

**BEAR CANYON SENIOR CENTER**

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

[cabq.gov/seniors](http://cabq.gov/seniors)

**Department of Senior Affairs**



**A Message From Our Center  
Manager**

Hello all!

We hope you are enjoying the summer season so far and trying to stay cool with this extreme heat! One of the best ways to try and stay cool is to continue participating in our indoor activities/events here at the center.

As always, a huge thank you to the staff for putting together a wonderful Father's Day Social last month, with members of the Friends of Bear Canyon along with one of our Job Mentorship Students helping serve.

Be on the lookout for the 4th of July Celebration on Wednesday July 3, from 2-3pm with refreshments and entertainment. Be sure to wear your best red, white and blue patriotic outfit!

Remember we will be closed on the 4th of July in observance of Independence Day. However, we will resume regular hours on July 5.

Stay cool and have a wonderful month.

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 3 4th of July Celebration
- Jul 4 Closed for 4th of July Celebrations
- Jul 8 Out to Dinner
- Jul 12 Movie Matinee  
Harry's Roadhouse Restaurant Trip
- Jul 17 Rancho de Chimayo Restaurant Trip
- Jul 18 Lunch Bunch
- Jul 21 Friday Pie Social
- Jul 22 Pinspiration Trip
- Jul 24 Guitar Concert
- Jul 26 Painting with Suki
- Jul 30 Lost & Found items donated

**JULY/AUGUST CLOSURE NOTICE**

**All DSA facilities will be closed on July 4 for Independence Day.**

The following senior and fitness centers will be **CLOSED** from August 5 through August 9 for Employee Training:

**Bear Canyon & Barelás  
Highland & Palo Duro**

Accredited by   
National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

North Domingo Baca MGC  
7521 Carmel Ave NE, 87113

Monday, July 15  
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.



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!

You can register at:

<https://www.aarpdriversafety.org>

### Navigating Medicare Assistance First Monday of the Month

Lobby  
10 am – 1 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

- Monthly Menu
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

### HELPFUL NUMBERS

Department of Senior Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## GENERAL INFORMATION & ASSISTANCE

### COMPUTER ROOM INFORMATION



#### OPEN COMPUTER LAB

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



#### PC COMPUTER WORKSHOP

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



#### APPLE MAC WORKSHOP

Fourth Saturday of the month  
9:30 am - 12:30 pm  
Computer Lab  
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.

### 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.

## CALENDAR OF ACTIVITIES

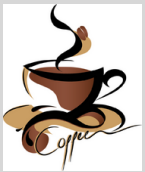
### THURSDAY NIGHT DANCE

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 4 **CLOSED**
- Jul 11 **Roger Burns**
- Jul 18 **Paul Pino**
- Jul 25 **TBD**



### 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 4 **Coldwell Banker**
- Jun 11 **Amada Senior Care**
- Jun 18 **Montebello on Academy**
- Jun 25 **Beehive Homes**

## Pie Social

Monthly on the 3rd Friday

1:30 – 2:30 pm

Social Hall

Stop by for free pie and ice cream.  
Enjoy Fun, Fellowship and Friends.

Sponsored by: Anna with  
SEASONS Real Estate



### PIE AND REAL ESTATE!

Hi! I'm Anna, your Senior Real Estate Specialist. I'm the positive person that brings the pie and ice cream for the monthly Pie Socials. I am on a mission to help people get to the next chapter in their lives. If you or a loved one is curious about the real estate market, let's chat! Let me know if any of the following information would be helpful to you: value of your current home, real estate market data and neighborhood trends, current inventory review, tips for selling in the future, downsizing, organizing, senior living, relocating, etc. Thank you for having me!



Anna Herrera, SRES  
(505) 508-9805 | O: (505) 828-1000  
anna.nmrealty@gmail.com  
SEASONS Real Estate powered by Coldwell Banker Legacy  
6767 Academy Rd NE, Abq, NM 87109



## CALENDAR OF ACTIVITIES & SPECIAL INFORMATION

### Upcoming Trips

Due to the limited space on trips, a member may only sign up for 3 per month including Pop Up Trips.

#### Ron's Ride and Glide

**Fri, Jul 12 - Harry's Roadhouse Restaurant, SFE**

Check in: 8 am      Return: 4 pm  
Lunch: At own expense

#### Ron's Ride and Glide

**Wed, Jul 17 - Rancho de Chimayo Restaurant**

Check in: 8 am      Return: 4 pm  
Lunch: at own expense

#### Mon, Jul 22 - Pinspiration (Crafting)

Check in: 10:15 am      Return: 4:00 pm  
Cost: TBD      Lunch: at own expense

Watch the bulletin board and front desk display for

#### "Pop Up Trips."

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.

### Presentations

Sign up at the front desk.

#### Smart Shopper

Tuesday, Jul 9  
10-11:30 am      Room 5

#### CPR & AED Training for Seniors

Tuesday, Jul 16

Cost: \$10      9 am - 12 pm      Room 5

#### Medicare 101 with Yvonne Candelaria

Tuesday, Jul 16

1-2 pm      Room 5

#### Make Your Android Cell Phone Work for You

Tuesday, Jul 23

2-3:30 pm      Room 5

### Schedule Change

#### SATURDAY SOCIAL HALL

Table Tennis 9 am - 11 am  
Tai Chi Chuan 11:15 am- 12:45 pm  
Table Tennis 1 - 2:45 pm



If you have left anything behind at the Center in the last six months, it is probably in the lost and found cabinet. Please check with the Front Desk staff before we donate or give away items on July 30th.

CALENDAR, OF ACTIVITES & FRIENDS OF BC FUNDRAISING

CPR & AED Training for Seniors



Adult CPR and AED instruction with hands-on manikin training. Includes instruction for Chocking Relief. No prior CPR knowledge needed, wear appropriate clothing for light to moderate physical activity.

Tuesday, July 16th  
9:00am - 12:00pm

In Room 5

Cost: \$10/person (paid to instructor)

Certified CPR/AED Instructor: Catherine Sovereign

Space is Limited - Sign Up at the Front Desk

FRIENDS OF BEAR CANYON  
July Restaurant Fundraiser



Tuesday, July 23

11 am - 6 pm

5010 Cutler Ave NE, 87110

We would like to thank:



for being the June Restaurant of the Month!



ARE CURRENTLY ON A BREAK

Check at the front desk for updates





## CALENDAR OF ACTIVITIES



### LUNCH BUNCH

**Thursday, July 18**  
**at Ramona's Mexican Cafe**  
7600 Jefferson Street NE  
505-295-3945

Check in: 10:45 am    Return: 3 pm

### OUT TO DINNER

**Monday, July 8**  
**at Panera Bread**  
6500 Holly Avenue NE  
505-821-3240

Check in: 4:45 am    Return: 8:30 pm

**Please sign up at the front desk.**

★ ★ BEAR CANYON SENIOR CENTER ★ ★

## FOURTH OF JULY CELEBRATION

WEDNESDAY  
JULY 3  
2PM - 3PM  
SOCIAL HALL

REFRESHMENTS - MUSIC BY NORIO - CAR SHOW

SPONSORED BY:  
GIVING HOME HEALTHCARE  
BEEHIVE HOMES  
YVONNE CANDELARIA

MARK WAHLBERG

AN UNEXPECTED ENCOUNTER  
AN UNLIKELY BOND  
AN UNFORGETTABLE ADVENTURE

# ARTHUR THE KING

**Movie Matinee**  
**Friday, July 12 at 1:30 p.m. Room 5**

## FLEA MARKET

**2nd & 4th Tuesdays**  
**10 am -- 1 pm**

### August Lottery Information

If you are interested in selling items, tables are \$2.00 and will be issued by a lottery process. The August lottery will be held on August 6th. Those selected will be notified (need not be present). To sign up or ask questions, please contact the front desk.

## CALENDAR OF ACTIVITIES

### Painting with Suki

Friday, July 26

2 - 4 pm Room 5

Lottery drawing will be on Thursday, July 18 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.**



Bear Canyon Senior Center

### SUMMER GUITAR CONCERT

July 24, 2024 - 2:00pm

Country-Folk-Bluegrass-  
Jazz

Blues-Gospel



### CORNHOLE IN THE PARK

Meet in the lobby  
Friday mornings  
Play 10 - 11 am



### Bear Canyon Grief Support Group

Hope and Healing

*We are a support group for those who are grieving the losses of people, places, things, lonely, or facing other life challenges.*

*Our objectives are not only to assist those who are grieving or suffering but also at the same time to provide a friendly, caring and often cheerful and enjoyable environment to heal the heart and give you peace of mind.*

*We do not dwell only on our difficulties, sufferings, or loneliness but also focus on the joys of our lives.*

Monthly on the 2nd & 4th Monday  
3:00 - 4:00pm  
Room 2





**CENTER HIGHLIGHTS**

**MOTHER'S & FATHER'S DAY SOCIALS  
MAY 8 & JUNE 12**

**A Special Thank You**

We would like to extend a heartfelt thank you to our sponsors for the Mother's and Father's Day socials; Wellcare and Giving Home Health Care.

Thank you also to our anonymous donor of the Mother's Day flowers and the Friends of Bear Canyon for serving at these and every other event where we need some extra hands.

**CINCO DE MAYO  
MAY 3**



**MAY PIANO RECITAL  
MAY 1**



**PAINTING WITH SUKI  
MAY 24**



# 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 Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

Plain .....	1.00
With Strawberries & Cream .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Huevos Rancheros (Fridays) .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

### **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

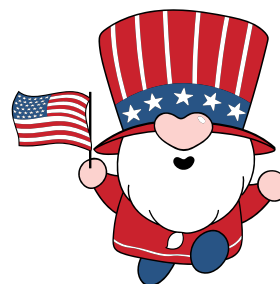
#### Sandwiches

Grilled Cheese .....	1.25
½ Cold Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

Slice of Pie (daily selection varies).....	.50
Bowl of Soup (daily selection varies)...	.50



# 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. Please arrive by 12:30 p.m. for reserved meal.



## July 2024

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
1 ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk	2 ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana ♦ 1% milk	3 ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk	4  ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk	
8 ♦ Pork chop w/ brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk	9 ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk	10 ♦ Breaded cod w/ tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk	11 ♦ Pasta primavera ♦ Sauteed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk	12 ♦ Chicken parmesan ♦ Zucchini w/ butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk	16 ♦ Sweet & Sour chicken w/ stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie ♦ 1% milk	17 ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Peach cobbler ♦ 1% milk	18 ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk	19 ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/ margarine ♦ Apples ♦ 1% milk
22 ♦ Spaghetti w/ meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk	23 ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk	24 ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk	25 ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk	26 ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk
29 ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk	30 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk	31 ♦ Meatloaf w/ tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk	1 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/ red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk	2 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 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

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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services