

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

February seemed to zoom by too quickly, but we can now look forward to spring time coming soon. As mentioned in the past we will hopefully be able to continue to re-introduce a few of our past programs/activities, so be on the lookout for those! Don't forget to set your clocks forward on Sunday March 13th.

Many of you may have noticed a new addition to our staff with Brenda Carroll accepting our Office Assistant position. Brenda comes with a lot of experience and over 6 years with our department in many aspects. She has spent time in our 50+ Sports and Fitness Division, at Palo Duro Senior Center and her latest position at Manzano Multigenerational Center. We are very excited and fortunate to have Brenda as part of our team and she has hit the ground running! Please make her feel welcome.

Lastly, the state received some great news that the Governor recently lifted the indoor mask mandate. This means that masks are optional to enter our facility. However, please be aware that it is still a requirement to wear masks when utilizing transportation or going on trips in City of Albuquerque vehicles. We are very happy to see your smiling faces again!

As always stay safe and have a great March!

Respectfully,

Tyler Dunn

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

Special Dates & Announcements

Mar 11: Movie Matinee 1:30 p.m.

Mar 13 Day Light Savings

Mar 17: Lunch Bunch

Mar 17: St. Patrick's Day

Mar 18: Shot Clinic 9 a.m. - 12 p.m.

Mar 26: Table Tennis Tournament

Special thank you!

Thank you to V.F.W. Post 10763 for purchasing and installing a new U.S. Flag for the center.

Thank you for generosity and all you do for Bear Canyon!

Accredited by 
National Institute of
Senior Centers

**MAY YOUR TROUBLES BE LESS,
MAY YOUR BLESSINGS BE MORE.
AND NOTHING BUT HAPPINESS
COME THROUGH YOUR DOOR.**



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



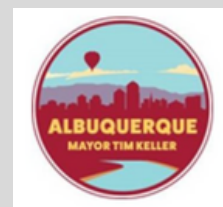
Mayor Timothy M. Keller

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
Vacant, Program Assistant
Isaiah Barton, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
Kelly Trujillo, General Service
Vacant, General Services



Department of Senior Affairs

NOTE FROM ANNA



Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am–12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
North Valley Senior Center
MONDAY, MARCH 21

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 meeting are held at Bear Canyon on 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.

Newcomers welcome!

LOANER TABLET PROGRAM

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT of Adelante to offer a loaner tablet program to help adults age 60 and older learn about digital technology and how to navigate the internet.

Visit with center staff for enrollment details

NEW MEMBERS

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

POSTPONED DUE TO INCREASED COVID-19 NUMBERS. CHECK WITH THE FRONT DESK FOR THE NEXT ORIENTATION.

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
- 50+ Sports and Fitness 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

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.

- **Class to teach me how to use my digital camera**

Thank you for the great suggestion. While we do not have an educational class specifically on how to use your digital camera, we were made aware that the Teeniors program is able to help and teach basic uses of digital cameras. Teeniors meets at Bear Canyon monthly. See monthly newsletter and postings for dates and times and sign up at the front desk.

- **It would be nice if we could have pizza added to the lunch menu; either a small individual pie or by the slice. Preferably, cheese pizza.**

Great suggestion for some possible added variety to our a la carte menu. I have forwarded to our cook and departments food production supervisor to explore the possibility.

SENIOR TECH CONNECT

The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am–12:30pm at North Domingo Baca Multigenerational Center. A special thanks to our event sponsors, AT&T and Internet Essentials from Comcast.



Teeniors* are a 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.

Tuesday, March 15
10:00 a.m. to 12:00 p.m.

Space is limited, please sign up at the front desk

PROGRAM HIGHLIGHTS

BEAR CANYON SENIOR CENTER FISHING CLUB



Do you want an opportunity to fish with a group of fellow fishermen & women, find new fishing spots, learn new tips & tricks, make new friends and have a great time?

Then check out the Bear Canyon Senior Center, Fishing Club! We meet every Monday afternoon at 1:00pm to plan our next day fishing trip.



MEET THE CLUB MEMBERS

SEATED (L-R): STEVE MILLER LUCY JENKINS JIM LYONS CHUCK FOSTER DICK ZIBBON

STANDING (L-R): DENNIS MILLIGAN MILDRED GRIFFEE SHARON ORTEGA DARLENE LYONS JIM VARNEY CATHIE MCCALLUM
BUDDY WHITLOCK

BACK ROW (L-R): ROBERT ELDER DEBRA COX BERNIE URBASSIK DARYL BUNCH
STEVE NOWACZEK

NOT PICTURED: JOHN BROWN LLOYD COHEN ROY JOJOLA HANK ORTEGA ERV PFEIFER ERNIE SALAS DICK
VALENZUELA



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of March is FOBC Treasurer Gail Garza.

Here is a little about me. I proudly hail from the Mississippi River Valley Region of the great state of Wisconsin.

Yes, we do make and eat a lot of great cheese, dance the Polka (although I prefer the Texas two step) and love our Green Bay Packers!!!

Growing up there, I developed a lifelong love of the outdoors and sports of most kinds.

Summer meant swimming in any body of water available, roller skating, playing tennis, riding our bikes and an occasional horse. Winter brought ice skating and sledding. There was plenty of fishing and the traditional Friday night fish fry. I can filet a fish with the best of them.

I spent 26 years as a military spouse. I loved it; the gypsy life really appealed to me. That wasn't so much the case for my two daughters, they thought 14 moves in 26 years was a bit much. My favorite assignments were Madrid, Spain, Hawaii, Washington DC and the American Embassy in Tegucigalpa, Honduras.

After forty I became an elderly college freshman. I studied accounting, computers, and photography.

I then spent 10 years working in financial services for a mortgage company.

Leisure time usually finds me reading (historical novels, my favorite), traveling,

hiking, studying genealogy, or out somewhere taking pictures. You can always talk me into a long walk on a beach, or mountain trail. It is all good to me.

I love to learn new things, and consider myself a lifelong student.

I have no pets at the time, but have a lot of house plants, all of whom have their own names. Olive is my favorite; she is actually a maidenhair fern.

My music interests would be country, gospel and classical. How is that for a combination?

My favorite person in the world to quote is my father, and those who me, know I do that a lot. He used to tell me, "You need to try everything in life at least once, you never know what you will learn to love". He was right.

FOBC'S RECENT ACTIVITY

A heartfelt thanks to all of the members of Bear Canyon who purchased tickets to help make the Car Wash and the Raffle a success.

We wish to keep you informed as to how the money is being spent to benefit Bear Canyon. The FOBC purchased refreshments for the Raffle drawing. A television and mount for the Multi-Purpose room was purchased for the enjoyment of all. Decorations for a Christmas tree were needed, FOBC purchased those items for all members enjoyment. A sizable contribution was made toward the purchase of a piano for our piano groups. A new waffle maker was purchased for the kitchen to replace a broken one. When Friendship Coffee has been in need of a sponsor, the FOBC has furnished cookies for that event. These are just some of the contributions made by FOBC so that we can all continue to enjoy our Senior Center.

CALENDAR & ACTIVITIES



OPEN BIBLE STUDY

Thursdays, 8:45-9:00 a.m. Prayer
9:00 a.m. - 10:00 a.m. Bible Study
Open to everyone

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**



WINDOWS

WINDOWS PC CLASSES

For a calendar of Bear Canyon computer activities, visit:

www.brownbearsw.com/freecal/bcsc

We conduct classes on a variety of Windows PC topics. To join our email list and receive course notifications, contact: Gary Day (505)-292-4909 or email garylday@msn.com or Walter Garrett at bcwinclasses@gmail.com

OPEN COMPUTER LAB

**Monday, Wednesday, and Friday
9:00–11:00 am**

iMac, PC, and iPad are available for members' use.

Calendar & Activities

PAINTING WITH SUKI

Friday, March 25

2:00 p.m. to 4:00 p.m. Room 5

Space is limited, please register at the front desk



The "What's and Why's" of Funeral Planning



Come to a FREE seminar on the "What's and Why's" of funeral planning. This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

March 9, 2022

9:00 a.m. - 10:30 a.m.

Seating is limited, please register at the front desk.

Presented by: Karen Barela, Advanced Planning Consultant



FUN WITH SINGING

WEDNESDAYS

1:00 p.m. - 3:00 p.m.

Room 5



This informal, fun class is for those who are interested in singing with others, accompanied by live music (One-man Band) provided by the instructor.

Songs selected will be Oldies but Goodies pop songs of the 1950s, 1960s and 1970s.

Genre includes classic Country & Western, some Rock'n'Roll, beautiful standard Latin song and all other variety of songs.

This class aims to familiarize students with a good sense of rhythm and natural harmonization.

Printed song lyrics will be provided.

Walk-ins welcome.

Calendar & Special Events

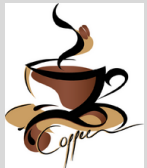
THURSDAY NIGHT DANCE

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.

- **Mar 3 - Recorded**
- **Mar 10 - Roger Burns**
- **Mar 17 - Paul Pino**
- **Mar 24 - Latin Soul**
- **Mar 31- Recorded**



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:

- **Feb 1 - MedCare**
- **Feb 8 - Sandia Vista**
- **Feb 15 - MedCare**
- **Feb 22 - Madison Insurance Group**

ANGELINA JOLIE JOHNNY DEPP

THE TOURIST



Movie Matinee

Friday, March 11 at 1:30 p.m.

Room 5

Let's Do
Lunch!

LUNCH BUNCH

Thursday, March 17, at Stoneface Tavern
8201 San Pedro Dr NE, at 11:30 a.m.

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

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

March 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
ROQUE**

March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
28 ♦ Green Chile Chicken ♦ Posole ♦ Flour Tortilla ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	1 ♦ Turkey w/Gravy ♦ Cornbread Stuffing ♦ Vegetables ♦ Chocolate Chip Cookie ♦ 1% Milk 	2 ♦ Red Chile Omelet ♦ Steamed Potatoes ♦ Collard Greens ♦ Fruit ♦ 1% Milk 	3 ♦ Diced Pork ♦ Sweet Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	4 ♦ Baked Cod w/Tartar Sauce ♦ Steak Fries w/Ketchup ♦ Brownie ♦ 1% Milk
7 ♦ Beef Fajitas ♦ Flour Tortilla ♦ Spanish Rice ♦ Pinto Beans ♦ Fruit ♦ 1% Milk 	8 ♦ Chicken Alfredo w/ Green Chile ♦ Green Beans w/ Mushrooms ♦ Garlic Bread Stick ♦ Pudding ♦ 1% Milk 	9 ♦ Baked Ham w/ Pineapple Glaze ♦ Brown Rice ♦ Steamed Carrots ♦ Yogurt ♦ 1% Milk 	10 ♦ Beef Steak w/Grilled Onions ♦ Roasted Potatoes ♦ Crispy Roasted Brussel Sprouts ♦ Cookie ♦ 1% Milk 	11 ♦ Baked Ziti w/Mozzarella ♦ Vegetables ♦ Garlic Bread Stick ♦ Fruit ♦ 1% Milk
14 ♦ Baked Chicken ♦ Mashed Potatoes w/ Gravy ♦ Vegetables ♦ Fruit ♦ Dinner roll w/Margarine ♦ 1% Milk 	15 ♦ Minestrone w/Navy Beans ♦ Cornbread ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	16 ♦ BBQ Pulled Pork ♦ Tater Tots w/Ketchup ♦ Sliced Beets ♦ Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	17 ♦ Corned Beef ♦ Steamed Potatoes ♦ Steamed Cabbage ♦ Jell-O ♦ 1% Milk 	18 ♦ Loaded Baked Potato ♦ Vegetables ♦ Apple Crumble ♦ 1% Milk
21 ♦ BBQ Chicken Thigh ♦ Baked Beans ♦ Corn Bread ♦ Fruit ♦ 1% Milk 	22 ♦ Meatballs w/Marinara & Cheese ♦ Tater Tots w/Ketchup ♦ Green Beans w/ Mushrooms ♦ Hoagie Bun ♦ Pudding ♦ 1% Milk 	23 ♦ Turkey Pot Pie ♦ Steamed Potatoes ♦ Vegetables ♦ Apple Sauce ♦ 1% Milk 	24 ♦ Red Chile Beef Enchiladas ♦ Spanish Rice ♦ Calabacitas ♦ Fruit ♦ 1% Milk 	25 ♦ Cajun Tilapia ♦ Butter Noodles ♦ Vegetables ♦ Fruit ♦ 1% Milk
28 ♦ Salisbury w/Gravy & Mushrooms ♦ Steamed Potatoes ♦ Vegetables ♦ Fruit ♦ 1% Milk 	29 ♦ Chicken Tenders w/ BBQ Sauce ♦ Brown Rice ♦ Corn w/Peppers ♦ Dinner Roll w/ Margarine ♦ Pudding ♦ 1% Milk 	30 ♦ Garlic Tilapia ♦ Angel Hair Pasta w/ Diced Tomatoes ♦ Steamed Green Beans ♦ Jell-O ♦ 1% Milk 	31 ♦ Frito Pie ♦ Vegetables ♦ Fruit ♦ 1% Milk 	"Senior Affairs Nutrition Program is proud to be part of the New Mexico Grown state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."