

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello all,

April showed us some wonderful spring weather days along with some amazing events. Big shout out and thanks to all who helped and participated in our first Annual DSA Easter Day event! We look forward to continuing that tradition in years to come!

With the weather warming up and summer approaching, be sure to stay engaged all month with the upcoming and newer classes, activities and events! Look for details throughout this newsletter.

Kitchen renovations still continue to progress as we get closer and closer over the past 3 months to get to the final result. As always, we will continue to update important information as able and appreciate the continued support during construction.

Wanting to wish a very Happy Mother's Day to all of the mothers and don't miss out on our Mother's Day Social!

Lastly, we would like to honor and mourn all of the U.S. Military Personnel who have passed while serving the U.S. Armed Forces for Memorial Day. Thank you for your dedication, your sacrifice and your service.

Have a wonderful month and see you in summer!

Respectfully,

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**

- May 1 Out to Dinner
- May 5 Teeniors
- May 9 Coffee with Councilor Jones  
GEHM Clinic
- May 10 Fuddruckers Fundraiser  
Mother's Day Social
- May 12 Movie Matinee
- May 18 Lunch Bunch
- May 19 Dessert Social  
Guitar Concert
- May 23 Ojo Caliente Trip  
Coffee with a Cop
- May 26 Vaccination Clinic 1 - 4 pm
- May 29 Closed for Memorial Day
- May 31 Senior Health and Fitness Day @  
North Domingo Baca MGC



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National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### DSA ADVISORY COUNCIL

Meet the Advisory Council  
**Los Duranes Community Center**  
**MONDAY, MAY 15**

11:30 am - 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  
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.



### VACCINATION CLINIC

Best Buy will be offering all of the Covid  
vaccines including the 2nd Omicron  
booster shot approved for those aged 65  
and older as well as younger individuals  
with an existing health condition.

Flu shots will also be available.

**Friday, May 26**  
**1 - 4 pm**  
**Multipurpose Room**

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

### Navigating Medicare Assistance First Monday of each month

**Lobby**  
**10 am – 1 pm**

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

## 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

#### 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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services

## 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 sneeze and allergies get worse in room 4 when the air comes on. Please think about getting the air vents cleaned.**

We are sorry to hear about your allergies and can understand how this time of the season along with dusty, dirty air vents contribute to that. Air filters in the venting system are changed out/cleaned by facility maintenance a few times a year. However, it doesn't hurt to also clean out the vents. We will ask our maintenance crew to clean those out as well.

- **Movie – “80 for Brady”**

Great suggestion for a newer movie! We definitely plan on showing this once it's available for the public.

### AARP DRIVER SAFETY CLASSES

**1st Saturday of the month, 9:30 am - 1:30 pm**  
**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>



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.

**1st Friday of the Month**  
**3 - 5 pm**

Space is limited, please sign up at the front desk.

## 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

### FRIENDS OF BEAR CANYON NEWS

#### FOBC Spotlight

In the Spotlight for the month of May is Friends' member Bob Fass. He was born in Marysville, CA, home of Camp Beale Army Post. Raised in Dillon, SC, his first job was as a soda jerk at a drug store then as a runner at a mechanic shop. He also worked at a hotel/amusement park and at a juke box repair and delivery business. Bob's last job before joining the Air Force was for a beer company. He would offload cases of beer from a train spur onto a truck then into a warehouse. He also delivered beer to a NASCAR racetrack.

Bob began his military career in 1964 in the personnel department. The first computer he was required to learn was made by Singer sewing machine and used IBM cards and magnetic tapes. During his last ten years of service, he was selected for special duty assignments with the Air Weather Service and a Red Horse Squadron in England. He served on a Staff Assistance Visits team whose purpose was to prepare for higher headquarters inspections. He retired from the military in February 1987 with 22 years and 6 months service. His official retirement came in 2009 from Bob Turner Ford where he helped set up an internet sales team.

Currently, Bob is president of Oso Grande Neighborhood Association, as well as vice-president of District 8 Coalition of Neighborhoods. He is also an active member of the Friends of Bear Canyon. He and his wife Linda have been married 57 years and have 4 sons. Two of the sons have followed in his footsteps pursuing a military career. They have four grandsons and a granddaughter "the princess." Bob is a dog lover. He and Bandit walk 2-3 miles a day. He collects music and considers himself a pretty good BBQ pit boss.

#### ==== MAY FUNDRAISING ====



Wednesday, May 10

11 am - 8 pm

6600 Menaul NE

(East end of Coronado Mall)

505-883-8337

Tickets will be available at the front desk.

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



#### Mother's Day Social



Come Join Us!

Wednesday, May 10th

2:00pm - 3:00pm - In the Multipurpose Room

Entertainment provided by Ryan Bridwell & Scott Lafon

Sponsored by the Friends of Bear Canyon

## CALENDAR OF ACTIVITIES

### Upcoming Trips

Space is limited.  
Sign up at the front desk.

#### Tuesday, May 23 - Ojo Caliente

Check in: 8 am Return: 4 pm  
Cost: \$45 at the door Lunch: At own expense

#### Thursday, June 1 - Belen Walking Tour

Check in: 9:45 am Return: 4 pm  
Lunch: At own expense

### Presentations

Sign up at the front desk.

#### Retirement Income Preservation

Tuesday, May 9  
9 - 10 am Room 5

#### What's and Why's Funeral Planning

Tuesday, May 16  
9:30 - 10:30 am Room 5

#### Power of Attorney Workshop

Tuesday, May 23  
9:15 - 11:30 am Room 5

#### BE BRAVE: with HEART Fall Recovery Class

Tuesday, June 13  
9:30 - 11 am Room 5

Continued...

Presentations continued...

#### Scam and Identity Theft

Tuesday, June 20  
9:15 - 10:30 am Room 5

### Latest classes

See class flyers for additional information.

#### A Journey in Creating with Literature, Music and Movement

Starting Tuesday, May 9  
3 - 4 pm  
Room 5

#### Yoga and Fitness for Seniors

Friday  
10 - 11 am  
Multipurpose Room

#### Chair Yoga

Monday  
2:30 - 3:30 pm  
Multipurpose Room  
\$5 per session

#### Deep Stretch Yoga with Bettina

Thursday  
11:30 am - 12:30 pm  
Room 3  
\$5 per session

## CALENDAR OF ACTIVITIES

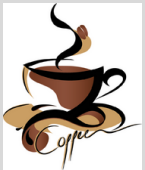
### THURSDAY NIGHT DANCE

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.

- **May 4 - Long Drink of Water**
- **May 11 - Roger Burns**
- **May 18 - Paul Pino**
- **May 25 - Desert Springs**



### 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:

- **Apr 4 - Sandia Vista**
- **Apr 11 - Comparison Insurance Agency**
- **Apr 18 - Sun Tours**
- **Apr 25 - Nuclear Care Partners**

## Dessert Social

**Our monthly Dessert Social is Back!!!**

**Friday, May 19 -- 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



### Guitar Concert

Friday, May 19

2 - 4 PM

Multipurpose Room

See Event Flyer for more details



ONE ALBUQUE senior affairs  
RQUE

with our  
District 8 Councilor  
**Trudy Jones**



Tuesday, May 9

During Friendship Coffee

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

Multipurpose Room



### OUT TO DINNER

Monday, May 1

at Farina Alto Pizzeria & Wine Bar

10721 Montgomery Blvd NE

505-298-0035

Check in: 4:45 am    Return: 8:30 pm



### LUNCH BUNCH

Thursday, May 18

at Tomasita's

4949 Pan American Fwy NE

505-344-1204

Check in: 10:45 am    Return: 3 pm

Please sign up at the front desk.

## CALENDAR OF ACTIVITIES & CENTER HIGHLIGHTS

### Do you like to fish?

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

Join us at our fishing club meeting on Monday afternoon at 1 pm. That's when we plan our next fishing trip.



### BLOOD PRESSURE SCREENING

WITH EDWINA AND LUPE

March 22, 2023



# Easter Fun

APRIL 6, 2023



**CENTER HIGHLIGHTS**



**EARTH DAY CELEBRATION**  
April 21, 2023

**GOLF SENIOR OLYMPIAN**  
BELINDA BEYERLEIN  
April 19, 2023



**FISHING CLUB**  
**ALTO LAKE, RUIDOSO TRIP**  
March 27 -29, 2023

If you also medaled and would like to be included in the next newsletter please speak to Brenda at the front desk.



**RSVP VOLUNTEER APPRECIATION**  
**AT BARELAS SENIOR CENTER**  
CARL & KATHLEEN VALCOURT  
April 20, 2023

Eight club members went on the trip and caught 270 trout. All but 10 were released back into the water. Pictured above: Bernie Urbassik caught this 21 inch, 6 lb large mouth bass.



# May 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.



## May 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
1 ♦ Bake Ziti w/ Spinach ♦ Green Beans ♦ Garlic Breadstick ♦ Diced Peaches ♦ 1% Milk	2 ♦ Salmon w/Garlic Butter Sauce ♦ Steamed Carrots ♦ Seasoned Orzo ♦ Banana ♦ 1% Milk	3 ♦ Beef/Broccoli/Pepper/Onions ♦ Stir Fry Vegetable ♦ Brown Rice ♦ Seasonal Fruit ♦ 1% Milk	4 ♦ Chicken Salad ♦ Baked Potato Chips ♦ Coleslaw ♦ Sliced Wheat Bread ♦ Grapes ♦ 1% Milk	5 ♦ Carne Adovada: Diced Pork/Red Chile ♦ Roasted Street Corn ♦ Pinto Beans ♦ Flour Tortilla ♦ Tapioca Pudding ♦ 1% Milk
8 ♦ Baked Lemon Pepper Chicken ♦ Brown Rice ♦ Seasoned Beets ♦ Cantaloupe ♦ 1% Milk	9 ♦ Diced Beef/Green Chile ♦ Calabacitas ♦ Pinto Beans ♦ Flour Tortilla ♦ Pear ♦ 1% Milk	10 ♦ Sweet and Sour Pork ♦ Noodles ♦ Oriental Blend ♦ Orange ♦ 1% Milk	11 ♦ Tilapia w/Cajun Buttered Sauce ♦ Seasonal Potatoes ♦ Roasted Brussels Sprouts ♦ Seasonal Fruit ♦ 1% Milk	12 ♦ Sliced Turkey w/Gravy ♦ Cranberry Cornbread Stuffing ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk
15 ♦ Baked Cod w/Tarter Sauce ♦ Ancient Grains ♦ Steamed Green Peas ♦ Diced Peaches ♦ 1% Milk	16 ♦ Green Chile Chicken Alfredo w/Pasta ♦ Normandy Blend ♦ Whole Grain Dinner Roll w/Margarine ♦ Seasonal Fruit ♦ 1% Milk	17 ♦ Salisbury Steak w/Gravy ♦ Mashed Potatoes ♦ Seasonal Vegetables ♦ Fresh Seasonal Fruit ♦ 1% Milk	18 ♦ Eggs Salad Sandwich ♦ Carrot Raisin Salad ♦ Watermelon ♦ Sliced Wheat Bread ♦ 1% Milk	19 ♦ BBQ Pulled Pork ♦ Macaroni and Cheese ♦ Spinach w/Diced Tomatoes & Onions ♦ Grapes ♦ 1% Milk
22 ♦ Swedish Meatballs w/Gravy ♦ Brown Rice ♦ Garlic Brussel Sprout ♦ Blueberries ♦ 1% Milk	23 ♦ Baked Garlic Tilapia ♦ Mashed Sweet Potatoes ♦ Seasoned Vegetables ♦ Yogurt ♦ 1% Milk	24 ♦ Bean/Cheese Burrito ♦ Diced Potatoes w/Onions ♦ Spinach ♦ Applesauce ♦ 1% Milk	25 ♦ Chicken Tetrassini ♦ Green Peas ♦ Garlic Breadstick ♦ Mixed Fruit ♦ 1% Milk	26 ♦ Roast Beef/Sliced Cheese/Hoagie ♦ Lettuce/Tomatoes ♦ Potato Salad ♦ Watermelon ♦ 1% Milk
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk	31 ♦ Soft Tacos-Beef/Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salas ♦ 1% Milk	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk