

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 hard to believe that we are already coming up on the end of the year! With the close of another year, it is always nice to reflect on the many great things we saw in 2024. We certainly enjoyed the many great special themed socials, various concerts, department events and planned trips throughout the year.

The first official days of winter and the holidays are just ahead of us, and there is still plenty to look forward to this month! Get ready for the annual Friends of Bear Canyon Holiday Raffle, our tree trimming event and our very own Beartones will be having a concert performing holiday tunes.

One forthcoming change will be to the monthly trips and how to register for them. Beginning this month and going forward, all trip sign-ups will be on a lottery-based system. Due to the increase of interest as well as high demand, we will be proceeding with this process in order to give every member an opportunity to participate in the monthly trips. Each trip will have specific details as far as dates to be able to register and also when the lottery drawing will take place (no need to be present for drawings). We appreciate all of the input, suggestions and understanding as we work through this change.

As we transition to a new year, we are excited to see what 2025 will bring and are encouraged to make it another positive, accomplished and fulfilling year.

Happy Holidays and see you all next year!

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 3 Tree Trimming at Friendship Coffee
- Dec 4 Beartones Concert
- Dec 6 Vaccination Clinic
 Teeniors
- Dec 12 Lunch Bunch
- Dec 13 Movie Matinee
- Dec 17 FOBC Holiday Raffle

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices

HOLIDAY CLOSURES

Wednesday, Dec 25, 2024

and

Wednesday, January 1, 2025



Accredited by 
National Institute of
Senior Centers

Department of Senior Affairs

NOTE FROM ANNA



Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelmas Senior Center Fiestas for the first time since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelmas neighborhood. We also celebrated the 50th anniversary of Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbara Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait to continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,
Anna M. Sanchez, Director

GENERAL INFORMATION & ASSISTANCE



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.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

SB Martineztown MG Center
1825 Edith NE, 87102
Monday, January 27
12 - 1:30 pm

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.



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 First Monday of the Month 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.

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

GENERAL INFORMATION & ASSISTANCE



Bear Canyon Senior Center
4645 Pitt NE, Albuquerque
NM 87111

Bring **ALL** insurance and
Medicare cards!

FRIDAY, DEC 6 9:30 am - 12 pm

What we offer: -----

FluBlok Influenza 24-25 for ages 65+
FluZone Influenza 24-25 for ages 1-64
Pevnar20 for ages 65+
Abrysvo (RSV) for ages 60+

Pfizer Comirnaty COVID-19 24-25 for ages 12+
Shingrix (Zoster / Shingles)
Tdap (Tetanus, Diphtheria, Acular Pertussis/
Whooping Cough)

COMPUTER LAB OPPORTUNITIES

PC COMPUTER WORKSHOP



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

A roundtable discussion and sharing of
knowledge on topics of interest.



APPLE MAC WORKSHOP

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

A presentation will be followed by an
open question and answer period.

HERE'S TO YOUR GOOD 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 who
provide weekly screening to assist you in
monitoring and maintaining good health.
We provide you with a card to keep a
paper record of your readings. If you are
a retired RN and would like to join us
contact 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.

- Dec 5 DJ- Jim's Night Train
- Dec 12 Roger Burns
- Dec 19 Paul Pino
- Dec 26 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 5 VFW Post 10763
- Nov 12 Sandia Vista
- Nov 19 Keller Williams
- Nov 26 Beehive Homes

Pie Social

Monthly on the 3rd Friday
RESUMES IN JANUARY 2025

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 & TOY COLLECTION

Upcoming Trips

Trip sign ups are using a lottery process now.
See trip flyer for sign up and lottery dates.

GOVERNOR'S MANSION TOUR W/RON

WED, DECEMBER 11

Check in: 10 am Return: 4 pm

Lunch: 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.

New Class

Sign up at the front desk. Space is limited.

Expressive Arts Collage Class

Mon, Jan 13

9:30 - 11:30 am Room 4

Cost: \$10 to instructor

Create collage cards using images on 8 X 8 cardstock, with the method created by Seena B. Frost, called SoulCollage®.



Holiday Joy Drive
for foster children

Collect
Host a drive to collect new toys and gifts for children aged 0-17.

Bring your collected toys to our 'Fill Santa's Sleigh' event at 1330 San Pedro NE ABQ 87110 on Sunday, December 1 - 2-5 pm

Donate
Donate online or shop our Amazon wish list. \$75 will provide brand new gifts for a child in foster care.

This is our chance to make the holidays bright for children experiencing foster care.

Scan this QR code to donate, get our wish list, & learn more about the Holiday Joy Drive.

New Mexico Friends of Foster Children
www.nmffc.org | 606.611.1111
nmffc.org
505.596.0519

NEW MEXICO
kids MATTER



ACCORDION CONCERT

FEATURING THE ALBUQUERQUE ACCORDION CLUB

START 02 PM 22 JAN 2025

BEAR CANYON SENIOR CENTER SOCIAL HALL

HOPE TO SEE YOU THERE!



ABQ: Free 1-on-1 Tech Help for Seniors

Friday, Dec 6

3 - 5 PM

Sign up at the front desk

See flyer on classes for other dates & locations.

FRIENDS OF BEAR CANYON HOLIDAY RAFFLE

**FRIENDS OF BEAR CANYON
HOLIDAY RAFFLE**



Tickets will be on sale in the lobby at Bear Canyon Senior Center beginning Monday, November 25th



Monday through Friday 8:30 am – 2:30 pm
Thursday from 5:30 pm – 7:30 pm
Saturday 9:00 am -11:30 am

Ticket cost
\$2 each, 6 for \$10, or 12 for \$20

Drawing will be held at Friendship Coffee on Tuesday, December 17th starting at 10 am.

Need not be present to win!

Some of the raffle boxes contain:

- Gift cards
- Electronics
- Hand Blown Glass Art
- Jewelry
- Model Train
- Handmade King Size Quilt
- Items made by Bear Canyon Members
- Paintings
- and Many other great items

Stop by Bear Canyon Senior Center and Purchase some tickets

4645 Pitt NE (1 block north of Montgomery and 1 block east of Eubank)

Phone 505-767-5959



CALENDAR OF ACTIVITIES & FRIENDS OF BC



LUNCH BUNCH



Thursday, December 12
at Red Lobster Seafood Restaurant
5555 Montgomery Blvd. NE
505-884-4445

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

FRIENDS OF BEAR CANYON

would like to thank:



for being the
November Restaurant of the Month!



Tree-Trimming

Tuesday
December
3rd
During
Friendship
Coffee
9:30-10:30am

Join us as we decorate
for the holiday season.
Warm up with some hot
chocolate, coffee and
holiday treats.



CENTER HIGHLIGHTS

A Very Special Guest at the Center



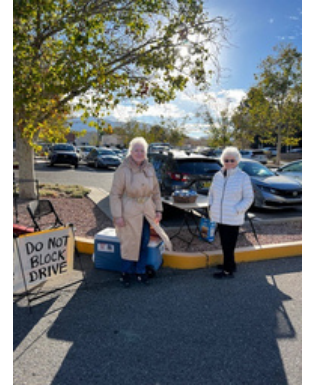
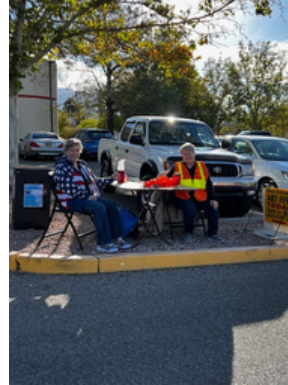
**Performers at the Piano Class
Recital on Nov 6**



**Veterans who braved the
weather for the Veteran's Wall
Rededication on Nov 7**



**Friends of Bear Canyon host a
Drive-through Shredding Event
Oct 18**



Fall Guitar Concert on Nov 13



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. Please arrive by 12:30 p.m. for reserved meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Baked Tilepia w/Tarter Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Vanilla Pudding ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Spaghetti/Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Mixed Fruit Cup ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 
<p>9</p> <ul style="list-style-type: none"> ♦ Beef Stir-Fry ♦ Butter Noodles ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Pork Tamale/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable/Calabacitas ♦ Chocolate Pudding ♦ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Cheese Omelet / Onions & Peppers ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Succotash ♦ Tortilla ♦ Diced Peas ♦ 1% milk 
<p>16</p> <ul style="list-style-type: none"> ♦ Carne Adovada/ Red Chile ♦ Spanish Rice ♦ Corn w/ Red Peppers ♦ Vanilla Pudding ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Turkey & Brown Rice w/ Gravy ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Apple Sauce ♦ 1% milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruits ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll/Margarine ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Ground Beef/Potatoes ♦ Stewed Tomatoes ♦ Cornbread ♦ Peaches ♦ 1% milk 
<p>23</p> <ul style="list-style-type: none"> ♦ Baked Cod Fish/ Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O ♦ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Ham/Pineapple Glaze ♦ Mashed Sweet Potatoes ♦ Mixed Vegetables ♦ Holiday Cookie ♦ 1% milk 	<p>25</p> <p style="text-align: center;">CLOSED Happy Holidays</p>	<p>26</p> <ul style="list-style-type: none"> ♦ Veggie Cheeseburger ♦ Diced Beets ♦ Normandy Blend ♦ Chocolate Pudding ♦ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% milk 
<p>30</p> <ul style="list-style-type: none"> ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Peas ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork/ Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>1</p> <p style="text-align: center;">CLOSED HAPPY NEW YEAR</p>	<p>2</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Braanded Cod/ Tartar Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk 



DECEMBER 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.



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

Marina Salazar, Deputy Director

Shay Armijo, 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