

Department of Senior Affairs



A Message From Our Center Manager

Happy New Year!

It is hard to believe that another year has come and gone so quickly, here's to a great New Year and a fond farewell to old. With all we have endured together this last year, we want to thank everyone who has volunteered, participated or assisted Bear Canyon Senior Center and our community during these difficult times, it's because of all of you that we can reflect on what we have accomplished in 2021 and consider it a successful year.

Just like every year, a new year comes with new beginnings and resolutions, and hopefully some new and exciting adventures. Whatever the new year brings, the positive and creative experiences we've shared together in 2021 make us hopeful and eager to see what 2022 has in store for us.

Wishing you all a safe, happy and healthy New Year!

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

- Jan 01: New Years Day
- Jan 11: GEHM Clinic
- Jan 14: New Member Orientation
- Jan 17: Martin Luther King Jr. Day
- Jan 20: Teeniors
- Jan 20: Lunch Bunch- Jimmy's Cafe
- Jan 25: Fact vs. Fiction class

All Centers Closed

There will be no classes or activities on:

- Jan 1 - New Year's Day
- Jan 17 - Martin Luther King Jr. Day

Main Entrance Closure

The main entrance to the building is currently closed for the installation of the new walkway awning. Please use the east or west entrance during this time.

Accredited by 
National Institute of
Senior Centers

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



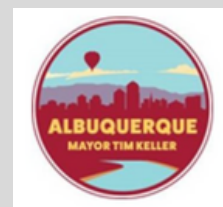
Mayor Timothy M. Keller

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



Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Los Volcanes Senior Center
MONDAY, JANUARY 24

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!

LET US PICK YOU UP!

SENIOR MEAL SITE TRANSPORTATION PROGRAM

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for 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.

Welcome to Bear Canyon!

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

- 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

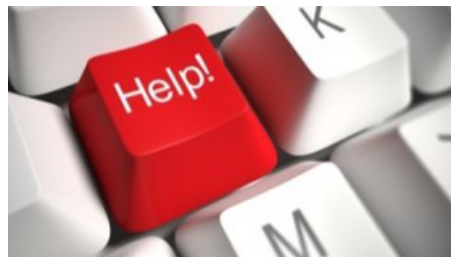
Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

Bring back Movie Matinee!

Update since last month:
We are planning on bringing back the monthly Movie Matinee in February 2022. Check in the February newsletter for more information.

Fix or remove soda machine please

Update Since last month:
Good news! The Soda machine is now working. Thank you to the NM Commission for the Blind for working so diligently on getting a new vendor to service our machine.



Senior Affairs, in partnership with Adelante's DiverselT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!



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.

Thursday, January 20
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

CALENDAR & ACTIVITIES



DO YOU LIKE TO FISH?

Do you want an opportunity to fish with a group of fellow fishermen & women, find new fishing spots, learn new tips & tricks, make new friends and have a great time?

Then check out the Bear Canyon Senior Center, Fishing Club! We meet every Monday afternoon at 1:00pm to plan our next day fishing trip.

MEXICAN TRAIN



Every Saturday, 10:00 a.m. - 12:00 p.m.

Open to everyone, no experience required, just be ready to have loads of fun and laughter!

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



**Second Tuesday of the month
8 a.m. to 12:30 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 January, 2022, is Jim Berdine, the newly elected Chairman of the Friends of Bear Canyon. He first visited Bear Canyon Senior Center to join Roadrunner VFW Post 10763. Soon thereafter he joined Friends hoping to be a liaison between the two groups. Since becoming a Friend, Jim has participated in a food drive partnered with the Post, a car wash, weekly coffees and other programs. He has also served on the Budget Committee and the By Laws Committee.

Jim was born in Hammond, Indiana. He joined the USAF in 1964. He retired in 1988 and went to work for B & H Wholesale. An interesting fact about Jim is that he has never filled out a job application.

Jim met his wife, Joyce, on a blind date while stationed at Walker AF Base, Roswell, NM. They have been married for 56 years. Community projects have always been a part of Jim's life. He has served as Assistant Scoutmaster with the BSA for several years.

When serving in Korea, a local orphanage was his community project. While serving at Kirkland AFB a school in the South Valley was his main focus. During the mid 80's he joined the VFW and worked his way up the chairs to become the Commander of the Post on Lomas. At that time there were almost 2,000 members at that Post. He has earned his 150 hours Volunteer pin from the VA Hospital. Jim states his job kept him extremely busy until his retirement in December 2019.

FRIENDS OF BEAR CANYON FUNDRAISER



The Friends of Bear Canyon wish to thank all the members of Bear Canyon Senior Center for all the support you gave to our fund raising raffle.

The following are the raffle winners:

Box #1 TV, Samsung - Joan P.

Box #2 Sally Bartos Painting - Frankie P.

Box #3 Tomasita's & the Rail Runner - Debbie M.

Box #4 Herrera Trip to Laughlin - S. Anderson

Box #5 Gift Card Turkey - Karen R.

Box #6 Coffee Mugs - Theresa F.

Box #7 Smith's Food and Drug - John R.

Box #8 The Back Porch Day Spa - Mark B.

Congratulations to all the winners!

CENTER HIGHLIGHTS

ANNUAL TREE TRIMMING



Thank you to everyone who participated in our annual Tree Trimming event Dec 14. Thank you to our volunteers for helping serve cocoa and cider, and a big thank you to the ABQ Accordion Club for the festive entertainment! Everyone really got in the holiday spirit, just what we all needed!



HOLIDAY FREINDSHIP COFFEE



We had another success holiday event during Friendship Coffee on December 21. We would like to thank Councilor Jones for sponsoring the event and for taking time to say a few words. We would like to thank the youth department at North Domingo Baca for bringing children from the youth program who brought some joy to the center and distributed hand made Christmas cards to our seniors. We would also like to thank the Swing Jam Music group for the wonderful holiday music! A great time was had by all!



Calendar & Activities

NEW PEN PAL PROGRAM An Intergenerational Experience



Bear Canyon Senior Center in partnership with North Domingo Baca Multigenerational Center is now offering a pen pal program. Seniors can sign up to be paired with a youth writing pal to exchange letters every few weeks. If you are interested please sign up at the front desk.

FREE DIGITAL LITERACY

Fact vs. Fiction: What's Real on the Internet?

Whether you're looking at a website, a photo, video, or a news story, what really matters is whether or not it is trustworthy. Learn how to spot unreliable sources, fake pages and profiles to avoid sharing misinformation.

Tuesday, January 25, 2022
10am-12pm

Space is limited, registration required
Please call 505-767-5959 or register at the front desk

Calendar & Special Events

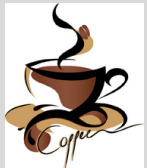
THURSDAY NIGHT DANCE

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.

- Jan 6 - Swing Shift
- Jan 13 - Roger Burns
- Jan 20 - Paul Pino
- Jan 27 - 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:

- Dec 7 - Bear Canyon Senior Center
- Dec 14 - Sun Tours
- Dec 21 - Counselor Jones
- Dec 28 - Friends of Bear Canyon



COME OUT AND JOIN US FOR A BEHIND THE SCENES TOUR AND TASTING

Thursday, February 3

Check in: 9:00 a.m. Depart: 9:15 a.m.

Cost: \$10 per person

Space is limited, please sign up at the front desk

**Let's Do
Lunch!**

LUNCH BUNCH

Thursday, January 20, at Jimmy's Cafe
7007 Jefferson ST 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

Janaury 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 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>
3 <ul style="list-style-type: none"> ◆ Baked Cajun Salmon ◆ Brown Rice ◆ Brussel Sprouts ◆ Dinner Roll/Margarine ◆ Applesauce ◆ 1% Milk 	4 <ul style="list-style-type: none"> ◆ Beef Tip w/Bowtie Pasta ◆ Seasonal Vegetable ◆ Breadstick ◆ Yogurt ◆ 1% Milk 	5 <ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Steamed Broccoli ◆ Baked Apples ◆ Mediterranean Mixed Bean Salad ◆ 1% Milk 	6 <ul style="list-style-type: none"> ◆ Omelet with Cheese, Mushrooms and Spinach ◆ Diced Potatoes ◆ Peach Cobbler ◆ 1% Milk 	7 <ul style="list-style-type: none"> ◆ Pork Chop ◆ Brown Rice ◆ Buttery Peas ◆ Seasonal Fruit ◆ 1% Milk 
10 <ul style="list-style-type: none"> ◆ Salisbury Steak w/ Mushrooms and Gravy ◆ Mashed Potatoes ◆ Green Beans w/ Tomatoes ◆ Applesauce ◆ 1% Milk 	11 <ul style="list-style-type: none"> ◆ Chicken Alfredo w/ Green Chile ◆ Steamed Carrots ◆ Steamed Broccoli ◆ Seasonal Fruit ◆ 1% Milk 	12 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Seasonal Vegetable ◆ Corn Bread ◆ Chocolate Chip Cookie ◆ 1% Milk 	13 <ul style="list-style-type: none"> ◆ Meatloaf w/Tomato Gravy ◆ Diced Red Potato ◆ Collard Greens ◆ Jell-O ◆ 1% Milk 	14 <ul style="list-style-type: none"> ◆ Pork Chop/Sweet & Sour ◆ Brown Rice ◆ Stir Fry ◆ Seasonal Fruit ◆ 1% Milk 
17 <p style="text-align: center;">Closed Holiday Martin Luther King Day</p>	18 <ul style="list-style-type: none"> ◆ Sloppy Joe w/ Hamburger Bun ◆ Brussel Sprouts ◆ Seasonal Fruit ◆ 1% Milk 	19 <ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Seasonal Vegetable ◆ Flour Tortilla ◆ Vanilla Pudding ◆ 1% Milk 	20 <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Green Beans w/ Tomatoes ◆ Breadstick ◆ Seasonal Fruit ◆ 1% Milk 	21 <ul style="list-style-type: none"> ◆ BBQ Pulled Pork ◆ Carrots ◆ Broccoli ◆ Seasonal Fruit ◆ 1% Milk 
24 <ul style="list-style-type: none"> ◆ Rotisserie Chicken ◆ Mashed Potatoes ◆ Southern Black-Eyed Peas ◆ Chocolate Chip Cookie ◆ 1% Milk 	25 <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Applesauce ◆ 1% Milk 	26 <ul style="list-style-type: none"> ◆ Baked Cod w/Tartar Sauce ◆ Orzo ◆ Cauliflower ◆ Dinner Roll w/ Margarine ◆ Seasonal Fruit ◆ 1% Milk 	27 <ul style="list-style-type: none"> ◆ Mac & Cheese w/ Broccoli ◆ Sweet Potatoes ◆ Cherry Cobbler ◆ 1% Milk 	28 <ul style="list-style-type: none"> ◆ Chicken Parmesan w/ Marinara and Cheese ◆ Brown Rice ◆ Steamed Carrots ◆ Jell-O w/ Fruit ◆ 1% Milk 
31 <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Vegetables ◆ Dinner Roll with Margarine ◆ Warm Cinnamon Pineapple Chunks ◆ 1% Milk 				