

Department of Senior Affairs



A Message From Our Center Manager

Hi all,

Summer is officially here (technically begins June 21) although the warm weather currently makes us feel like it's in full swing! Since spring is behind us, we wanted to highlight two great events that took place in our department last month. The Ageless Artisan Craft Fair at North Domingo Baca on Saturday, May 21 as well as The National Senior Health and Fitness Day at the ABQ Bio Park on Wednesday, May 25. These were very successful events and I want to thank all the administration, staff, volunteers and our members/groups who were able to participate and for their hard work. We look forward to more large scale department wide events in the future. There will also be a Covid-19 Vaccine Clinic Friday, June 24th between 1:00 p.m. & 4:00 p.m.

Lastly, I would like to welcome our teams newest member, Irene Gomez, who has 41 years of federal service experience. She has filled the vacant role of one of our part time Program Assistants. With Irene now on board, that makes us fully staffed for the first time in almost a year! We are thrilled to have her join us with all of her experience and her very friendly and wonderful personality. This addition, and completion of our staff only helps and further strengthens our amazing team. One thing Irene would like to share is that she appreciates smiles and loves good (clean) and fun jokes. Please help us all to make her feel welcome!

Happy Father's Day to all of the Dads out there and I hope that everyone has a great month!

Respectfully,
Tyler Dunn

Center Hours

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

Special Dates & Announcements

Hiking Cancelled - due to fire restrictions

- Jun 6: Out to Dinner
- Jun 9: Nuclear Museum Trip
- Jun 10: Movie Matinee
New Member Orientation
- Jun 14: Flag Day
- Jun 15: Isotopes Evening Trip
- Jun 17: Father's Day Social
- Jun 19: Lunch Bunch
- Jun 20: Closed for Juneteenth
- Jun 22: Abq Trolley Tour Trip
- Jun 24: Vaccine Clinic 1-4pm
Painting with Suki

[See Inside for more details](#)

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National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
CASA Kitchen

MONDAY, JUNE 27

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.

VFV will be sponsoring the Friendship Coffee on June 14th in celebration of Flag Day.



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



Hello!

It feels like the month of May came and went! In celebration of May's Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

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.

- **“I suggest a sign on each book shelf limiting the number of books to be removed from library at one time.”**

Thank you for bringing this to our attention. We have noticed that many newly donated books go out very quickly without the opportunity for all to share and distribute equally. We have taken your suggestion and placed signs on each of the book shelves with an "honorary system" asking patrons to please limit the number of books taken at a time.

- **“Netting to block ping pong balls from falling into difficult corners; 4 nets for the 4 corners to be removed after each play period”**

We understand playing table tennis in the social hall creates extra obstacles.

Currently there are several blue foam pads located in the social hall that can be used to prevent such things from happening. We may be able to explore this option going forward, however lack of storage for the equipment could hinder the approval.



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

JUNE 2022 VACCINATION CLINICS

Palo Duro Sports & Fitness	Tue, Jun 21	1-4p
Manzano Mesa Multi-Gen	Wed, Jun 22	9a-12p
Los Volcanes Senior Center	Thur, Jun 23	9a-12p
Bear Canyon Senior Center	Fri, Jun 24	1-4p
Palo Duro Senior Center	Mon, Jun 27	1-4p
Barelas Senior Center	Tue, Jun 28	9a-12p
North Dom. Baca Multi-Gen	Wed, Jun 29	9a-12p
Highland Senior Center	Thur, Jun 30	9a-12p
North Valley Senior Center	Thur, Jun 30	1-4p

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

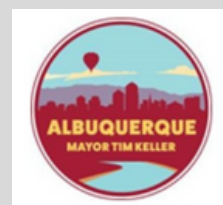
Anna M. Sanchez, Director
Chris Sanchez, Associate Director

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 June is Ron Mansoldo.

"Mr. Ron" Mansoldo was born in the Borough of Dumont, Bergen County, New Jersey. He spent his first 50 years there. His family consisted of mom and dad, who worked in the family realty business, and two brothers. His parents and older brother have passed away. His younger brother, Roger lives in Sedona, Arizona.

"Mr. Ron" graduated from Dumont High School and later attended Fairleigh Dickerson College in New Jersey. He owned and ran a real estate brokerage office in New Jersey from 1963 until 1994, before coming to Albuquerque that same year.

"By the year 2000, "Mr Ron" was a true volunteer in the city. When he is not volunteering, you will find him working in his yard where he enjoys his lawn and beautiful roses. Other favorite pastimes included tennis and walking. His girlfriend of 21 years, Nancy, acts as a nice balance to his active schedule.

Milestones and awards: 14,856 total volunteer hours with RSVP, 2,500+ driver trips, 210,000 miles driven, March 2007 Volunteer of the Month, 2008 Volunteer of the Year, 2017 Lifetime Achievement Award. Member of Bear Canyon since 2001.



Recent Purchases

FOBC purchases include table covers, aqua and pink; and flower centerpieces that were given away at the Easter Special Luncheon. FOBC also purchased the matching plates and napkins for the Ice Cream Social; five plaques that were purchased and affixed to the proper items; two nets and balls for the Table Tennis Group; Memorial Day Luncheon decorations and blue check table covers.



**Restaurant Fundraiser's
will be back soon**

Mother's Day Social

The Staff and Friends of Bear Canyon would like to thank:

everyone who worked at and the 110 who attended the Pie and Ice Cream Social;

Sergio's Bakery & Cafe, 2740 Wyoming Blvd. NE, for the delicious pies;

David Wesley for his donation to cover the ice cream purchase;

Donna Bauer for heading up the first social since our re-opening.

Of note: Dixie Prowell said that she visited the bakery and purchased some delicious breakfast items. The donuts from the May 24 Friendship Coffee were also from Sergio's.

CALENDAR & ACTIVITIES

COMPUTER ROOM INFORMATION



Windows User Group

Third Wednesday of the month
Starting April 20
1:30 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@q.com



Chromebook User Group

Fourth Wednesday of the month
Starting April 27
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.



EVENTS & PRESENTATIONS

**FATHER'S DAY
SOCIAL**



**Friday, June 17
1:30 p.m. to 2:30 p.m.**

Come have a rootbeer float with us.

Sponsored by Humana of Albuquerque
and The Friends of Bear Canyon

JUNE PRESENTATIONS

**Comadre a Comadre
Breast & Cervical Health**
Tuesday, June 7, 9:00 AM

**Senior Citizens' Law Office
Power of Attorney Clinic**
Tuesday, June 14, 9:00 - 11:00 AM

**Senior Citizens' Law Office
Landlord Tenant Law**
Tuesday, June 28, 11:00am - 12:30pm

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

**NORTH DOMINGO BACA
ARTISAN CRAFT FAIR**



**LUNCH BUNCH
IN APRIL**



CALENDAR & SPECIAL EVENTS

PAINTING WITH SUKI

Friday, June 24
2:00 p.m. to 4:00 p.m.
Room 5

Space is limited!
Please register at the front desk.



OUT TO DINNER

Monday, June 6 at Bravo! Italian Kitchen
2220 Louisiana Blvd NE Check in: 4:45 p.m.
Return: 8:30 p.m.



LUNCH BUNCH

Thursday, June 16 at Mimi's Cafe
4316 @ The 25 Way NE, Check in: 11:30 a.m.
Return: 1:30 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.



Wednesday, June 15

Check in: 4:45pm Return: 9-10:00 pm

\$14.00 pre-paid

Dinner on your own
Check at front desk for space availability

Nuclear Museum



THURSDAY, JUNE 9TH

COST: \$10 PER PERSON
AT DOOR

Check-in 9:15 am • Depart 9:30 am • Return 3:00 pm

Space is limited
Sign up at 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.

- June 2 - Swing Shift
- June 9 - Paul Pino
- June 16 - Recorded
- June 23 - Latin Soul
- June 30 - Roger Burns



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:

- May 3 - MedCare
- May 10 - Sun Tours
- May 17 - MedCare
- May 24 - Friends of BC
- May 31 - MedCare



Movie Matinee
Friday, June 10 at 1:30 p.m.
Room 5

HIGH ENERGY ACTIVE TRAVELERS (HEAT)

Come join other adventurers who want to explore and travel together. "it's not about the destination, but the journey."

1st & 3rd Friday of each month

1:00-3:00pm

Room 5



Contact: Pam Stern PMStern@comcast.net
H- 505-299-0581 C- 505-459-7821



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

June 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**

June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>31</p> <ul style="list-style-type: none"> ◆ Greek Pasta Salad ◆ Cucumber & Red Onion Salad w/ Ranch Dressing ◆ Wheat Crackers ◆ Fruit ◆ 1% Milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Red Chile Omelet ◆ Steamed Potatoes ◆ Stewed Tomatoes ◆ Green Apple ◆ 1% Milk 	<p>2</p> <ul style="list-style-type: none"> ◆ Turkey Tetrazzini ◆ Steamed Spinach ◆ Peas & Carrots ◆ Red Grapes ◆ 1% Milk 	<p>3</p> <ul style="list-style-type: none"> ◆ Beef Steak with Grilled Onions ◆ Mashed Potatoes ◆ Steamed Broccoli ◆ Pudding ◆ 1% Milk
<p>6</p> <ul style="list-style-type: none"> ◆ BBQ Chicken Sandwich ◆ Sweet Potato ◆ Apple Cobbler ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Salisbury Steak Mushroom & Onion Gravy ◆ Green Beans ◆ Scalloped Potatoes ◆ Orange ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Carrots & Cauliflower ◆ Breadstick ◆ Pineapple ◆ 1% Milk 	<p>9</p> <ul style="list-style-type: none"> ◆ Turkey Pot Pie ◆ Ancient Grains ◆ Broccoli ◆ Diced Peaches ◆ 1% Milk 	<p>10</p> <ul style="list-style-type: none"> ◆ Bean & Rice Burrito with Red Chile ◆ Cauliflower ◆ Warm Cinnamon Apples ◆ 1% Milk
<p>13</p> <ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy in Bowtie Pasta ◆ Steamed Green Beans ◆ Peach Cobbler ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Baked Chicken Thigh ◆ Steamed Collard Greens ◆ Brown Rice ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Black-eyed Peas ◆ Steamed Carrots ◆ Pudding ◆ 1% Milk 	<p>16</p> <ul style="list-style-type: none"> ◆ Sliced Turkey w/ Brown Gravy ◆ Steamed Carrots ◆ Mashed Potatoes ◆ Pear ◆ 1% Milk 	<p>17</p> <ul style="list-style-type: none"> ◆ Pork Roast w/ Creamy Onion Gravy ◆ Steamed Broccoli & Carrots ◆ Mashed Potatoes ◆ Dinner Roll w/ Margarine ◆ Green Grapes ◆ 1% Milk
<p>20</p> <p>CLOSED (OBSERVED)</p> <p>JUNETEENTH</p>	<p>21</p> <ul style="list-style-type: none"> ◆ Chicken Thigh ◆ Succotash ◆ Cornbread ◆ Apple ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Steamed Broccoli ◆ Bread Stick ◆ Cantaloupe ◆ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ◆ Baked Salmon ◆ Roasted Peppers ◆ Ancient Grain ◆ Pudding ◆ 1% Milk 	<p>24</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Brown Rice ◆ Jell-O ◆ Flour Tortilla ◆ 1% Milk
<p>27</p> <ul style="list-style-type: none"> ◆ Baked Pork Chops ◆ Sweet Potatoes ◆ Broccoli/Cauliflower/Carrot ◆ Yogurt ◆ Dinner Roll w/ Margarine ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions ◆ Green Peas ◆ Brown Rice ◆ Orange ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Garlic Tilapia ◆ Steamed Potatoes ◆ Collard Greens ◆ Dinner Roll w/ Margarine ◆ Strawberries ◆ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Green Beans & Mushrooms ◆ Garlic Breadstick ◆ Pears ◆ 1% Milk 	<p>1</p> <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Sweet Corn ◆ Steak Fries w/ Ketchup ◆ Watermelon ◆ 1% Milk

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative providing locally sourced produce ensuring our seniors a healthy meal.

Revised 5/11/22