

Department of Senior Affairs



A Message From Our Center Manager

Hi all,

Summer is now officially in full swing, which means hot weather, BBQ's, traveling and all of the other fun summer activities you can think of. The one that always reminds me of July and summer time is July 4th, or the Independence Day Holiday. We will be having a 4th of July celebration on Friday July 1st, as the center will be closed on Monday July 4th in its observance.

To back track a little, we would like to thank Humana for generously sponsoring our Father's Day Root Beer Float Social last month. It was a success as always and I hope that all of the Fathers had a wonderful day.

Also, there have been a few newer and youthful faces at the front desk and around the center. The center staff are fortunate to have added two interns from the City of Albuquerque's Job Mentorship Program in Amanda Urbina and Mariah Tenorio, along with another super volunteer Sophia Gibson. They have all been very energetic and enthusiastic since starting with us, all the while learning numerous job skills and gaining valuable work experience for the summer. We are grateful to have them helping us as part of the team.

We want to wish everyone a happy and safe Independence Day and stay cool!

Respectfully,
Tyler Dunn

Center Hours

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

Special Dates & Announcements

- July 1 4th of July Social 2pm
- July 4 Closed for 4th Holiday
- July 8 Movie Matinee
- July 11 Out to Dinner
- July 12 Sawmill Market Trip
- July 20 Michelangelo's Sistine Chapel Trip (SOLD OUT)
- July 21 Lunch Bunch
- July 22 Vaccine Clinic 1-4pm
- July 25 DSA Advisory Council here
- July 26 Ojo Caliente Trip

Resuming this month

Flea Market
Friends of BC Restaurant Fundraiser

See Inside for more details

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National Institute of
Senior Centers



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Bear Canyon Senior Center
MONDAY, JULY 25

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 meetings are held at Bear Canyon 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.

JULY 2022 VACCINATION CLINICS

Palo Duro Senior Center	Wed, July 20	9a-12p
Highland Senior Center	Thur, July 21	1-4p
Bear Canyon Senior Center	Fri, July 22	1-4p
Manzano Mesa Multi-Gen	Mon, July 25	1-4p
Palo Duro Sports & Fitness	Tue, July 26	1-4p
Los Volcanes Senior Center	Wed, July 27	9a-12p
North Dom. Baca Multi-Gen	Thur, July 28	9a-12p

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 Information 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



Department of Senior Affairs

NOTE FROM ANNA



Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our cabq.gov/seniors website.

Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico.

As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events. Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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.

- **Have someone change out the "shark pool balls" to regular balls.**

Thank you for this request. While I am not familiar with the different styles of billiards balls, we can check in with our "experienced" Billiards volunteers about the possibility of purchasing another set.

- **"Repaint back stair rails with something to cool off the hot metal. They get hot!"**

We appreciate you bringing this to our attention. We will definitely explore our options to paint those hand rails for the stairs to try and cool them off during the hot months!

- **"Show the beautiful movie: 'The Blue Lagoon' (1980)."**

While we tend to try to show newer movies we are always open to suggestions for older ones too and can try to find a good time to show this one and others suggested in the future.



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.

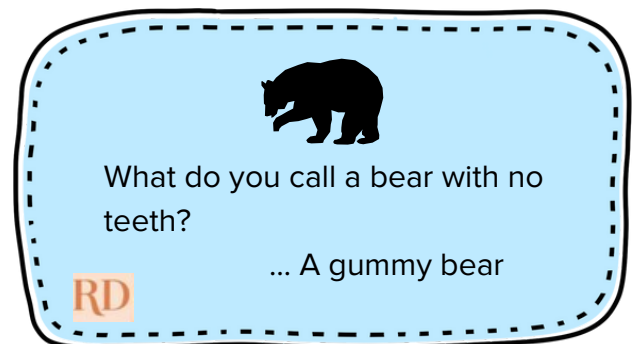
First Friday of each month
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

DRIVER SAFETY CLASSES

First Saturday of the month 9:30a-1:30p
Third Thursday of the month 12:00p-4:00p

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



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

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



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of July is Gloria Borton.

Gloria was born in Springs, PA. Springs is an unincorporated community in Elk Lick Township, in Somerset County in extreme Southwest PA. What Gloria remembers most about that area is that it is mountainous with cold winters and lots of snow. She says there is almost 50” of annual rainfall with moderate heat and high humidity in the summer months.

Gloria has three brothers which is why she has always considered herself a tomboy! She has two daughters, five grandchildren and one 4-year-old great granddaughter, named Shyanne, whom Gloria has babysat for since the day she was born.

Gloria enjoys walking, reading, and working jigsaw puzzles. Her favorite hobby is volunteering at Bear Canyon and being with her friends.

Gloria has traveled to Alaska, Panama Canal and Death Valley with Sun Tours. She loves the Balloon Festival and visits several times each year. She also enjoys dogs, though she doesn't have pets currently.

FUNDRAISING

The Friends are busy arranging to bring back the restaurant fundraisers. You pick up a ticket at the center and take it on the days and times specified to present with your meal order. The restaurant will give 20% of the proceeds from your purchase to the Friends of Bear Canyon.



July Fundraiser

Cinnamon Sugar & Spice Café
Wednesday, July 20 & Thursday, July 21
7 am - 3 pm
5809 Juan Tabo NE

Next month, we will report back how the fundraiser went and announce the next restaurant. Thank you in advance for your participation!

FATHER'S DAY SOCIAL Humana brought and served rootbeer floats, while the Friends of Bear Canyon popped up some popcorn. A sweet & salty time was had by all.



CALENDAR & ACTIVITIES

COMPUTER ROOM INFORMATION



Windows User Group

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



Chromebook User Group

Fourth Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Bill Miller
Email: bearcanyonclasses@gmail.com

Please contact the user group leaders to share subjects of interest, and to address concerns or questions.



Apple Users

Drop In Assistance
Mondays 9:00 am to 11:00 am
Contact person: Jean Maka
Email: huntgen@gmail.com

OPEN COMPUTER LAB
Monday, Wednesday, and Friday
9:00–11:00 am
iMac, PC, and iPad available

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

RN volunteers needed to perform the blood pressure screenings. If you are interested in volunteering, please contact Patricia at (505) 401-3529.



TRIPS, ACTIVITIES & PRESENTATIONS

UPCOMING TRIPS

Space is limited.
Sign up at the front desk.

Tuesday, July 12 - Sawmill Market Lunch

Check in: 10:45 a.m. Return: 2:00 p.m.
Cost: On your own

Wednesday, July 20 - Michelangelo's Sistine Chapel

Check in: 9:15 a.m. Return: 3:00 p.m.
Cost: \$20.56 paid in advance

Tuesday, July 26 - Ojo Caliente

Check in: 8:00 a.m.
Return: 4:00 p.m.
Cost: \$45.00 per person at the door

OUT TO DINNER

Monday, July 11 at Cheesecake Factory

6600 Menaul Blvd NE, Coronado Center South
Check in: 4:45 p.m.
Return: 8:30 p.m.



LUNCH BUNCH

Thursday, July 21 at SlapFish

2100 Louisiana Blvd NE
Check in: 10:45 a.m.
Return: 3:00 p.m.

Please sign up at the front desk and let us know if you'll be riding on the van or taking your own vehicle.

JULY PRESENTATIONS

Conspiratology 101

America's growing conspiracy culture

Presented by Norio Hayakawa
Tuesday, July 5, 9:30 - 11:00 AM

Habits of Happy People

Presented by Humana
Tuesday, July 19, 9:00 - 10:00 AM

If you plan to attend, please sign up at the front desk. Thank you!



Tuesdays 10:00am -- 2:00pm
Starting Tuesday, July 12, 2022

If you are interested in selling items, tables are \$2.00 and will be issued by a lottery process. Our first lottery will be held on July 5 at 9:30am to draw for July and August tables. For more information please contact the front desk.

CALENDAR & ACTIVITIES

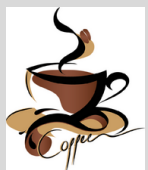
THURSDAY NIGHT DANCE

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.

- July 7 - Roger Burns
- July 14 - Long Drink of Water
- July 21 - Paul Pino
- July 28 - Desert Springs



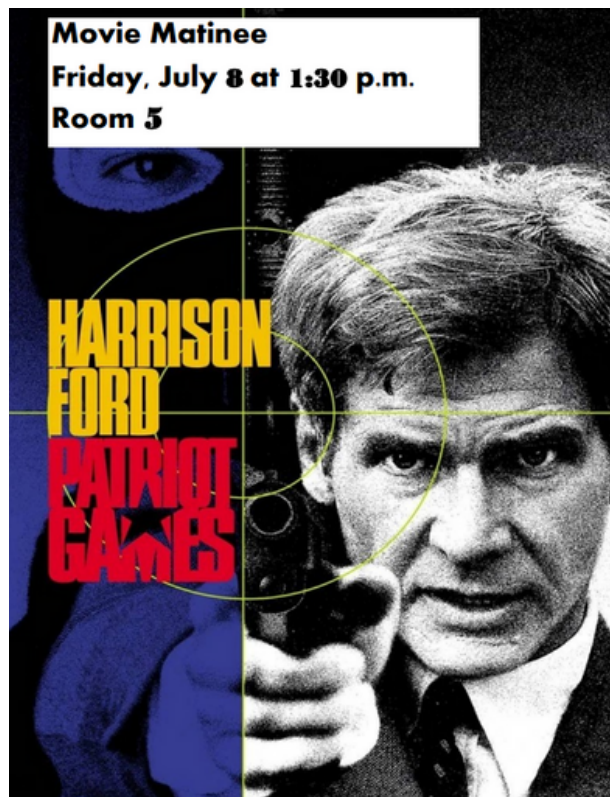
FRIENDSHIP COFFEE

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:

- Jun 7 - MedCare
- Jun 14 - VFW
- Jun 21 - MedCare
- Jun 28 - Edward Jones



GERMAN CONVERSATION

We are looking for new students who are interested in widening their knowledge of German speaking countries and/or to refresh their knowledge of the language.

Tuesday

1:15-3:15 pm

Room 1

To meet the instructor stop by the class.

Contact: Marion Simon
msimon183@aol.com

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



July 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.

**ONE
ALBUQUE
RQUE**

July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1 ♦ Cheeseburger ♦ Sweet Corn ♦ Steak Fries w/ Ketchup ♦ Watermelon ♦ 1% Milk
4 CLOSED 	5 ♦ Lemon Pepper Chicken w/ Brown Rice ♦ Diced Beets ♦ Roasted Brussels Sprouts ♦ Chocolate Pudding ♦ 1% Milk	6 ♦ Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato ♦ Carrot Sticks ♦ Fresh Seasonal Fruit ♦ 1% Milk	7 ♦ Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll ♦ Steak Fries w/ Ketchup ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	8 ♦ Garlic Tilapia ♦ Whole Wheat Pasta w/ Diced Tomatoes ♦ Calabacitas ♦ Yogurt ♦ 1% Milk
11 ♦ Pork Chop w/ Brown Rice ♦ Rosemary Potatoes ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk	12 ♦ Beef Fajita w/ Onions, Red & Green Peppers ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	13 ♦ Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce ♦ Spinach ♦ Breadstick ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	14 ♦ Breaded Cod w/ Tartar Sauce over Brown Rice ♦ Stewed Tomatoes ♦ Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	15 ♦ Chicken Parmesan ♦ Spaghetti w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk
18 ♦ Carne Adovada ♦ Spinach ♦ Pinto Beans ♦ Flour Tortilla ♦ Fresh Seasonal Fruit ♦ 1% Milk	19 ♦ Sweet n Sour Chicken w/ Stir Fry Vegetables ♦ Seasonal Vegetable ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk	20 ♦ Salisbury Steak w/ Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetable ♦ Fresh Banana ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk	21 ♦ Cheese Omelet ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit w/ Margarine ♦ Mandarin Oranges ♦ 1% Milk	22 ♦ BBQ Pork ♦ Roasted Sweet Potato ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% Milk
25 ♦ Spaghetti w/ Meat Sauce ♦ Imperial Blend Vegetables ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk	26 ♦ Baked Salmon w/ Lemon and Garlic ♦ Ancient Grain Blend ♦ Mushrooms & Green Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	27 ♦ Red Chile Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Fresh Seasonal Fruit ♦ 1% Milk	28 ♦ Macaroni & Cheese w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ Yogurt ♦ 1% Milk	29 ♦ Chicken Salad Sandwich ♦ Sliced Cucumber and Carrot Sticks ♦ Cole Slaw ♦ Fresh Seasonal Fruit ♦ 1% Milk