

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 and Happy February!

As we continue to roll into the new year, we are jam-packed in the shortest month of the year with several upcoming happenings to look forward to.

First, Groundhog Day on February 2 is a fun tradition, as well as a prediction, to see whether winter will continue for 6 more weeks, or maybe the start to leaving the cold weather behind us and seeing an early spring!

Although it is not a holiday per say, many do consider this spectacle a big to do. Super Bowl LIX (59) is on Sunday February 9. We will be hosting a Super Bowl Social on Friday February 7. Show up in your favorite team's gear (whether they are playing or not) and enjoy some of our favorite football watching snacks!

Love is in the air and Valentine's Day is just around the corner. We will be hosting a Sweetheart Dance on Friday, February 14 at 2 pm. Join us for live music and refreshments!

Lastly, tax season with AARP has officially started this month. We are happy to work with a great team of individuals helping the community with tax prep help and questions. Current availability is very limited. Stop by or call our front desk to check on remaining availability or other inquiries.

As always, thank you for the continued support and have a wonderful month!

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

- Feb 7 Super Bowl Social
- Feb 12 Winter Guitar Concert
- Feb 13 Coffee with Constituents
- Feb 14 Valentine's Sweetheart Dance
- Feb 17 Closed for Presidents' Day
- Feb 20 Lunch Bunch
- Feb 25 FOBC Restaurant Fundraiser
- Feb 28 Painting with Suki

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



**PRESIDENTS' DAY
CLOSURE**

Monday, February 17, 2025

Accredited by 
National Institute of
Senior Centers

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.

There is a VFW Information table in the lobby during breakfast and a Veteran's Outreach table from 9:30 am to 1 pm to further assist veterans.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Bear Canyon Senior Center
4645 Pitt St NE, 87111
Monday, February 24
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



FIRST FRIDAY OF MONTH 3 to 5 pm

Our department contracts with Teeniors to provide our members assistance with their phones, computers, or tablets.

You must schedule an appointment at the front desk. On the day of your appointment you will be assigned a teenior to assist you during your scheduled time.

Teeniors are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching.

If you need additional assistance you can make arrangements to receive further coaching. To learn more visit the website at www.teeniors.com or call 505-600-1297.

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

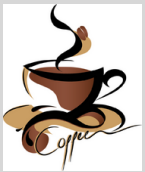
THURSDAY NIGHT DANCE

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.

- Feb 6 DJ- Jim's Night Train
- Feb 13 Roger Burns
- Feb 20 Paul Pino
- Feb 27 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:

- Jan 7 Sandia Vista
- Jan 14 Bear Canyon Senior Center
- Jan 21 Enchanted Sky Hospice
- Jan 28 Beehive Homes

A vertical poster for a Valentine's Dance. The background is light pink with numerous hearts of various shades (red, pink, white) scattered throughout. At the top, several hearts are hanging from thin vertical lines. The text is centered and reads: 'Thursday Night Valentine's Dance' in a mix of fonts, with 'Valentine's Dance' in a large, elegant script. Below that, it says 'Thursday, February 13th' and '6:00pm - 8:30pm'. At the bottom, it lists sponsors: 'Sponsored By: Aurora Craig-McBride With: PURE BENEFITS scan™'. The 'PURE BENEFITS' logo is in a yellow box, and the 'scan' logo has a red sunburst icon.

FRIENDS OF BEAR CANYON

Holiday Raffle Donations

We wish to offer a special thank you for all of the wonderful donations made to the Friends of Bear Canyon by the fine restaurants, breweries, businesses and individuals who are listed here, as well as those who chose to donate anonymously. Without their generous support, the annual holiday raffle fundraiser would not be possible!



- Susan Beckman
- Bosque Brewing
- Cataline Automotive
- Cheddar's
- Amanda Dominguez (AIM)
- Farino Alto
- La Salita
- Members of Friends of Bear Canyon
- Mister Car Wash
- Mrs. Clean LLC
- Nothing Bundt Cakes
- Olive Garden
- O'Neill's
- Quarter Celtic Tap Room
- Raising Cane
- Range Café
- Restoration Pizza
- Ruth Chris Steakhouse
- Sunshine Dental
- Trader Joe's

February Restaurant Fundraiser



Tuesday, February 25

11 am - Close

10895 Montgomery Blvd. NE, 87111

We would like to thank:



for being the January Restaurant of the Month!



DEPARTMENT OF SENIOR AFFAIRS

TRANSPORTATION PROGRAM

**ONE
ALBUQUE
RQUE**

Did you know the Department of Senior Affairs offers transportation to seniors, ages 60 and older, who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can sign up for this service at the front desk or call 764-6400 for more info.

CALENDAR OF ACTIVITIES

The Movie Matinee
and
Friday Table Tennis
are canceled
Friday, Feb 14
due to the
Valentine's Sweetheart
Dance



CALENDAR OF ACTIVITIES



LUNCH BUNCH



Thursday, February 20
at Olive Garden Italian Restaurant
601 Juan Tabo Blvd. NE
505-275-9948

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

COFFEE WITH CONSTITUENTS

Thursday, February 13
9:30 am - 10:30 am

Bear Canyon Senior Center will be hosting Department of Senior Affairs Administrators for this event.



Bear Canyon Senior Center

WINTER GUITAR CONCERT

WEDNESDAY,
FEBRUARY 12, 2025

2 PM

SOCIAL HALL

Country

Bluegrass

Western

Folk

Jazz

Gospel

Free and all members welcome!

Painting with Suki

Friday, Feb 28

2 - 4 pm Room 5

Lottery drawing will be on Thursday, Feb 20 and the class will be limited to 12 students. Members **DO NOT** need to be present for the raffle. Staff will draw names and call members that are drawn.

Sign up at the front desk.



CALENDAR OF ACTIVITIES & OFF-SITE TOURNAMENT

Upcoming Trips

Trip sign ups are using a lottery process now.
See trip flyer for all the details.

UFO Museum in Roswell, NM **THU, FEBRUARY 13**

Check in: 8 am Return: 6 pm

Cost: \$5+ Lunch: At own expense

Lottery sign up ends at close of day, Thu, Feb 6
POP UP

Iguana Cafe at Buffalo Thunder- SFE **WED, FEBRUARY 26**

Check in: 9:45 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Wed, Feb 19

Bear Canyon Senior Center



Emotional Freedom Technique

EFT Tapping Group
Tuesdays 1:00pm - 2:00pm
Room 1

First Session FREE!

Natural way to calm anxiety, stress, fears, phobias & trauma. EFT (Emotional Freedom Technique) more commonly called tapping, is like emotional acupuncture without needles. We use our own fingertips to tap on acupuncture points to calm your nervous system so you can live Your Strongest Life.

Each Following
Session \$5.00

HAPPY GAMERS



Love playing games, having fun, and meeting new people? Then this group is for you!

Either bring your own card, board, or dice game, or play someone else's.

- 1st Friday of the month
- 9:30am - 12pm
- Room 1

So come on, stop by and have some fun!



ONE ALBUQUE RQUE senior affairs PRIME TIME PUBLISHING

LOS VOLCANES SENIOR CENTER 2025 BILLIARDS TOURNAMENT

FEBRUARY 26, 2025 | 9 AM - 5 PM
6500 LOS VOLCANES NW 87121

- Registration starts Jan. 31
- Registration ends Feb. 20
- \$10.00 Entry fee
- Open to all current DSA center members

CALL 505-767-5999 FOR MORE INFORMATION
OR VISIT CABQ.GOV/SENIORS



CENTER HIGHLIGHTS

**Christmas Eve
Friendship Coffee
Dec 24, 2024**

Thank you to the Kindness Project for providing gifts for each of the attendees.
Thank you, also to Christine for joining us as a first-time sponsor from Sam's Club.



**Accordion Concert
Jan 22, 2025**



**TNT Ugly Christmas Sweater Day
Dec 18, 2024**



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



February 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.



FEBRUARY 2025

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
<p>3</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Mixed Berries ♦ Dinner Roll with Margarine ♦ 1% milk 	<p>4</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Yogurt ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Memphis Dry-Rubbed Chicken ♦ Cauliflower ♦ Dinner Roll with Margarine ♦ Mandarin Orange ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Dinner Roll/ Margarine ♦ Warm Cinnamon Apple Chunks ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Pork Chop ♦ Mashed Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Jell-O ♦ 1% milk 
<p>10</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Mushroom & Green Beans ♦ Dinner Roll with Margarine ♦ Berry Compote ♦ 1% milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Turkey w/ Gravy ♦ Steamed Broccoli ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Cauliflower ♦ Dinner Roll with Margarine ♦ Jell-O ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Red Chile Cheese Enchilada ♦ Brown Rice ♦ Roasted Fall Vegetables/ Calabacitas ♦ Pears ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Baked Cod with Tarter Sauce ♦ Brussel Sprouts ♦ Roasted Fall Vegetables ♦ Valentine Cookie ♦ 1% milk 
<p>CLOSED 17</p> 	<p>18</p> <ul style="list-style-type: none"> ♦ Baked Ham with Pineapple Sauce ♦ Sweet Potatoes ♦ 5 Way Vegetables ♦ Vanilla Pudding ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Brown Rice ♦ Roasted Fall Vegetables ♦ Sliced Apple ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Baked Ziti ♦ Brussel Sprout ♦ Dinner Roll with Margarine ♦ Yogurt ♦ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Tilapia with Tarter Sauce ♦ Rosemary Potatoes ♦ Steamed Broccoli ♦ Pears ♦ 1% milk 
<p>24</p> <ul style="list-style-type: none"> ♦ Red Chile Beans ♦ Crispy Roasted Cauliflower with Pumpkin Seeds ♦ Dinner Roll with Margarine ♦ Brownie ♦ 1% milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Chicken Tamale w/ Green Chile ♦ Brown Rice ♦ Corn & Edamame ♦ Orange ♦ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Diced Pork with Gravy ♦ Steamed Green Beans ♦ Berry Compote ♦ 1% milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Veggie Green Chili Cheeseburger ♦ Sweet Potato Mash ♦ Roasted Fall Vegetables ♦ Apple Slices ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Spinach ♦ 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

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