

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,

We hope you all are enjoying the summer season so far!

Many of you may have noticed some improvements outside of the building with the landscaping being maintained as well the restriping of the parking lot and painting of the curbs! We are thrilled with how this turned out and definitely see that it makes the exterior stand out. Going forward, we will be looking into more options to keep the exterior looking sharp and revitalized with other smaller projects.

A big thank you to our very own Ya Vette Bailey for planning and putting together the wonderful Father's Day Social with assistance from the staff, entertainment by Norio and refreshments served by the Friends of Bear Canyon.

This month, remember we will be closed on the 4th of July in observance of Independence Day. However, we will resume regular hours and host a special Independence Day Social with refreshments and entertainment on July 5. Be sure to wear your best red, white and blue!

As always, we appreciate your continued support and participation!

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

- Jul 4 Closed for Independence Day
- Jul 5 Independence Day Social
- Jul 6 Shakespeare in the Park Trip
- Jul 7 Teeniors
- Jul 10 Out to Dinner
- Jul 11 GEHM Clinic
 Tin Can Alley for Lunch Trip
- 11 & 12 Papa Felipe's restaurant fundraiser
- Jul 14 Movie Matinee
- Jul 20 Lunch Bunch
- Jul 21 Dessert Social
- Jul 25 Folk Art Museum Trip
 Coffee with a Cop

**HAPPY
INDEPENDENCE
DAY**



WE WILL BE CLOSED TUESDAY, JULY 4

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, Deputy Director

Bear Canyon Staff

Tyler Dunn, Center Manager

Ya Vette Bailey, Program
Coordinator

Brenda Carroll, Office Assistant

Isaiah Barton, Program Assistant

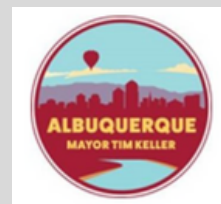
Irene Gomez, Program Assistant

Ryan Espinda, Cook

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services



GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Highland Senior Center
Monday, July 17
12 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.



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.

AARP DRIVER SAFETY CLASSES

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.

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

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 Activity 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

Navigating Medicare Assistance

First Monday of each month

Lobby

10 am – 1 pm

Provided by NM Aging and Long-Term Services
SHIP Counselors.

GENERAL INFORMATION & ASSISTANCE

COMPUTER ROOM INFORMATION



OPEN COMPUTER LAB

Monday, Wednesday, and Friday
9 - 11 am
iMac, PC, and iPad available



APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am - 12:30 pm
Rooms 3 & 4
Activity Leader: Bo Keith
Email: bnkeith@comcast.net

Anyone with an iMac, iPhone or iPad is welcome to attend. A presentation will be followed by an open question and answer period.

Volunteers with website experience, please contact Bo Keith.

APPLE USERS

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

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 with varied professional experiences ranging from emergency room, surgical, case management, oncology, public health including infectious diseases and overall health promotion and disease prevention. To join us call Lupe at 505-401-2558.

PROGRAM HIGHLIGHTS & GENERAL INFORMATION

FRIENDS OF BEAR CANYON NEWS

FOBC SPOTLIGHT

In the spotlight for July is Judith Sanders. Judith was born in Dallas, Texas. She spent time in Tulsa, Oklahoma and then moved to Albuquerque because she had family here. She has one brother and one sister who both live in Albuquerque. She has one son; he and his wife have 3 children and live in the Dallas area. Judith attended Tulsa University.



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.

- **Start a drawing class**

Thank you for the recommendation on the addition of a new class! We are always open to the possibility of adding new activities. If you are interested in and/or know of someone interested in starting that type of class, or any other type, please stop by our front desk and fill out a room reservation request. This will allow our activities coordinator to explore options with you.

==== JULY FUNDRAISING ====

PAPA FELIPE'S

Tues, July 11 & Wed, July 12
11 am - 8:00 pm
9800 Menaul Blvd NE

505-292-8877

Tickets will be available at the front desk.



Many thanks to
for being the
June Restaurant
of the Month!



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.

- Jul 6 - Long Drink of Water
- Jul 13 - Desert Springs
- Jul 20 - Paul Pino
- Jul 27 - Roger Burns



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:

- Jun 6 - Sandia Vista
- Jun 13 - Hospice De La Luz
- Jun 20 - Comparion Insurance
- Jun 27 - Innovage PACE Program

Dessert Social

Our monthly Dessert Social is Back!!!

Friday, July 21 -- 1:15 - 2:15 p.m.
Social Hall

Stop by for free dessert.
Enjoy Fun, Fellowship and Friends.

Sponsored by The Lynn Johnson Group



DESSERT AND REAL ESTATE!

Hi, I'm Venessa Johnson your Senior Real Estate Specialist. I'm the person that brings the goodies for the Bear Canyon Dessert Socials.

As a Senior Real Estate Specialist, I offer a free Comparative Analysis on homes. If you or someone you know is thinking about selling and want to know what the home is worth in today's market, give me a call and I will be more than happy to sit down with you and review your home value.

Venessa Johnson
The Lynn Johnson Group
Keller Williams
505-220-5099
vj@lynnjohnson.com



KELLERWILLIAMS
Luxury
INTERNATIONAL

CALENDAR OF ACTIVITIES

Upcoming Trips

Space is limited.
Sign up at the front desk.

Thursday, July 6 - Shakespeare in the Park

Check in: 4:15 pm Return: 9:30 pm
Dinner: Prior to performance & at own expense

Tuesday, July 11 - Tin Can Alley for Lunch

Check in: 10:45 am Return: 3 pm
Lunch: At own expense

Tuesday, July 25 - Folk Art Museum (Self Tour)

Check in: 9 am Return: 3 pm
Cost: \$7 at door Lunch: At own expense

Information Tables

VFW & Veteran's Outreach

Thursday, July 6 9 am - 1 pm

People Works NM

Monday, July 17 9 - 10 am

NM Poison and Drug Information Center

Friday, July 21 9 - 11 am

Continued...

Information Tables cont'd.

Medicare Information Table

Tuesday, July 25 8 - 10 am

Idalia Lechuga-Tena

City Council Candidate

Tuesday, August 1 8:30 - 11 am

Presentations

Sign up at the front desk.

Norio Hayakawa's UFO Lecture Farmington, NM 1950

Tuesday, July 11
9 - 10 am Room 5

Verdes Foundation: Cannabis 101

Tuesday, July 18
9:30 am - 12 pm Room 5

Christmas in July Canvas Painting Medicare 101

Tuesday, July 25
10 am - 12 pm Room 5

Cultivate Your Resilience

Tuesday, August 8
10 - 11:30 am Room 5

CALENDAR OF ACTIVITIES



Happy
INDEPENDENCE
Day

Join Us for an Independence Day
Celebration
Wednesday, July 5th
2:00 - 3:30 pm - In the Social Hall

Entertainment by:
Josie Tennant

Popcorn, Slushies, Hot Dogs
Treats Provided by:
Nuclear Care Partners



NUCLEAR
CARE
PARTNERS

OUT TO DINNER

Monday, July 10
at P.F. Chang's
4440 The 25 Way
505-344-8282

Check in: 4:45 pm Return: 8:30 pm

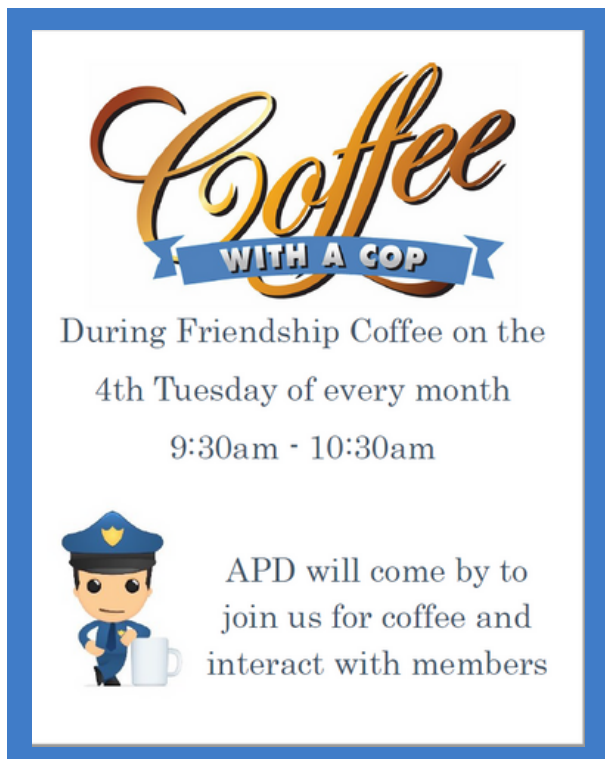


LUNCH BUNCH

Thursday, July 20
at Meet Crab
6300 San Mateo NE Ste F-4
505-554-1230


Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



Coffee
WITH A COP

During Friendship Coffee on the
4th Tuesday of every month
9:30am - 10:30am



APD will come by to
join us for coffee and
interact with members



LILY TOMLIN JANE FONDA RITA MORENO SALLY FIELD TOM BRADY

Movie Matinee
Friday, July 14 at 1:30 pm
Room 5

BEST FRIENDS GET INTO
THE BEST KIND OF TROUBLE

80 FOR BRADY

CENTER HIGHLIGHTS AND ACKNOWLEDGEMENTS

FATHER'S DAY SOCIAL

June 14, 2023



STAINED GLASS CLASS

Wednesday mornings



NEW MEXICO SENIOR GAMES OLYMPIAN

Congratulations to Bill Miller who won medals in the 1500 meter powerwalk at both the local and state games, as well as for Eight ball pool at the state games.



If you also medaled at either the local or state senior games and would like to be included in the newsletter, please let us know at the front desk.

FRIENDSHIP COFFEE WITH TRUDY JONES

MAY 9



July 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.



July 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
<p>3</p> <ul style="list-style-type: none"> ♦ Lemon pepper chicken w/brown rice ♦ Diced beets ♦ Roasted brussels sprouts ♦ Chocolate pudding ♦ 1% Milk 	<p>4</p> <p>WE WILL BE CLOSED JULY 4th</p>	<p>5</p> <ul style="list-style-type: none"> ♦ Garlic tilapia ♦ Whole wheat pasta w/ diced tomatoes ♦ Calabacitas* ♦ Yogurt ♦ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Meatballs w/marinara w/cheese ♦ Whole grain hoagie roll ♦ Steak fries w/ketchup ♦ Seasonal vegetables* ♦ Fresh seasonal fruit* ♦ 1% Milk 	<p>7</p> <p>COLD MEAL</p> <ul style="list-style-type: none"> ♦ Egg Salad on whole grain bread ♦ Lettuce & tomato ♦ Carrot sticks ♦ Seasonal fruit* ♦ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ♦ Pork Chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Seasonal vegetable* ♦ Fresh seasonal fruit* ♦ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ♦ Beef fajita w/red and peppers and onions* ♦ Pinto beans* ♦ Flour tortilla ♦ Baked apples ♦ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ♦ Pasta (Penna) per mavera stir fry veg*/alfredo sauce ♦ Spinach w/onions ♦ Bread stick ♦ Yogurt ♦ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Fresh seasonal Fruit* ♦ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Chicken Parmesan ♦ Zucchini w/butter ♦ Seasonal Vegetables* ♦ Jello ♦ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ♦ Carne Adovada: Pork ♦ Spinach ♦ Pinto beans* ♦ Flour tortilla ♦ Fresh Seasonal Fruit* ♦ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ♦ Sweet & sour chicken w/ stir fry vegetables* ♦ Seasonal vegetable* ♦ Brown rice ♦ Fortune Cookie ♦ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Salisbury steak w/gravy mushroom ♦ Mashed potatoes ♦ Fresh banana ♦ Whole grain dinner roll w/margarine ♦ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Cheese Omelet w/fajita blend ♦ Stewed tomato ♦ Dice potato ♦ Whole grain biscuit w/ margarine ♦ Mandarin Oranges ♦ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ♦ BBQ pork pulled ♦ Roasted sweet potato ♦ Seasonal vegetable* ♦ Fresh seasonal fruit* ♦ Whole grain dinner roll w/margarine ♦ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ♦ Spaghetti w/meat sauce: Beef ♦ Imperial blend vegetables ♦ Seasonal vegetables* ♦ Fresh seasonal fruit* ♦ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ♦ Bake salmon w/lemon and garlic ♦ Ancient grain blend ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit* ♦ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Red chile tamales: Pork ♦ Calabacitas* ♦ Pinto Beans* ♦ Fresh Seasonal Fruit* ♦ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ♦ Mac & cheese green chile ♦ Broccoli ♦ Seasonal Vegetables* ♦ Yogurt ♦ 1% Milk 	<p>28</p> <p>Cold Meal</p> <ul style="list-style-type: none"> ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber* and carrot sticks ♦ Cole Slaw ♦ Fresh Seasonal Fruit* ♦ 1% Milk 
<p>31</p> <ul style="list-style-type: none"> ♦ Meatloaf w/tomato sauce ♦ Roasted redskin potato ♦ Succotash ♦ Fresh seasonal fruit ♦ Whole grain dinner roll w/ margarine ♦ 1% Milk 