

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!

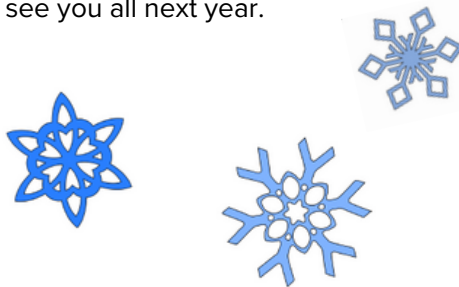
First off, we would like to thank all who attended and volunteered for the Thanksgiving Lunch. It was wonderful to be able to share such a wonderful event and we are thankful for all who make Bear Canyon such a welcoming and amazing facility for the community.

“Official winter” is just about here and another year is coming to a close. Although, the end of the year is coming, there is still plenty to look forward to this month. Be on the look out for more info on the tree trimming, accordion concert, guitar concert as well as the Friends of Bear Canyon holiday raffle.

In 2023 we were thrilled to see many additions and positive changes to and in our facility. Everything from the renovations to our kitchen, parking lot re-striping, exterior and interior painting, groundskeeping, floors etc. As we transition to a new year, we are excited to see what 2024 will bring and are confident it will be another positive, accomplished and fulfilling year. Happy Holidays and see you all next year.

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

- Dec 5 Annual Trim the Tree at BCSC
- Dec 6 Holiday Guitar Concert
- Dec 7 Pearl Harbor Remembrance Day
- Dec 8 Movie Matinee
Teeniors
- Dec 13 Accordion Concert
FOBC Restaurant Fundraiser
- Dec 14 Lunch Bunch
- Dec 15 Dessert Social
- Dec 25 Xmas Luncheon @ Barelas SC

CENTER CLOSURES

Bear Canyon Senior Center
will be closed on
December 25, Christmas Day
and
January 1, New Year's Day.

Accredited by 
National Institute of
Senior Centers



Department of Senior Affairs

NOTE FROM ANNA



Dear Friends,

What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,
Anna Sanchez, Director

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

No Meeting in December

Next meeting- January 2024

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 505-768-3610 for more information.



POST 10763

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.

The AARP Smart Driver™ online course is still an option!

You can register at:

<https://www.aarpdriversafety.org>

**Navigating Medicare Assistance
First Monday of the Month
Lobby
10 am – 1 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.

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

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

GENERAL INFORMATION & ASSISTANCE

COMPUTER ROOM INFORMATION



OPEN COMPUTER LAB

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



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.

APPLE USERS

Drop In Assistance
Mondays 9 - 11 am
Contact person: Jean Maka
Email: huntgen@gmail.com

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.

PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the Spotlight for the month of December is Sandy Sealey. She was born in Mansfield, Ohio and grew up in rural Ohio enjoying all things outdoors. A small river ran through the farm where she enjoyed playing, swimming, and using a rowboat between the rapids. It was a great place to grow up with her parents and 3 siblings.

Sandy graduated from Ohio State University with a BS in Physical Therapy. She enjoyed her career of 41 years serving students 3-16 years of age in APS and various other positions, retiring in 2007.

Sandy has been married to David for 57 years. They have 2 sons and 4 grandchildren- all scattered in different states. Almost native, the Sealey's moved to Albuquerque in 1971.

Sandy states her Christian faith is very important to her. She is active in Bible studies and working with 3 and 4 year olds. Her hobbies include music, reading, and walking for exercise.

Socializing with others is a must. She is an active member of Bear Canyon Senior Center and likes to make people smile and feel at ease. You will find Sandy serving at any of the FOBC sponsored activities around the senior center.

FRIENDS OF BEAR CANYON December Fundraising



Winrock
2100 Louisiana Blvd NE, 87110
Wednesday, Dec 13
11 am - 8 pm

Many thanks to
Michelle's Italian & Pizzeria
for being the
November
Restaurant of the Month!



FRIENDS OF BEAR CANYON HOLIDAY RAFFLE DRAWING AT FRIENDSHIP COFFEE December 19 - 10 am

Tickets on sale in the lobby
M-F 8:30 am - 3 pm
Thursday 5 - 8 pm
\$2.00 each/6 for \$10.00

Need not be present to win!

GENERAL INFORMATION & CALENDAR OF ACTIVITIES



The Suggestion Box will return next month!



LUNCH BUNCH

Thursday, Dec 14
Garduno's at Hotel Albuquerque
800 Rio Grande Blvd. NW
505-222-8766

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

**Bear Canyon's
Lost and Found
shelf is overflowing**



If you've lost outerwear, a single earring, eye or sun glasses, water bottles, or other small items, stop by the front desk and ask a volunteer to check our lost and found. Please be prepared to describe the item in as much detail as possible. Anything not claimed by Wednesday, December 20 will be donated to Goodwill. Thank you!



Albuquerque **Acordion Club**

Christmas Music Concert
Wed, Dec 13 2 pm Social Hall

Join us for a joyful program of your favorite Christmas songs!

Holiday Guitar Concert
Wed, Dec 6 2 pm Social Hall

Your Favorite Holiday songs
Christmas Carols | Instrumentals | Vocals
Solos | Group Performances | Sing Alongs

Featuring Bear Canyon musicians at all levels



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.

- Dec 7 - Long Drink of Water
- Dec 14 - Roger Burns
- Dec 21 - Paul Pino
- Dec 28 - Recorded Music w/Josie



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:

- Nov 7 - VFW Post 10763
- Nov 14 - La Vida Llena
- Nov 21 - Giving Home Health Care
- Nov 28 - Oak Street Health

Dessert Social

Monthly on the
3rd Friday
1:30 – 2:30 pm
Social Hall

Stop by for free dessert.
Enjoy Fun, Fellowship and Friends.

Sponsored by The Lynn Johnson Group



DESSERT AND REAL ESTATE!

Hi, I'm Venessa Johnson your Senior Real Estate Specialist. I'm the person that brings the goodies for the Bear Canyon Dessert Socials.

As a Senior Real Estate Specialist, I offer a free Comparative Analysis on homes. If you or someone you know is thinking about selling and want to know what the home is worth in today's market, give me a call and I will be more than happy to sit down with you and review your home value.

Venessa Johnson
The Lynn Johnson Group
Keller Williams
505-220-5099
vj@lynnjohnson.com



KELLERWILLIAMS
Luxury
INTERNATIONAL

CALENDAR OF ACTIVITIES

New Classes

Greeting Card/Paper Craft Group

Monthly 2nd Thursday (starting Jan 11, 2024)
10 - 11:30 am Room 1

WE

The Collision of Wisdom & Enlightenment

Weekly on Tuesdays
1 - 2 pm Room 1

Tai Chi Chih, Joy through Movement

Weekly on Mondays
11:15 am - 12:15 pm \$5/class Room 1

Self-Care & Qigong

Weekly on Tuesdays
11 am - 12 pm \$3-5 Multipurpose Room

Information Tables

People Works NM

Tuesday, Dec 5 9 - 10 am

VFW

Thursday, Dec 7 8 - 9:30 am

Vial of Life

Wednesday, Dec 13 10 am - 12 pm

UNM Community Health Workers Initiatives

Tuesday, Dec 19 9 am - 12 pm

Trujillo Funeral Services

Friday, Dec 22 11 am - 1:30 pm

Tree-Trimming

Tuesday

December

5th

9:30-10:30am

Join us as we decorate
for the holiday season.

Warm up with some
hot chocolate, coffee
and

holiday treats

sponsored by

Gentiva Hospice.

Entertainment:

Recorded Holiday

music by Josie.



Cameron Diaz · Kate Winslet · Jude Law · Jack Black

the Holiday



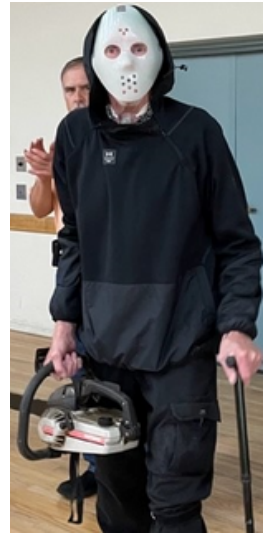
Movie Matinee

Friday, December 8 at 1:30 p.m.

Room 5

CENTER HIGHLIGHTS

**Thursday Evening Halloween Dance
October 20, 2023**



**Annual Halloween Line Dance Party
October 31, 2023**



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 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
Tea30

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 Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Tea30

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



December 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.

**ONE
ALBUQUE
RQUE**

December 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
27 <ul style="list-style-type: none"> Rotisserie chicken Rosemary potatoes Coen w/ red peppers Dinner roll w/ margarine Grapes 1% milk 	28 <ul style="list-style-type: none"> Carne adovada/red chile Flour tortilla Pinto beans Spanish rice Pineapple 1% milk 	29 <ul style="list-style-type: none"> Beef tip w/elbow macaroni Roasted carrots Sliced beets Vanilla pudding 1% milk 	30 <ul style="list-style-type: none"> Pasta primavera w/ alfredo sauce Northwest blend vegetables Breadstick Peaches 1% milk 	1 <ul style="list-style-type: none"> Breaded cod fish w/ tartar sauce Steamed red potatoes Peas Orange 1% milk 
4 <ul style="list-style-type: none"> Salisbury steak w/ green chile gravy Coen Mashed potatoes Dinner roll w/ margarine Yogurt 1% milk 	5 <ul style="list-style-type: none"> Turkey tetrazzini Brussel sprouts Peach cobbler Breadstick 1% milk 	6 <ul style="list-style-type: none"> Baked tilapia w/lemon and tartar sauce Rice pilaf Green beans Vanilla pudding 1% milk 	7 <ul style="list-style-type: none"> Chicken parmesan w/ mozzarella Carrots Breadstick Pineapple 1% milk 	8 <ul style="list-style-type: none"> Diced pork w/ gravy Sweet potatoes Oriental blend vegetables Dinner roll w/ margarine Jell-O 1% milk 
11 <ul style="list-style-type: none"> Pork egg rolls Butter noodle Brussel sprouts Fortune cookies Sweet & Sour sauce 1% milk 	12 <ul style="list-style-type: none"> Cheese omelet w/ pepper, onions, spinach Stewed tomatoes Hash browns Pineapple 1% milk 	13 <ul style="list-style-type: none"> Chicken tamales w/ green chile Pinto beans Calabacitas Chocolate pudding 1% milk 	14 <ul style="list-style-type: none"> Spaghetti w/meat sauce Green beans Breadstick Apple sauce 1% milk 	15 <ul style="list-style-type: none"> Baked salmon w/lemon sauce White rice Sliced beets Dinner roll w/ margarine Orange 1% milk 
18 <ul style="list-style-type: none"> Breaded pollock Brown rice Coen w/red peppers Vanilla pudding 1% milk 	19 <ul style="list-style-type: none"> Turkey and brown rice w/ gravy Green beans Cauliflowers Orange 1% milk 	20 <ul style="list-style-type: none"> Baked chicken Mashed potato Broccoli Mixed fruit 1% milk 	21 <ul style="list-style-type: none"> Sloppy joe, hamburger bun Roasted green and red bell peppers Rosemary potato Peaches 1% milk 	22 <ul style="list-style-type: none"> Ham w/ pineapple glaze Mashed potato Mixed vegetables Cheery cobbler Dinner roll w/ margarine 1% milk 
25 <p>CLOSED</p> 	26 <ul style="list-style-type: none"> Cheeseburger Baked beans Normandy blend vegetables Chocolate chip cookie 1% milk 	27 <ul style="list-style-type: none"> Green chile chicken tamale Pinto beans Calabacitas Yogurt 1% milk 	28 <ul style="list-style-type: none"> Macaroni w/ham & broccoli Spinach Peach cobbler Dinner roll w/ margarine 1% milk 	29 <ul style="list-style-type: none"> Baked cod fish w/tartar sauce Rice pilaf Carrots Jell-O 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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services