 16:**  
Karaoke Lunch  
11:30 am - 1:00 pm

CENTER HIGHLIGHTS



# Independence Day Celebration July 3



Thank you to our  
sponsors, Yvonne  
Candelaria and Giving  
Home Health!





**CENTER HIGHLIGHTS**

**Independence Day  
Celebration**



**Summer Guitar Concert  
July 24**



# Breakfast and Lunch Menu

## Oso Canyon Café

### **Breakfast Menu**

Served 8:00 to 9:00 am  
Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

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

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

### **Lunch A-la-Carte**

Lunch is served from 11:30 am to 1 pm  
NO reservation is required for A-la-Carte

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Grilled Cheese .....	1.25
½ Cold Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

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



# AUGUST Lunch Menu

Oso Canyon Café - Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$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. Please arrive by 12:30 p.m. for reserved meal.



## August 2024

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 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk 	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk 	31 ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk 	1 ♦ Spaghetti w/marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	2 ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
5 ♦ Sweet & Sour pork w/stir fry vegetables and pineapple ♦ Brown rice ♦ Green peas ♦ Tapioca pudding ♦ 1% milk 	6 ♦ Beef tips w/ brown gravy ♦ Spinach w/onions ♦ Sweet potatoes ♦ Watermelon ♦ 1% milk 	7 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Banana ♦ 1% milk 	8 ♦ Mushroom Swiss veggie burger ♦ Mixed vegetables ♦ Tater tots w/ketchup ♦ Yogurt ♦ Whole grain bun ♦ 1% milk 	9 ♦ Chicken alfredo ♦ Zucchini w/red peppers ♦ Steamed broccoli ♦ Peaches ♦ 1% milk 
12 ♦ Pollock over brown rice ♦ Malibu blend vegetables ♦ Green peas ♦ Apple slices ♦ 1% milk 	13 ♦ Spaghetti w/meatballs ♦ Green beans ♦ Zucchini ♦ Pineapple ♦ 1% milk 	14 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	15 ♦ Cheese omelet w/red chile ♦ Stewed tomatoes ♦ Diced potatoes ♦ Biscuit w/margarine ♦ Mandarin oranges ♦ 1% milk 	16 ♦ Roasted pork loin w/brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Whole grain dinner roll w/margarine ♦ Pears ♦ 1% milk 
19 ♦ Salisbury steak w/brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	20 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/red peppers ♦ Whole grain dinner roll w/margarine ♦ Canned apricots ♦ 1% milk 	21 ♦ Shredded seasoned chicken w/brown rice ♦ Sweet potatoes ♦ Green beans ♦ Red grapes ♦ 1% milk 	22 ♦ Vegetable lasagna ♦ Steamed carrots, broccoli, cauliflower ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	23 ♦ Baked garlic tilapia w/ancient grain blend ♦ Brussel sprouts ♦ Corn w/bell peppers ♦ Chocolate chip cookie ♦ 1% milk 
26 ♦ Sliced ham ♦ Pinto beans ♦ Collard greens ♦ Cornbread ♦ Pineapple ♦ 1% milk 	27 ♦ Chicken & veggie stir fry w/soy sauce ♦ Buttered linguini noodles ♦ Green beans w/mushrooms and French onions ♦ Fresh pineapple ♦ 1% milk 	28 ♦ Fish & potatoes ♦ Stewed tomatoes ♦ Whole grain dinner roll w/margarine ♦ Warm sliced apples ♦ 1% milk 	29 ♦ Eggplant parmesan w/ziti pasta ♦ Steamed broccoli ♦ Carrots & zucchini ♦ Fresh strawberries ♦ 1% milk 	30 ♦ Green chile cheese burger ♦ Tater tots w/ketchup ♦ Stewed tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 

## Department of Senior Affairs

### Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so all participants may have a pleasant and safe experience.

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Failure to observe the Participant Code of Conduct and rules prescribed by Albuquerque Department of Senior Affairs may result in disciplinary action being taken against me, up to and including, suspension from the program.

### CITY OF ALBUQUERQUE



Mayor Timothy M. Keller



### Department of Senior Affairs

Anna M. Sanchez, Director

### Department of Senior Affairs

Chris Sanchez, Deputy Director

### Bear Canyon Staff

Tyler Dunn, Center Manager

Ya Vette Bailey, Program

Coordinator

Brenda Carroll, Office Assistant

Isaiah Barton, Program Assistant

Irene Gomez, Program Assistant

Ryan Espinda, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services