

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

Already one month down of 2022! With another new month here, that brings eagerness for returning items upcoming very soon going forward.

One of those returning items is the continued partnership with AARP for tax preparation. This of course will be by appointments only and held on Tuesdays starting in February (space is limited)! Another activity we are excited about bringing back are monthly movie matinee's this month (see details further in this issue). Next, be on the lookout for advertisings regarding larger events such as distributions, vaccine clinics etc. within our center.

Last but not least, one new exciting program we will start rolling out this month is a tablet loaner program with basic and beginning education on such devices through partnering with DiverselT (see details further in this issue and check at front desk).

We look forward to continuing to bring back past existing activities and new ones going forward throughout the remainder of the year as we are safely able to do so.

As always, stay safe, wash your hands and please wear your masks!

Have a wonderful February.

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

Feb 02: Shot Clinic 9a.m.-12p.m.

Feb 11: Movie Matinee 1pm

Feb 14: Valentine's Day

Feb 21: President's Day

Feb 17: Lunch Bunch

Feb 25: Painting with Suki

All Centers Closed

There will be no classes or activities on:

Feb 21- President's Day

Accredited by 

National Institute of
Senior Centers

♥ *Happy Valentines Day* ♥

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
Vacant, Office Assistant
Vacant, Program Assistant
Isaiah Barton, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
Kelly Trujillo, General Service
Vacant, General Services



Department of Senior Affairs

NOTE FROM ANNA



Hello Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1 - February 11, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit cabq.gov/seniors for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
North Domingo Baca Multigen
MONDAY, FEBRUARY 28

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 meeting 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!

LOANER TABLET PROGRAM

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details

NEW MEMBERS

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

POSTPONED DUE TO INCREASED COVID-19 NUMBERS. CHECK WITH THE FRONT DESK FOR THE NEXT ORIENTATION.

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
- 50+ Sports and Fitness 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

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.

Please provide "alternative" calendar of activities in order by day of week – need to be able to look up what's going on a particular day. Thanks

Thank you for the suggestion on possibly having an alternate ongoing schedule of activities/events. In the past we used to place the daily schedules outside of each classroom for the day/week. We will be sure to update those as best and often as we can. However, in some circumstances this may prove to be difficult depending on number of activities and space. Furthermore, we as a staff are in the process of adding a front display system at our front desk on a tv monitor. Once completed, we will be able to place upcoming flyers, daily schedules as well as our menu's for anyone to view at our front desk.

UNSUBSCRIBE ME!

How to Cancel, Pause or Change Online Subscriptions

FREE TECHNOLOGY CLASS

TUESDAY FEB. 8 10AM-12PM

Bear Canyon Senior Center
Tuesday, February 8, 2022
Call 505-767-5959 to Register

ONE ALBUQUE RQUE cabq.gov/seniors diverseIT



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, February 18
3:00 p.m. to 5:00 p.m.**

Space is limited, please sign up at the front desk

CALENDAR & ACTIVITIES



HAPPY LOSERS (WEIGHT LOSS GROUP)

Come...enjoy the smiles of success
Be...supported in your weight loss journey

THURSDAYS
8:00 a.m. - 9:15 a.m.
Room 4



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



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of February is Jan Caron. She is the newly elected Co-Chairperson for the Friends organization.

Jan was born in Emmett, Idaho and raised in Boise on the family acreage. The family, aunts, uncles and cousins, raised chickens, planted big gardens and had a couple of horses for the grandchildren. Whenever a grandchild was born, her grandfather planted a specific tree for them. Hers was a weeping willow and is still her favorite tree to this day.

Jan has traveled a bit. Her first experience was spending a year in Sri Lanka in the middle of the jungle next to a native village. This sparked a spirit of adventure she still has today. After graduating high school, Jan received her BA in Music Education, from the University of Idaho, got married and taught music in grades K-12, which included Band and Choir. Itching for some adventure, she encouraged her husband to apply for a work-study grant to study the rehabilitation facilities for persons with disabilities. He received the grant and they were off for six months touring those facilities in Denmark, Norway and Sweden.

When they returned to the states, they wanted to get masters degrees and ended up at the University of Northern Colorado. Their daughter was born five days before the first semester began. Needless to say, it was an exciting semester. After receiving her Masters in Education of the Visually Impaired and Orientation and Mobility (cane travel), she taught at the university Laboratory School and for Weld county in Colorado. After divorcing and needing a new adventure, Jan took flying lessons until she ran out of summer vacation and money. Then, continuing the adventure, she moved to Casper, Wyoming. There she started their program for the blind and visually impaired in the public schools, as well as completing courses to become an educational diagnostician. After a few years Jan returned to Colorado, then moved to New Mexico for another adventure. While in New Mexico, Jan taught at the New Mexico School for the Visually Impaired in Alamogordo and traveled the southern part of the state with outreach services, taught in Albuquerque, did 18 months at the State Department of Education and finished up teaching at Los Lunas Schools.

When her grandchildren were about to enter eighth grade, she decided that they needed to know more about the beginning of our country, so she took each one to Boston and explored the history there. Her granddaughter wanted a bit more of an adventure, so they went on to Paris and London for a short excursion.

In retirement, she has volunteered with AARP, APD and Bear Canyon Senior Center. She spends as much time as possible with her 4 grandchildren, 3 great-grandchildren, an aging pit bull, that thinks he is a lap dog, a bossy Tsi shu, two cats and many goldfish in two ponds.

Calendar & Activities

PAINTING WITH SUKI

Friday, February 25
2:00 p.m. to 4:00 p.m. Room 5

Space is limited, please register at the front desk



The "What's and Why's" of Funeral Planning



Come to a FREE seminar on the "What's and Why's" of funeral planning. This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

March 9, 2022

9:00 a.m. - 10:30 a.m.

Seating is limited, please register at the front desk.

Presented by: Karen Barola, Advanced Planning Consultant

Movie Matinee

Friday, February 11 at 1:30 p.m.
Room 5



JESSICA ALBA KATHY BATES JESSICA BIEL BRADLEY COOPER
ERIC DANE PATRICK DEMPSEY HECTOR ELIZONDO
JAMIE FOXX JENNIFER GARNER TOPHER GRACE ANNE HATHAWAY
ASHTON KUTCHER QUEEN LATIFAH TAYLOR LAUTNER GEORGE LOPEZ
SHIRLEY MACLAINE EMMA ROBERTS JULIA ROBERTS TAYLOR SWIFT

VALENTINE'S DAY

JOIN US FOR
BIBLE STUDY



OPEN BIBLE STUDY

Starting February 17
Thursdays, 8:45 a.m. - 9:45 a.m.
Open to everyone

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.

- **Feb 3 - Swing Shift**
- **Feb 10 - Roger Burns**
- **Feb 17 - Paul Pino**
- **Feb 24 - 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:

- **Jan 4 - Sandia Vista**
- **Jan 11 - Sun Tours**
- **Jan 18 - Neptune Society**
- **Jan 25 - Mayberry Senior Services and Edward Jones**



AARP Tax-Aide volunteers will begin providing FREE tax preparation beginning February 8, 2022 through April 12, 2022

Appointments can be made by calling 505-767-5959 or stopping by the front desk.

All taxpayers will be required to bring the following to their appointment:

- Last years tax return
- A valid picture ID
- Social Security card(s)

Also needed are all form 1099's, W-2's, and income and /or expense documents.

(Hint: Use the checklist on your 2021 tax return envelope)



LUNCH BUNCH

Thursday, February 17, at The Range Cafe
4402 Wyoming Blvd NE, at 11:30 a.m.

Please sign up at the front desk and let us know if you will 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

February 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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Seasonal Vegetables ♦ Dinner Roll with Margarine ♦ Warm Cinnamon Pineapple Chunks ♦ 1% Milk 	1 <ul style="list-style-type: none"> ♦ Baked Cod w/ Tartar ♦ White Rice ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 	2 <ul style="list-style-type: none"> ♦ Memphis Dry-Rubbed Chicken ♦ Seasonal Vegetables ♦ Cornbread ♦ Seasonal Fruit ♦ 1% Milk 	3 <ul style="list-style-type: none"> ♦ Beef Tips w/ Bowtie Pasta ♦ Peas and Carrots ♦ Peach Crumble ♦ Dinner Roll w/ Margarine ♦ 1% Milk 	4 <ul style="list-style-type: none"> ♦ Pork Chop ♦ Mashed Red Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk 
7 <ul style="list-style-type: none"> ♦ Oven Fried Chicken ♦ Homemade Mac-N-Cheese ♦ Collard Greens ♦ Dinner Bread w/ Margarine ♦ Seasonal Fruit ♦ 1% Milk 	8 <ul style="list-style-type: none"> ♦ Turkey with Gravy ♦ Mashed Potato with Gravy ♦ Steamed Broccoli ♦ Dinner Roll with Margarine ♦ Cookie ♦ 1% Milk 	9 <ul style="list-style-type: none"> ♦ Low Sodium Ham and Potato Soup ♦ Steamed Carrots ♦ Biscuit ♦ Seasonal Fruit ♦ 1% Milk 	10 <ul style="list-style-type: none"> ♦ Rec Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasoned Fruit ♦ 1% Milk 	11 <ul style="list-style-type: none"> ♦ Baked Cod w/ Tartar Sauce ♦ Buttered Noodles ♦ Succotash ♦ Seasoned Fruit ♦ 1% Milk 
14 <ul style="list-style-type: none"> ♦ Baked Ziti/Pasta/ Marinara and Cheese ♦ Season Vegetable ♦ Garlic Bread Stick ♦ Yogurt ♦ 1% Milk 	15 <ul style="list-style-type: none"> ♦ Baked Ham w/ Pineapple Sauce ♦ Sweet Potatoes ♦ Broccoli-Cauliflower-Carrots ♦ Pudding ♦ 1% Milk 	16 <ul style="list-style-type: none"> ♦ Teriyaki Chicken ♦ White Rice ♦ Steamed Crinkle Cut Carrots ♦ Apple ♦ 1% Milk 	17 <ul style="list-style-type: none"> ♦ Tilapia w/ Tartar Sauce ♦ Rosemary Potatoes ♦ Seasonal Vegetable ♦ Seasoned Fruit ♦ 1% Milk 	18 <ul style="list-style-type: none"> ♦ Red Chile Beans with Beef, Cheese and Onions ♦ Crispy Roasted Cauliflower ♦ Tortilla ♦ Brownie ♦ 1% Milk 
21 <p>Closed Holiday Presidents Day</p>	22 <ul style="list-style-type: none"> ♦ Soft Chicken Tacos ♦ Tortillas ♦ Spanish Rice ♦ Corn with Red Peppers ♦ Cookie ♦ 1% Milk 	23 <ul style="list-style-type: none"> ♦ Cheeseburger ♦ Bun ♦ Baked Beans ♦ Steamed Carrots ♦ Seasonal Fruit ♦ 1% Milk 	24 <ul style="list-style-type: none"> ♦ Swedish Meatballs w/ Gravy ♦ Steamed Green Beans ♦ Cherry Cobbler ♦ 1% Milk 	25 <ul style="list-style-type: none"> ♦ Salmon with Garlic Sauce ♦ Angel Hair Pasta with Diced Tomatoes ♦ Season Vegetable ♦ Jell-O w/ Fruit ♦ 1% Milk 