

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello all and welcome to 2023! With a new year, we'd like to start with some exciting news:

In an effort to increase accessibility to the senior lunch program, effective January 3, 2023, all City of Albuquerque senior and multigenerational centers, including Bear Canyon, will offer a donation-based lunch for adults aged 60 and older.

What does donation-based mean? -

- Registered center members years 60+ are eligible for the "hot meal" / "main entrée" on a donation basis. A donation is appreciated but not required, however, reservations are still required. For questions or information, please do not hesitate to visit with our front desk staff.

Furthermore, kitchen renovations start this month! We do not anticipate the construction, to have much impact on our classes and activities, however, there will be some temporary adjustments to the senior meal program including availability of breakfast and a la carte menu items. Adjustments will include the following:

- Starting January 9th, we will be providing dine in meals here at the center that will be delivered daily from our department's main central kitchen. To ensure we have enough meals on site, it is important reservations are made daily for the following day.
- Temporarily, breakfast and a la carte menu items will be unavailable. We apologize for any inconvenience.

Our main goal is to keep everyone updated and we appreciate everyone's patience and flexibility throughout the duration of the project.

Respectfully,  
Tyler Dunn

**Center Hours**

M-W: 8a-5p    Sat: 9a - 3p  
Th: 8a-9p    Sun: Closed  
F: 8a-5p

**DATES TO REMEMBER**

- Jan 02 Holiday closure
- Jan 09 Hot Lunches from CASA
- Jan 10 GEHM Clinic
- Jan 13 Movie Matinee
- Jan 16 MLK Day closure
- Jan 19 Lunch Bunch
- Jan 20 Vaccination Clinic (tentative)
- Jan 30 Kitchen Construction begins

**BEAR WITH US**

Tax season is coming! More details and information to follow at a later date...  
Please continue to check with the front desk for updated information.

Accredited by   
National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### DSA ADVISORY COUNCIL

Meet the Advisory Council  
Los Volcanes Senior Center

**MONDAY, JAN 23**

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.

**ARE YOU 55 OR  
OVER AND  
LOOKING FOR A  
MEANINGFUL WAY  
TO SPEND SOME  
TIME?**



### **The City of Albuquerque Senior Companion Program (SCP) needs you!**

SCP supports volunteers so they can assist frail elderly clients in their home, helping with errands, light grocery shopping, and simply spending time providing companionship and friendship. Volunteers may also provide respite service to family members. All it takes to be a volunteer is: be 55 or older, willing to serve a minimum of ten hours per week, pass a fingerprint-based background check, and enjoy working with elderly adults in need of assistance. When you join SCP, you can become eligible to earn a non-taxable stipend, mileage, and meal reimbursements, supplemental accident and liability insurance while on duty, access to training, conferences and recognition throughout the year. Get involved. Stay active. Make a difference for someone in need. Join SCP today. Call (505) 764-1007 for more information.

### NEW MEMBER ORIENTATION

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

### 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 Affairs .....764-6400  
City of Albuquerque General Info .....311  
Non-emergency Police .....242-COPS (2677)  
Emergencies .....911





## Department of Senior Affairs

### NOTE FROM ANNA



Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In an effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center.

We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit [cabq.gov/seniors](http://cabq.gov/seniors) or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna Sanchez, Director  
Department of Senior Affairs

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## 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

#### 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

## 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.

- **North Domingo Baca Center doesn't have a piano, but we have 3 here. Could we donate one of them?**

Hello and thank you for the suggestion. At the moment, our facility has 2 pianos'. Recently, the Friends of Bear Canyon along with members of the piano groups purchased a newer piano for classroom 2. It is greatly utilized and has been used throughout the center for various performances and classes. We do have a much older, more experienced piano that currently lives in the west social hall and has been used periodically by various members. However, we can look into its possible transfer and communicate with the NDB management and see if they have any interest or need for a piano.

### AARP DRIVER SAFETY CLASSES

**1st Saturday of the month, 9:30 a.m. - 1:30 p.m.**  
**3rd Thursday of the month, 12:00 p.m. - 4 p.m.**

Cost: AARP members \$20; non-members \$25  
Call (505) 767-5959 to register.

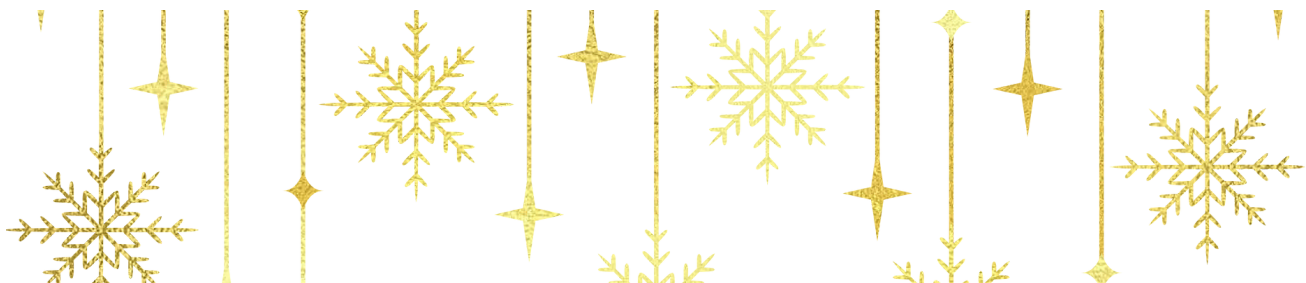
The AARP Smart Driver™ online course is still an option, and you can register at:  
<https://www.aarpdriversafety.org>



Teeniors\* are 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.

**1st Friday of the Month**  
**3:00 p.m. - 5:00 p.m.**

Space is limited, please sign up at the front desk.



## PROGRAM HIGHLIGHTS

### FRIENDS OF BEAR CANYON NEWS

Happy New Year. As 2023 begins, we would like to reintroduce you to your own local nonprofit, the Friends of Bear Canyon. We are, like you, seniors who enjoy the many benefits that the Bear Canyon Senior Center has to offer. Beyond that, the Friends of Bear Canyon are 22 senior volunteers who, through our one-of-a-kind nonprofit organization, raise funds throughout the year to help pay for many special needs of our seniors that are not covered within the Senior Center's budget.

We buy things that benefit individual clubs and groups, and we buy things that benefit everyone. We buy little things like yarn, guitar strings, ping pong balls and a waffle maker and toaster for the kitchen. We buy big things like a piano, a big screen TV, a popcorn machine for social gatherings and, for all of us, a high-speed modem/router to provide WiFi throughout the Senior Center.

The Friends of Bear Canyon work closely with Senior Center staff to ensure that they, and you, get the support you all need. As needed, we organize and help pay for the Friendship Coffee held each Tuesday morning -- and personally serve you the coffee and pastries with a smile. We arrange the monthly fundraising lunches held at local restaurants so that you can share a meal with old friends and maybe make some new ones. You will see us at tables in the lobby selling Holiday raffle and carwash tickets throughout the year.

The Friends of Bear Canyon meet at the Senior Center on the second Thursday of the month to discuss fundraising, approve expenditures and make plans. If you would like to join our merry band of volunteers, and have 5-10 hours a month to help, please email our Chair, Jim Berdine, at [berdinejim@msn.com](mailto:berdinejim@msn.com).



2023 FOBC Board Members  
Jim Berdine, Chairperson  
PJ, Faubion, Secretary  
Gail Garza, Treasurer  
Jan Caron, Co-Chairperson

#### ==== JANUARY FUNDRAISING ====



Wednesday, January 11  
12:00 p.m. - 8:00 p.m.  
1608 Eubank Blvd NE  
505-323-6463

Tickets available at the front desk.

Many thanks to Chello Grill for being our November Restaurant of the Month!



## CALENDAR OF ACTIVITIES

### COMPUTER ROOM INFORMATION

#### OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00–11:00 am

iMac, PC, and iPad available



#### WINDOWS USER GROUP

Third Wednesday of the month  
1:30 p.m. - 3:30 p.m.

Contact person: Harold Gottlieb  
Email: hbgottl2@q.com



#### APPLE USER GROUP

Third Saturday of the month  
9:30 a.m. - 12:00 p.m.

Activity Leader: Bo Keith  
(will not meet in December)

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 9:00 am - 11:00 am  
Contact person: Jean Maka  
Email: huntgen@gmail.com

### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month  
8:30 a.m. - 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 am - 11:00 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.

Join us, call Lupe 505-401-2558



## CALENDAR OF ACTIVITIES

### THURSDAY NIGHT DANCE

6:00 p.m. - 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 5 - Long Drink of Water**
- **Jan 12 - Roger Burns**
- **Jan 19 - Paul Pino**
- **Jan 26 - Desert Springs**



### FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. - 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 these sponsors and supporters.

#### Last month's Sponsors:

- **Dec 6 - Sandia Vista**
- **Dec 13 - The Montebello on Academy**
- **Dec 20 - The Friends of Bear Canyon**
- **Dec 27 - Edward Jones**



### V.F.W. POST 10763

Post meetings are held at Bear Canyon the first Thursday of every month at 9:30 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.



### BEAR CANYON COMPUTER INSTRUCTORS CLUB MEETING

Saturday, January 14

Time: TBA

We are looking for help. Redesign & Maintain Apple User Group website. Serve as secretary for the quarterly meetings.

Contact Bo Keith 505-934-0317





## CALENDAR OF ACTIVITIES

### TAI CHI

We welcome any interested new folks in the first two weeks of January to join our Saturday class. A handout with more information is available at the front desk.

Please note: A one-time fee of \$5 is required for all new students. This fee is for a 3-ring binder that contains materials for instruction in Qi Gong and the Yang Style Short Form.

Saturday, 11:30 a.m. - 1:00 p.m.  
Social Hall

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### FRENCH CLASSES

Classes begin January 4, 2023.

Level 1 for those who have never spoken a word of French but who wish to travel, communicate with French speakers or simply learn something new.

Level 2 for those who have some prior knowledge and who wish to improve their skills.

Wednesday  
Level 1 12:00 p.m - 1:00 p.m.  
Level 2 1:30 p.m. - 2:30 p.m.  
Room 1

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### PAINTING WITH SUKI

Painting with Suki will resume by lottery in February.

### FUTURE OPPORTUNITIES

Sign up at the Front Desk

Would you be interested in playing Samba (a variation of Canasta Hand & Foot)?

Would you like to learn how to play Mahjong- American Version?

Would you like to learn how to bowl?

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### HAPPY LOSERS

Trying to shed some extra holiday pounds? Members support you in your effort to achieve or maintain a healthy weight that leads to better health. Meetings are always positive. Interesting programs and facilitated meetings. Weigh-Ins are confidential. Come join us!

Thursdays 8:00 a.m. - 9:15 a.m.  
Weigh in 8:00 a.m. - 8:30 a.m.  
Meeting 8:30 a.m. - 9:15 a.m.  
Room 4

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### BEGINNING JEWELRY CLASS

Classes begin January 20, 2023.

Third Friday 1:00 p.m. - 2:00 p.m.  
Room 5

Fee \$25 for jewelry kit. Pay instructor.  
Sign up at the front desk.

## CALENDAR OF ACTIVITIES

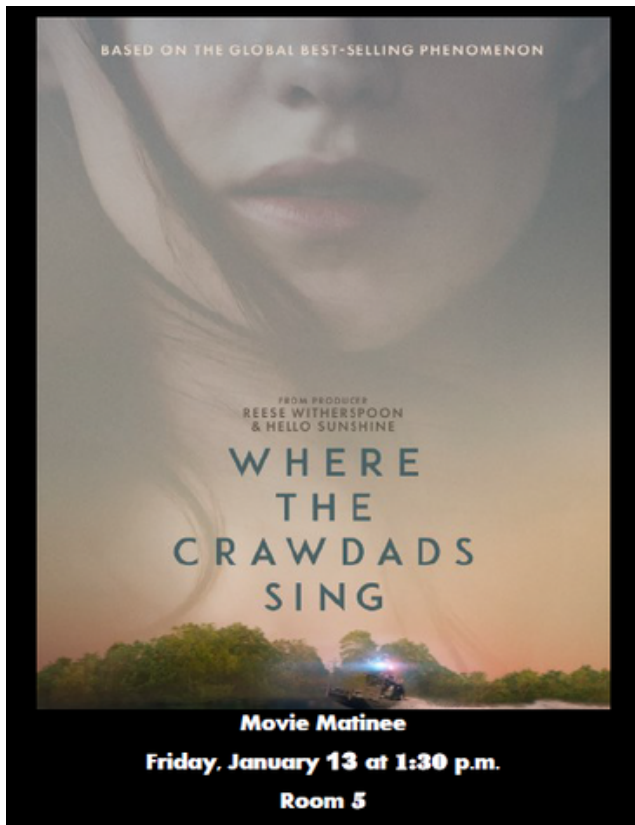


### Senior Day at the Legislature

January 19, 2023

Sign up at the front desk.

Watch the bulletin board for pop-up trips to be posted soon!



### Senior Forum Watch Party

January 5, 2023

9:30 a.m.

North Domingo Baca, North Valley,  
and Manzano Mesa Centers

## Intro to Watercolor

A class for anyone who is interested in learning basic watercolor techniques. The class covers Materials, Composition, Values, Perspective and Special Techniques. No prior art experience or special talents are needed to enjoy this class. After 6 weeks, the student will be able to join in watercolor groups at Bear Canyon or just enjoy painting at home.



**Mondays: January 9 - February 6**

9:00am to 11:00am Room 4

**Dave Wimsatt, Instructor**

**SIGN UP AT THE FRONT DESK FOR THE LOTTERY DRAWING. LOTTERY DRAWING WILL BE JANUARY 4. MEMBERS DO NOT NEED TO BE PRESENT FOR THE DRAWING, STAFF WILL CALL MEMBERS THAT ARE DRAWN.**



### OUT TO DINNER

Not scheduled  
for January

### LUNCH BUNCH

**Thursday, Jan 19 at Noodle Works**

5901-S Wyoming Blvd. NE

Check in: 10:45 a.m. Return: 3:00 p.m.

Please sign up at the front desk.

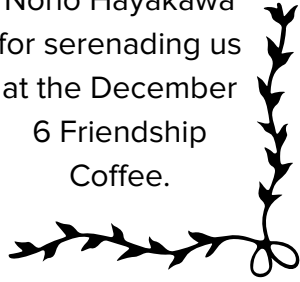


ACKNOWLEDGMENTS

*Thank You!*



Norio Hayakawa  
for serenading us  
at the December  
6 Friendship  
Coffee.



ProMedica, for sponsoring the Winter Special Luncheon and to the Albuquerque Accordion Club for entertaining us with their music.



The Montebello for sponsoring our Trim the Tree event and to Dan Matthews and Friends for playing the Christmas Carols so we could sing-a-long.



# January 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.



## January 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
2 Closed in Observance of New Year's Day	3 ♦ Beef Tips w/Gravy/Pasta ♦ Green Peas ♦ Bread Stick ♦ Greek Yogurt ♦ 1% Milk 	4 ♦ Omelet w/Cheese/ Veggies ♦ Diced Red Potatoes ♦ Peach Cobbler ♦ 1% Milk 	5 ♦ Turkey Pot Pie ♦ Steamed Broccoli ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	6 ♦ Pork chop with Rice ♦ Seasonal Vegetable ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
9 ♦ Baked Tilapia ♦ Collard Greens ♦ Corn Bread ♦ Cookie ♦ 1% Milk 	10 ♦ Chicken Alfredo w/ Green Chile ♦ Sliced Carrot ♦ Steamed Broccoli ♦ Seasonal Fruit ♦ 1% Milk 	11 ♦ Roast Beef w/Brown Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Red Grapes ♦ 1% Milk 	12 ♦ Sweet and Sour Pork ♦ Brown Fried Rice ♦ Stir Fry Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	13 ♦ Pasta Primavera ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 
16 Closed for Martin Luther King Day	17 ♦ Green Chile Chicken Posole ♦ Fajita Blend ♦ Cabbage ♦ Vanilla Pudding ♦ Flour Tortilla ♦ 1% Milk 	18 ♦ Baked Ziti ♦ Green Beans ♦ Breadstick ♦ Seasonal Fruit ♦ 1% Milk 	19 ♦ Roasted Pork Loin ♦ Seasonal Vegetable ♦ Brussel Sprouts ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	20 ♦ Sloppy Joes ♦ Tater Tots ♦ Broccoli ♦ Seasonal Fruit ♦ 1% Milk 
23 ♦ Chicken Parmesan ♦ Ancient Grain ♦ Cauliflower ♦ Mandarin Orange ♦ 1% Milk 	24 ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Mixed Fruit ♦ 1% Milk 	25 ♦ Cheeseburger ♦ French Fries ♦ Bell Pepper & Onions ♦ Banana ♦ 1% Milk 	26 ♦ Baked Cod ♦ Lemon Butter Orzo ♦ Spinach & Onions ♦ Applesauce ♦ Dinner Roll ♦ 1% Milk 	27 ♦ Cheese Omelet & Hash Browns ♦ Stewed Tomatoes ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
30 ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 ♦ Green Chile Beef En- chiladas ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 