

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,

It is that time again with the holiday season just around the corner and coming up quick!

First, let's highlight a couple of bigger events from last month. For starters, there was the annual 50+ Primetime Expo at the Embassy Suites. Next, we had Bear Canyon's first drive-thru shredding event for its members. Big thank yous to the Friends of Bear Canyon for sponsoring and working the event, and to center staff that provided support. It was such a success! I hope to see this as a regular event at our center. Furthermore, we were lucky enough to host a special performance from Casa Flamenca with artists all the way from Spain! Lastly, we had our Halloween Social that featured entertainment, snacks, as well as a surprise performance.

Coming this month; be on the lookout for our Veterans' Celebration, the Annual Holiday Artisan Craft Fair at Manzano Mesa, and the DSA Annual Thanksgiving Day Lunch to be held at North Valley Senior Center.

Veterans Day falls on Monday, November 11, and the center will be closed. We would like to thank all veterans for their dedication, sacrifice and service.

Don't forget to turn your clocks back an hour on Sunday November 3 for daylight savings time and enjoy an 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 Vaccination Clinic
- Nov 3 DST ends/ Turn back the clock 1 hour
- Nov 6 Piano Class Recital
- Nov 7 Veterans' Celebration
- Nov 8 Movie Matinee
- Nov 13 Fall Guitar Concert
- Nov 14 Lunch Bunch
- Nov 20 FOBC Restaurant Fundraiser begins
- Nov 25 Ticket Sales for Holiday Raffle begin
- Dec 4 Bear Tones Holiday Concert

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



We will be **CLOSED** Monday, Nov 11 in celebration of Veterans' Day.

Also **CLOSED** Thursday and Friday, Nov 28 & Nov 29 in celebration of Thanksgiving.



Accredited by 
National Institute of Senior Centers

GENERAL INFORMATION & ASSISTANCE



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.



**DEPT. OF SENIOR AFFAIRS
ADVISORY COUNCIL MEETING**

**CASA Kitchen
2540 Karsten Ct SE, 87102
Monday, Nov 18
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.



**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.

**Navigating Medicare Assistance
First Monday of the Month
Lobby
10 am – 2 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 Activities 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 & ASSISTANCE



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

**FRIDAY, NOV 8
3 to 5 pm**

Teeniors are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching.

Future times and date to be announced soon.

Our department contracts with Teeniors to provide our members assistance with their phones, computers, or tablets.

If you need additional assistance you can make arrangements to receive further coaching. To learn more visit the website at www.teeniors.com or call 505-600-1297.

COMPUTER LAB OPPORTUNITIES

PC COMPUTER WORKSHOP



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

A roundtable discussion and sharing of knowledge on topics of interest.



APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am - 12:30 pm
Activity Leader: Bo Keith
Email: bnkeith@comcast.net

A presentation will be followed by an open question and answer period.

HERE'S TO YOUR GOOD 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 who provide weekly screening to assist you in monitoring and maintaining good health. We provide you with a card to keep a paper record of your readings. If you are a retired RN and would like to join us contact Lupe at 505-401-2558.

CALENDAR OF ACTIVITIES

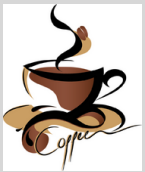
THURSDAY NIGHT DANCE

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.

- Nov 7 Roger Burns
- Nov 14 DJ- Jim's Night Train
- Nov 21 Paul Pino
- Nov 28 Closed for 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 1 Oak Street Health
- Oct 8 Coldwell Banker
- Oct 15 Bear Canyon SC
- Oct 22 Beehive Homes
- Oct 29 Enchanted Sky Hospice

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
anna.nmrealty@gmail.com
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.

Ron's Ride and Glide

Thu, Nov 7 - Mystery Ride

Check in: 8:15 am Return: 4:00 pm

Lunch: At own expense

Tue, Nov 12 - Bosque del Apache Wildlife Refuge

Flight of the Cranes

Check in: 8:00 am Return: 4:00 pm

Cost: \$5 at refuge Lunch: at own expense

Ron's Ride and Glide

Wed, Nov 20 - Pecos, NM

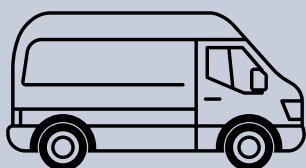
Check in: 8:00 am Return: 4:00 pm

Lunch: At own expense

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.



Let's hit
the
road



Presentations

Sign up at the front desk.

First Aid Training for Seniors

Tues, Nov 12

9 - 11:30 am Room 5

Cost: \$10 to instructor

PIANO RECITAL

BEAR CANYON SENIOR CENTER

Wednesday, November 6, 2024

2:00-4:00 pm

Social Hall



Veterans' Celebration
with
Updated Veterans' Wall

Thu, Nov 7

10 AM



FRIENDS OF BEAR CANYON & GENERAL INFORMATION

FRIENDS OF BEAR CANYON November Restaurant Fundraiser



Wednesday, Nov 20 & Thursday, Nov 21
4 pm - 8 pm
1950 Juan Tabo Blvd NE, Suite H

We would like to thank:



for being the
October Restaurant of the Month!

FRIENDS OF BEAR CANYON HOLIDAY RAFFLE DRAWING AT FRIENDSHIP COFFEE Tues, December 17 - 10 am

Tickets on sale in the lobby
beginning Monday, Nov 25

M-F 8:30 am - 2:30 pm

Thursday 5:30 - 7:30 pm

Saturday 9:00 - 11:30 am

\$2 each/ 6 for \$10 / 12 for \$20

Need not be present to win!

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.

- **Have closed captioning on the movies. It was hard to understand. Thank you!**

Yes, thank you for the suggestion. We do try our best to put on the subtitles/closed caption for the monthly movies that we show. Please feel free to ask/remind the staff during the movie if it is not on. Furthermore, classroom 5, where we show the movies, is also equipped with a hearing aid loop that might be of advantage to those with hearing aids that have that capability.

- **Consider using a lottery system for center-sponsored trips, like you do for Painting with Suki. May give more members opportunity to take advantage of trips.**

Thank you for the recommendation. The staff have been discussing this possibility, it's processes and how it might make trip sign ups doable across the board. We will continue to assess this option/process in hopes of simplifying for future events for all members.

CALENDAR OF ACTIVITIES



LUNCH BUNCH



Thursday, November 14
at Pizzeria Luca Italian
 8850 Holly Ave NE
 505-797-8086

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



Painting with Suki
Friday, Nov 15
2 - 4 pm Room 5

Lottery drawing will be on Thursday, Nov 18 and the class will be limited to 12 students. 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.

Bear Canyon Senior Center
FALL GUITAR CONCERT
 November 13th 2024 - 2:00 PM

**Country-Folk-
 Bluegrass-Jazz-
 Blues-Gospel**

Free and all Members Welcome!

Performances by

Thursday's Intermediate Guitar group
 Tim Brown - Vocal, Guitar; Steve Huddleson - Vocal, Guitar
 Joe Borrego - Guitar, Mike O'Brien - Guitar;
 John Sarsfield - Guitar; Leroy Pacheco - Guitar

Wednesday's Acoustic Rock/Americana group
 Tom Hoehn - Vocal, Guitar; Marc Hinchey - Vocal, Guitar

Wednesday Advanced Performance group "Sentimental Journey"
 Roger Schense - Vocal, Guitar; Mary Schense - Upright Bass;
 Dan Hedges - Vocal, Guitar, Banjo; Richard Bray - Vocal, Guitar;
 Tony Mora - Vocal, Mandolin, Guitar

Monday's Experienced Jam Session Group "Bear Canyon Players"
 Art Garcia - Vocal, Mandolin, Harmonica;
 Bill Syme - Vocal, Banjo; Dick Shead - Vocal, Guitar;
 Eve Donovan - Vocal, Violin; Gary Ross - Vocal, Guitar;
 Jim Brinkman - Clarinet; John Munson - Bass
 Lillian Pritchard - Vocal, Guitar; Lois Infante - Violin
 Maurice Calasurdo - Vocal, Guitar
 Nancy Brodsky - Vocal, Guitar; Patricia Coffman - Accordion
 Richard Twilley - Bass; Rose Day - Vocal, Guitar
 Steve Huddleson - Vocal, Mandolin, Guitar

**Ageless Artisan
 Craft Fair**

NOVEMBER
 SATURDAY 16 9AM-1PM

Manzano Mesa Multigenerational Center
 501 Elizabeth St. SE, 87123
 505-275-8731

Just in Time for the Holidays!
 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!

ONE ALBUQUE RQUE

CALENDAR OF ACTIVITIES



ONE ALBUQUERQUE senior affairs

independence at home senior community services

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Deliver donations by:
November 27, 2024

Drop off location:
Any CABQ Senior or Multigenerational Center

NEW items needed:

- Protein Drinks (Lo. Ensure, Boost)
- Depends
- Socks
- Cleaning Supplies
- Laundry Detergent
- Manicure & Grooming Sets
- Tissue/Toilet Paper

For more information or drop location hours and directions, call (505)764-6400



Blue Cross and Blue Shield of New Mexico

CARE VAN® EVENT

9 a.m. to noon

MEDICAL SCREENINGS AND MEDICARE 101 PRESENTATION

WEDNESDAY OCTOBER 23 North Domingo Baca Multigenerational Center	WEDNESDAY NOVEMBER 13 Barelas Senior Center	WEDNESDAY DECEMBER 4 Palo Duro Senior Center
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Get valuable insights into your well-being and connect with healthcare professionals. No appointment required—take a step towards better health!
The Medicare 101 will take place from 10 - 11 a.m. inside the center.
Pre-registration is required for the presentation.


ONE ALBUQUERQUE senior affairs

Transportation Provided
Visit your center's front desk for more information or to sign up.

BlueCross BlueShield
of New Mexico
A member of the Blue Cross and Blue Shield of New Mexico Companies
a not-for-profit mutual company

CLAIRE DANES DIANE KEATON RACHEL McADAMS DERMOT MULRONEY CRAIG T. NELSON SARAH JESSICA PARKER LUKE WILSON

THE FAMILYSTONE



Movie Matinee
Friday, November 8
1:30pm Room 5



North Valley Senior Center

THANKSGIVING DAY LUNCHEON

THURSDAY, NOVEMBER 28th
Cost: \$4

Tickets go on sale Friday, November 1st.
You Must have a ticket.
Tickets are not refundable.
*Center will not be open for Activities.

ONE ALBUQUERQUE senior affairs

Doors Open at 11:00am
Serving at 11:30AM

CENTER HIGHLIGHTS & COMING IN DECEMBER

PAINTING WITH SUKI

Sep 27, 2024



A festive poster for a choir concert. The top features a green banner with the text "CHOIR CONCERT" in yellow. Below that, the title "Bear Tones" is written in red, followed by "of BEAR CANYON SENIOR CENTER" in smaller text. A note in parentheses says "(The PREMIERE 4-Part Singing Group of the ABQ Senior & Multigenerational Centers)". The date and location are listed as "Wednesday DECEMBER 4, 2024" and "Bear Canyon Senior Center". The time is "2:30- 3:30". The director is "Linda Thomas" and the accompanist is "Nancy Lewis". At the bottom, it says "YES! COOKIES will be served!". The poster is decorated with a green holly and pine branch border and two bear illustrations at the bottom.

Casa Flamenca

Oct 23, 2024



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



Don't forget to fall back
Sunday, Nov 3rd

Daylight Savings Time
Ends

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. Please arrive by 12:30 p.m. for reserved meal.



NOVEMBER 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
<p>28</p> <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spanish Rice ♦ Corn ♦ Tortilla ♦ Pear ♦ 1% milk 	<p>29</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>30</p> <ul style="list-style-type: none"> ♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy) ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Jell-O ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hash Browns ♦ 5 Way Vegetable Blend ♦ Yogurt ♦ 1% milk 	<p>1</p> <ul style="list-style-type: none"> ♦ Pot Roast (Potatoes, Celery, Carrots) ♦ Italian Blend ♦ Ancient Blend ♦ Mandarin Oranges ♦ 1% milk 
<p>4</p> <ul style="list-style-type: none"> ♦ Pork Loin w/ Gravy ♦ Rice Pilaf ♦ Corn ♦ Dinner Roll w/ Margarine ♦ Diced Pears ♦ 1% milk 	<p>5</p> <ul style="list-style-type: none"> ♦ Green Chile Cheeseburger ♦ Italian Blend Vegetables ♦ Tater Tots w/ Ketchup ♦ Orange ♦ 1% milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Chicken Fajita w/ Fajita Blend ♦ Diced Potatoes ♦ Pinto Beans ♦ Red Apple ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Broccoli Mac & Cheese ♦ Normandy Blend ♦ Cherry Cobbler ♦ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Steak Fingers w/ White Gravy ♦ Red Potatoes ♦ Succotash ♦ Sugar Cookie ♦ 1% milk 
<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> ♦ Ham w/ Pineapple Glaze ♦ Biscuit w/ Margarine ♦ Sweet Potatoes ♦ Mixed Fruit ♦ 1% milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Meatball Sub Sandwich w/ Mozzarella ♦ Diced Potatoes w/ Ketchup ♦ Normandy Blend ♦ Mandarin Oranges ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Omelet w/ Mushrooms & Spinach ♦ Hashbrowns ♦ Stewed Tomatoes ♦ Yogurt ♦ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Vanilla Pudding ♦ 1% milk 
<p>18</p> <ul style="list-style-type: none"> ♦ Cajun Salmon ♦ Fettuccine Alfredo ♦ Steamed Carrots ♦ Granny Smith Apple ♦ 1% milk 	<p>19</p> <ul style="list-style-type: none"> ♦ Beef w/ Peppers & Onions ♦ Black Beans ♦ Imperial Blend ♦ Banana ♦ 1% milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Elbow Macaroni ♦ Roasted Carrots ♦ Sliced Beets ♦ Vanilla Pudding ♦ 1% milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Pasta Primavera w/ Alfredo Sauce ♦ Northwest Blend ♦ Breadstick ♦ Peaches ♦ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Breaded Cod Fish w/ Tarter Sauce ♦ Steamed Red Potatoes ♦ Peas ♦ Orange ♦ 1% milk 
<p>25</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken ♦ Rosemary Potatoes ♦ Corn w/ Red Peppers ♦ Grapes ♦ 1% milk 	<p>26</p> <ul style="list-style-type: none"> ♦ Carne Adovada w/ Red Chile ♦ Flour Tortilla ♦ Pinto Beans ♦ Spanish Rice ♦ Pineapple ♦ 1% milk 	<p>27</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>28</p>  <p>Happy Thanksgiving</p>	

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

Marina Salazar, Deputy Director

Shay Armijo, 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