

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!

The holiday season is just around the corner and coming up quick! This month there is Veterans Day on Saturday, November 11. We would like to thank all veterans for their dedication, sacrifice and service.

This year for Thanksgiving, we will be hosting the department's annual Thanksgiving Day luncheon! Tickets are on sale now; stop by the front desk as space is limited. Find more details further in this newsletter.

And yes, with us hosting Thanksgiving this year, that means our kitchen is officially open after renovations. We are back to serving breakfast, and lunch for both the hot meal and a-la-carte options. Menus and details for breakfast and lunch are just inside the back cover of the newsletter. We would like to thank everyone for their understanding and patience during our closure. We are thrilled to be back open and serving meals!

Don't forget to turn your clocks back an hour on Sunday, November 5 for daylight savings time. Enjoy that extra hour of sleep!

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

- Nov 1 Thanksgiving Luncheon tickets on sale
- Nov 5 Daylight Savings Time- Fall back
- Nov 7 Veterans Friendship Coffee
- Nov 8 FOBC Restaurant Fundraiser
- Nov 13 FOBC Holiday Raffle sales begin
- Nov 16 Lunch Bunch
- Nov 17 Painting with Suki
- Nov 23 Thanksgiving Luncheon (Resv. only)

NOVEMBER DSA CLOSURES



**Nov 10 - Closed for
Veteran's Day**



**Nov 23 & 24 - Closed for
Thanksgiving holiday**

Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Manzano Mesa MG Center
501 Elizabeth St SE, 87123
Monday, Nov 20
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

- DSA Activity Catalog
- 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 & SPECIAL REQUEST



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.

- **We need more barbecue foods.**

Thank you for the suggestion. I have passed this along to our cook. He is planning on ordering some items to be offered on our a-la-carte menu in the future.

- **Have city maintenance come out and troubleshoot sprinkler head on west side of entryway.**

Yes, we are aware of the broken sprinkler head and are in contact with the City's facility maintenance to get the issue resolved.

- **Ice tea in the kitchen for lunch**

We know that we used to have ice tea available, on occasion, in the social hall during lunch. With the kitchen just recently re-opening, we are still transitioning and hope to have ice tea available in the near future.



Mark Your End-of-Year To-Do List! Take the Dept. of Senior Affairs New Annual Survey...



The Department of Senior Affairs is launching a new annual survey this December and we want your feedback. The survey evaluates several of the department's programs, like: Meals, Transportation, Senior & Multigenerational Center Facilities, Fitness Center Facilities, Meal Site Facilities, Home Delivered Meals, Field Trips, Classes, and more.

Paper surveys will be available at center front desks starting next month. Look out for posters and flyers at your center with more information. The survey should take about 5-15 minutes to complete, depending on how many programs and services you use.

The Department of Senior Affairs is proud to serve you and we look forward to your participation in our annual survey and hearing your feedback.

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
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.

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 November is Pam Stern. She is a proud Air Force brat. She was born at Sandia Army hospital, Kirtland Air Force Base (Albuquerque) and raised around the world. What a wonderful privilege and education!

When she lived in Germany, she attended elementary school on the economy and spoke fluent German. Her high school years took her to Okinawa, Japan where she graduated from Kubasaki High School. She learned some Japanese to get around the beautiful island of Okinawa. In between these two assignments she lived across the United States.

After returning to the United States that she is so blessed to be a citizen of she eventually came back to Albuquerque, married, had a family and is a very proud grandmother.

She attended College of Santa Fe, graduated Magna Cum Laude and received a bachelor's degree in Business Management and Marketing. While working as a federal civil servant she received her master's degree from George Washington University. Her federal civil service career spanned over 38 years. She retired as a Contracting Officer from DoD, the Pentagon where she negotiated contracts for clients around the world.

Since retiring she continues to travel the world and loves to volunteer her time helping others. People tell her she has "Never met a stranger." Given the opportunity to share, she would remind people of these two words "Be kind."

FRIENDS OF BEAR CANYON November Fundraising



Michelle's Italian & Pizzeria
3107 Eubank Blvd NE, 87111
Wednesday, Nov 8
12 - 8 pm

Many thanks to all of our restaurant sponsors for helping us to raise funds that support out many activities and events.

*Friends
Of
Bear Canyon
are happy to announce our
Holiday Raffle
Ticket Sales start November 13
Drawing December 19
10 AM*



NEED NOT BE PRESENT TO WIN

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.

- **Nov 2 - Recorded Music**
- **Nov 9 - Roger Burns**
- **Nov 16 - Paul Pino**
- **Nov 23 - Closed - Thanksgiving**



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:

- **Oct 3 - ActiKare**
- **Oct 10 - Nothing Bundt Cakes**
- **Oct 17 - Sun Tours**
- **Oct 24 - Amada Senior Care**
- **Oct 31 - Humana**

Dessert Social

Monthly on the

3rd Friday

1:30 – 2:30 pm

Social Hall

Stop by for free dessert.
Enjoy Fun, Fellowship and Friends.

Sponsored this month by
The Friends of Bear Canyon



Remembrance of Veterans Day

Friendship Coffee

Tuesday, November 7, 2023, the VFW will be serving donuts to center members, as a special remembrance of all of our veterans. The VA representative and the Humana representative will be here to answer questions.

Event sponsored by
Roadrunner Post 10763



CALENDAR OF ACTIVITIES

Presentations

Sign up at the front desk.
Presentations in Room 5, unless otherwise noted.

A Moment in Poetry

Thursday, Nov 2 9:30 am
Multipurpose Room

Seniors in Transition

Tuesday, Nov 7 9 - 9:30 am

Beltone Hearing

Tuesday, Nov 7 10 am -12:30 pm

Health is Wealth

Easy steps to stay healthy & age gracefully
Tuesday, Nov 14 9 - 11 am

Cultivate Your Resilience

Tuesday, Nov 28 8:30 - 10 am

New Classes

Tai Chi Chih, Joy through Movement

Weekly on Mondays (starting Nov 6)
11:15 am - 12:15 pm \$5/class Room 1

WE

The Collision of Wisdom & Enlightenment

Weekly on Tuesdays
1 - 2 pm Room 1

Information Tables

VFW

Thursday, Nov 2 8 - 9:30 am

Stand Up Wireless

Monday, Nov 6 10 - 2 pm

Enchanted Sky Hospice

Tuesday, Nov 7 8:30 - 10:30 am



PAINTING WITH SUKI

Friday, Nov 17

2 - 4 pm Room 5

Lottery drawing will be November 14.
Members DO NOT need to be present for the raffle. Staff will draw names and call members that are drawn.

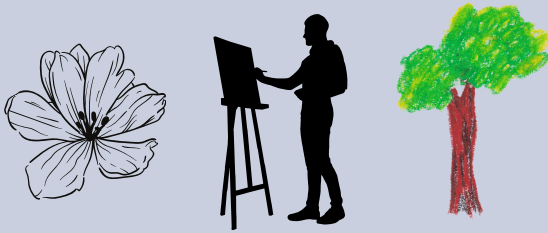
Sign up at the front desk



CALENDAR OF ACTIVITIES

**Independent Art Workshop
Weekly on Wednesdays**

8:30 - 11:30 am Rooms 3 & 4



Wednesday's Oil Painting Workshop is expanding to include artists of all skill levels who paint, sketch, draw, or use other mediums. Bring your own supplies to work on your choice of art. Join us for conversation, coffee, music and art.

LUNCH BUNCH



**Thursday, Nov 16
Tomato Cafe**

7900 San Pedro NE
505-821-9300

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

**WE WILL NOT BE OFFERING
A MATINEE MOVIE
IN NOVEMBER
DUE TO THE
HOLIDAY CLOSURES**



HOLIDAY EVENTS & CENTER HIGHLIGHTS



Please join us for the Department of Senior Affairs Annual Thanksgiving Luncheon

November 23 11am-1pm

HOSTED BY BEAR CANYON SENIOR CENTER & LUNCHEON SPONSORED BY:



Tickets are \$4 per person. Space is limited, please reserve your ticket in person at Bear Canyon Senior Center beginning November 1, 2023

Entertainment by Long Drink of Water



November 18, 2023
9 AM - 1 PM

North Domingo Baca Multigenerational Center
7521 Carmel NE 87113

Just in time for holiday shopping!
Come shop and support our senior artists! Discover unique, one-of-a-kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

FEATURING
Arts & Crafts | Food Trucks | Live Music
cabq.gov/seniors



Bold Beginners Piano Recital
Oct 25, 2023



Congratulations to the performers and thank you to the members who came to show their support!



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



November 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.



November 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
<p>30</p> <ul style="list-style-type: none"> ♦ Pork Loin w/ gravy ♦ Rice pilaf ♦ Coen ♦ Dinner roll w/ margarine ♦ Pear ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Mummy loaf in swamp water (Meatloaf w/ gravy) ♦ Mashed potatoes ♦ Sliced carrots ♦ Jell-O ♦ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ♦ Breaded chicken patty w/ green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Apple slices w/ peanut butter cup ♦ 1% milk 	<p>2</p> <ul style="list-style-type: none"> ♦ Pot roast w/ potato, celery, carrots ♦ Italian blend ♦ Ancient grain ♦ Mandarin oranges ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Omelet w/ mushrooms, spinach ♦ Hash browns ♦ Vegetable blend ♦ Yogurt ♦ 1% milk 
<p>6</p> <ul style="list-style-type: none"> ♦ Pork loin w/ gravy ♦ Rice pilaf ♦ Coen ♦ Dinner roll w/ margarine ♦ Diced pears ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Ham mac & cheese ♦ Normandy blend vegetables ♦ Cherry cobbler ♦ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Breaded chicken patty w/ green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Red apple ♦ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Pot roast, potato, celery, carrots ♦ Italian blend vegetables ♦ Ancient grain ♦ Orange ♦ 1% milk 	<p>10</p> <p style="text-align: center;">CLOSED</p> 
<p>13</p> <ul style="list-style-type: none"> ♦ Steak fingers w/ white gravy ♦ Red potatoes ♦ Succotash ♦ Sugar cookie ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Ham w/ pineapple glaze ♦ Biscuit w/ margarine ♦ Sweet potato ♦ Mixed fruit ♦ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Meatball sub sandwich w/ mozzarella ♦ Steak fries w/ ketchup ♦ Normandy blend ♦ Mandarin oranges ♦ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Omelet w/ mushrooms & spinach ♦ Hash browns ♦ Stewed tomatoes ♦ yogurt ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Green chile chicken enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Vanilla pudding ♦ 1% milk 
<p>20</p> <ul style="list-style-type: none"> ♦ Cajun salmon ♦ Fettuccine alfredo ♦ Baby carrots ♦ Granny smith apple ♦ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Beef w/ peppers & onions ♦ Black beans ♦ Imperial blend vegetables ♦ Banana ♦ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Herb roasted turkey w/ gravy ♦ Stuffing w/ gravy ♦ Green bean casserole ♦ Dinner roll ♦ Pumpkin cake ♦ 1% milk 	<p>23</p> <p style="text-align: center;">CLOSED</p>	<p>24</p> <p style="text-align: center;">CLOSED</p> 
<p>27</p> <ul style="list-style-type: none"> ♦ Rotisserie chicken ♦ Rosemary potatoes ♦ Coen w/ red peppers ♦ Dinner roll w/ margarine ♦ Grapes ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Carne adovada/ red chile ♦ Flour tortilla ♦ Pinto beans ♦ Spanish rice ♦ Pineapple ♦ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Beef tip w/ elbow macaroni ♦ Roasted carrots ♦ Sliced beets ♦ Vanilla pudding ♦ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Pasta primavera w/ alfredo sauce ♦ Northwest blend vegetables ♦ Breadstick ♦ Peaches ♦ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ♦ Breaded cod fish w/ tartar sauce ♦ Steamed red potatoes ♦ Peas ♦ Orange ♦ 1% milk 

Department of Senior Affairs

PARTICIPANT CODE OF CONDUCT

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 electronic device.
5. Show courtesy to other participants and staff; respect decisions 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. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in City facilities or on City premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities or on City premises.
11. Any type of gambling is strictly prohibited in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in pool rooms and computer labs.
14. Vandalizing or damaging Center facilities, equipment or materials is prohibited.
15. Treat Center materials, equipment, furniture, grounds, and facility with respect.
16. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
17. 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