

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!

Summer is here with the “first official day” June 20th.

First with just some friendly reminders:

It is policy for the city of Albuquerque that animals/pets are not to be inside the facility. Only service animals that help perform a “service” are permitted in the building. Please respect this policy and be courteous of those around you while in the facility. Furthermore, with the summer weather heating up, it has been brought to our attention about members leaving animals in their cars while participating inside. This can be extremely dangerous for those animals left in the vehicles and we ask you to please not do so.

Also, we please ask that all members abide by our meal/food policy as set out by our funders, the Area Agency on Aging and New Mexico Aging and Long-Term Services. Meals cannot be removed from the meal site designated dining area and must be eaten in the social hall.

Looking ahead further this month, we will be hosting a Father’s Day Social on Wednesday, June 12. Mark your calendars and come enjoy refreshments and celebrate the fatherly/male figures in our lives.

Lastly, just as in years past, we will be welcoming back two City Job Mentorship students to work with us this summer. This is a wonderful program that helps students gain some professional/work experience as well as gain some credits for school. Please make them feel welcomed and comfortable in our center.

As always, we appreciate your support and participation!

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

- Jun 3 Out to Dinner
- Jun 11 Flea Market
Bradbury Science Museum Trip
- Jun 12 Father’s Day Social
- Jun 14 Movie Matinee
- Jun 18 BioPark-Zoo Trip with tour
- Jun 19 Closed for Juneteenth
- Jun 20 Lunch Bunch
- Jun 21 Friday Pie Social
- Jun 25 Ojo Caliente Mineral Springs Trip
FOBC Restaurant fundraiser
- Jun 26 Isotopes Game Trip
- Jun 27 Ron’s Ride & Glide Los Alamos Trip

CLOSURE NOTICE

The following senior, multigenerational and fitness centers will be closed from June 3 through June 7, 2024 for Employee Training:

- Los Volcanes & Manzano Mesa
- North Domingo Baca & North Valley
- Santa Barbara Martineztown

Remaining centers will close for training the first week in August.



Department of Senior Affairs

NOTE FROM ANNA



Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000 -square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Best regards,
Anna M. Sanchez, Director

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

North Valley Senior Center
3825 4th Street NW
Monday, June 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.



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 Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

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.

- Jun 6 Recorded Music w/Josie
- Jun 13 Roger Burns
- Jun 20 Paul Pino
- Jun 27 Long Drink of Water



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:

- May 7 Q Hospice
- May 14 Amada Senior Care
- May 21 VFW Post 10763
- May 28 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
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SEASONS Real Estate powered by Coldwell Banker Legacy
6767 Academy Rd NE, Abq, NM 87109



CALENDAR OF ACTIVITIES

Upcoming Trips

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

Tue, Jun 11 - Bradbury Science Museum

Check in: 8 am Return: 3 pm
Cost: Free Lunch: At own expense

Tue, Jun 18 - ABQ BioPark- Zoo

Check in: 8:15 am Return: 3 pm
Cost: \$5.50 -\$10 Lunch: Pack or purchase

Tue, Jun 25 - Ojo Caliente Mineral Springs

Check in: 8 am Return: 4:30 pm
Cost: \$45 + extras Lunch: Pack or purchase

Wed, Jun 26 - Isotopes Game

Check in: 10:45 am Return: 4:30 pm
Cost: \$15/no refunds Lunch: On your own

Ron's Ride and Glide

Thu, Jun 27 - Farmer's Market- Los Alamos, NM

Check in: 8 am Return: 4 pm
Cost: Free Lunch: On your own

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.

Landlord-Tenant Law

Tuesday, Jun 4
10-11:30 am Room 5

Estate Planning

Tuesday, Jun 11
10-11:30 am Room 5

Make Your Android Cell Phone work for you

Tuesday, Jun 11
2-3:30 pm Room 5

Power of Attorney Workshop

Tuesday, Jun 18
9-11 am Room 5

Make Your Android Cell Phone work for you

Tuesday, Jun 25
2-3:30 pm Room 5

CALENDAR, GENERAL INFO & PROGRAM HIGHLIGHTS

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.

- **Offer fire department presentation on fire hazards in the home**

This is a great suggestion. Fire and general safety, especially in our own home, should be a priority. We are always open to hosting such beneficial presentations and will look into getting this type and other educational talks on the books for our members.

- **Movie- Leave the World Behind with Julia Roberts**

Thank you for this movie suggestion. We enjoy trying to show newer movies that our members have not seen and have requested. We will look into how we can show this movie in the future.



Bear Tones of BCSC

Performing the oldies, swing, pop, rock and patriotic

Wednesday, June 19, 2024
2 - 3 pm

FRIENDS OF BEAR CANYON June Restaurant Fundraiser



Tuesday, June 25
11 am - 8 pm

11225 Montgomery Blvd NE, Suite C

We would like to thank:



for being the May Restaurant of the Month!



ARE CURRENTLY ON A BREAK

Check at the front desk for updates

CALENDAR OF ACTIVITIES



LUNCH BUNCH

Thursday, June 20
at Dave's High Desert Grill
5200 Eubank NE, Ste. B5
505-433-2380

Check in: 10:45 am Return: 3 pm

OUT TO DINNER

Monday, June 3
at Tomasita's Albuquerque
4949 Pan American Fwy NE
505-344-1204

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

Please sign up at the front desk.



Root Beer Floats for Father's Day!

Wednesday June 12th

Please Join Us for fellowship, root beer floats, and a little something for the Fathers

2:00 - 3:00 pm

Multi-Purpose Room

**Sponsored by
Giving Home Health Care**



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

July Lottery Information

If you are interested in selling items, tables are \$2.00 and will be issued by a lottery process. The July lottery will be held on July 2nd. Those selected will be notified (need not be present). To sign up or ask questions, please contact the front desk.

CALENDAR OF ACTIVITIES & CENTER HIGHLIGHTS

TUESDAY
 JUNE 11, 2024
 9:30 AM - 1:30 PM
 1825 Edith Blvd NE,
 Albuquerque, NM 87102

GRAND OPENING!

**SANTA BARBARA
 MARTINEZTOWN**
 MULTIGENERATIONAL CENTER






ABOUT THE CENTER:

Hours:
Monday through Friday
8 a.m. to 5 p.m.

Available Services:
Youth Programs, Senior Meals,
Community Events, Fitness
Activities, Senior Transportation

☎ 505-764-6400
 🌐 cabq.gov/seniors



GRAND OPENING
FESTIVITIES TO INCLUDE:

- Ribbon Cutting
- Live Entertainment
- Refreshments
- Building Tours
- Class Demos
- And Much More!

FREE EVENT!

**HAPPY
 GAMERS**



Love playing games, having fun,
and meeting new people? Then
this group is for you!

Either bring your own card,
board, or dice game, or play
someone else's.

- 1st Friday of the month
- 9:30am - 12pm
- Room 1



So come on, stop by and have some fun!



**The older you get,
the tougher it is
to lose weight,
because by then
your body and
your fat are really
good friends.**



Want to lose or maintain weight, or work
on enjoying a healthier lifestyle? The
Happy Losers group will be there for you
offering encouragement and support.


- Thursdays, 8am - 9:15am
- Room 4
- No membership fee


*Join us on Thursdays, to
discover a fun, relaxed, and
supportive group to help
you achieve your goals.*



Need a Ride to Visit Your Loved One?
 SANTA FE NATIONAL CEMETERY
 2024 VISITATION OPPORTUNITY

Check-In: 8:45 am Depart: 9:00 am
 Sack lunch will be provided.
 Cost: Free





Last date to sign up
at the front desk.

Wed, Jun 12 - Sign up by June 3

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 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
Tea30

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 Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Tea30

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



JUNE Lunch Menu

Oso Canyon Café - Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$3.25

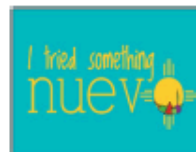
Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m. Please arrive by 12:30 p.m. for reserved meal.



June 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
27 	28 <ul style="list-style-type: none">♦ Sliced turkey w/ gravy♦ Stuffing♦ Beets♦ Yogurt♦ 1% milk 	29 <ul style="list-style-type: none">♦ Carne adovada♦ Corn w/peppers♦ Broccoli, cauliflower, carrots♦ Honeydew♦ 1% milk 	30 <ul style="list-style-type: none">♦ Whole wheat rotini pasta w/sauce & parmesan cheese♦ Spinach w/onions♦ Corn♦ Peanut butter cookie♦ 1% milk 	31 <ul style="list-style-type: none">♦ Chicken tender w/ BBQ sauce♦ Steamed potato♦ Green beans♦ Cantaloupe♦ 1% milk 
3 <ul style="list-style-type: none">♦ BBQ chicken sandwich♦ Sweet potato♦ Apple cobbler♦ 1% milk 	4 <ul style="list-style-type: none">♦ Greek pasta salad w/ ham♦ Cucumber & red onion salad w/ranch dressing♦ Wheat crackers♦ Mandarin oranges♦ 1% milk 	5 <ul style="list-style-type: none">♦ Red chile omelet♦ Steamed potatoes♦ Stewed tomatoes♦ Green apple♦ 1% milk 	6 <ul style="list-style-type: none">♦ Mushroom Swiss veggie burger♦ Steamed broccoli♦ Corn bread♦ Whole grain wheat bun♦ Diced peaches♦ 1% milk 	7 <ul style="list-style-type: none">♦ Beef steak w/grilled onions♦ Mashed potatoes♦ Steamed green beans♦ Vanilla pudding♦ 1% milk 
10 <ul style="list-style-type: none">♦ Baked ham w/ pineapple sauce♦ Rice pilaf♦ Baby carrots♦ Yogurt♦ 1% milk 	11 <ul style="list-style-type: none">♦ Salisbury steak w/ mushroom & onion gravy♦ Green beans♦ Scalloped potatoes♦ Orange♦ 1% milk 	12 <ul style="list-style-type: none">♦ Baked siti w/chicken♦ Steamed carrots & cauliflower♦ Breadstick♦ Pineapple♦ 1% milk 	13 <ul style="list-style-type: none">♦ Whole wheat rotini pasta w/parmesan cheese♦ Spinach w/onions♦ Corn♦ Peanut butter cookie♦ 1% milk 	14 <ul style="list-style-type: none">♦ Bean burrito w/red chile♦ Cauliflower♦ Collard greens♦ Watermelon♦ 1% milk 
17 <ul style="list-style-type: none">♦ Beef tips w/bowtie pasta♦ Steamed green beans♦ Peach cobbler♦ 1% milk 	18 <ul style="list-style-type: none">♦ Baked chicken thigh♦ Steamed collard greens♦ Brown rice♦ Yogurt♦ 1% milk 	19 	20 <ul style="list-style-type: none">♦ Elbow cheese macaroni w/broccoli♦ Whole wheat breadstick♦ Brussel sprouts♦ Oatmeal cookie♦ 1% milk 	21 <ul style="list-style-type: none">♦ Pork roast w/creamy onion gravy♦ Steamed broccoli & carrots♦ Mashed potatoes♦ Dinner roll♦ Green grapes♦ 1% milk 
24 <ul style="list-style-type: none">♦ Beef steak w/grilled onions♦ Roasted red potatoes♦ Brussel sprouts♦ Sugar cookie♦ 1% milk 	25 <ul style="list-style-type: none">♦ Chicken thigh♦ Succotash♦ Cornbread♦ Apple♦ 1% milk 	26 <ul style="list-style-type: none">♦ Baked pollock♦ Roasted peppers♦ Ancient grain♦ Chocolate pudding♦ 1% milk 	27 <ul style="list-style-type: none">♦ Southwest omelet w/ red chili♦ Diced potatoes♦ Stewed tomatoes♦ Applesauce♦ 1% milk 	28 <ul style="list-style-type: none">♦ Carne adovada♦ Pinto beans♦ Brown rice♦ Flour tortilla♦ Jell-O♦ 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