

Department of Senior Affairs



A Message From Our Center Manager

Hello,

Hello all, and happy October! It seems as though fall came overnight. This time of year, many New Mexicans look forward to such things as Chile roasting, the International Balloon Fiesta, and Halloween among many other things. Here are a few more things for our members to look forward to coming up in October. We will be hosting a Veterans Wall of Honor reception for those who are featured on our newly revamped display on Wednesday, October 6th. The Center will be closed on Monday, October 11th for Indigenous People's Day. The annual 50+ Expo will take place on Wednesday, October 13th. Be sure to check with our front desk for more details regarding any of these events.

Lastly, we would like to wish a very special congratulations to one of our "former" own General Service Worker, John Sanchez recently retired from the City of Albuquerque and Bear Canyon Senior Center with close to 15 years at the facility. We thank John for his many years of service, for all of his hard work and dedication to not only the facility, but our department and city. As always, we appreciate everyone's patience and understanding during challenging times.

Thank you all and have a safe month!

Tyler Dunn, Center Manager

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

Special Dates & Announcements

10/06: Veteran's Wall of Honor Reception 2:00 p.m.- 4:00 p.m.

10/06: What's and Why's of Funeral Planning Presentation

10/11: Indigenous Day- Center closed

10/13: 50+ Expo

10/13: Travel Sampler Presentation

10/21: Lunch Bunch- Monroe's

All Centers Closed

There will be no classes or activities on October 11.

Happy 100th Birthday!!

Margaret Kurcaba
Celebration Oct 12 during
Friendship Coffee

Accredited by



National Institute of Senior Centers

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



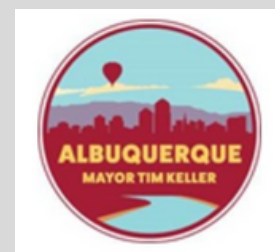
Mayor Timothy M. Keller

Department of Senior Affairs

Anna M. Sanchez, Director
Chris Sanchez, Associate Director

Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager
Vacant, Program Coordinator
Ya Vette Bailey, Office Assistant
Gabrielle Banuelos, Program
Assistant
Vacant, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Services





Department of Senior Affairs



NOTE FROM ANNA

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Palo Duro Senior Center
Monday, October 25

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!

SENIOR MEAL SITE TRANSPORTATION PROGRAM

Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

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.

Welcome to Bear Canyon!

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

- Catalog of activities for all City Centers
- 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

SENIOR TECH HELP LINE



Senior Affairs, in partnership with Adelante's DiverselT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!



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.

**Thursday, October 28
3:00 p.m. to 5:00 p.m.**

Please sign up at the front desk

FRIENDS OF BEAR CANYON FUNDRAISER



Raffle tickets will be on sale November 3 for varies prizes. The drawing will be held on December 3. The beautiful artwork below from local artist and former Bear Canyon Senior Center employee, Sally Bartos, is one of the many items that will be offered in this years raffle.



Artist: Sally Bartos



PROGRAM HIGHLIGHTS

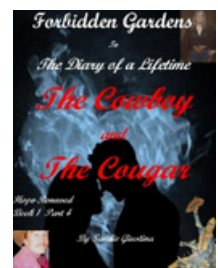
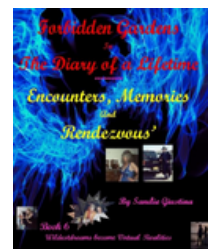
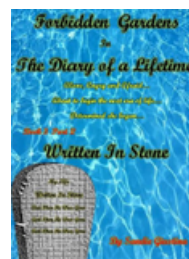
HEAT- HIGH ENERGY ACTIVE TRAVEL GROUP



On August 16, the HEAT- High Energy Travel Group went on a day trip to the Mountainair 2021 Sunflower Festival. Looks like a lot of beautiful sunflowers and great time!

HEAT meets on the 1st and 3rd Friday of each month
1:00 p.m. - 3:00 p.m. Room 5

BEAR CANYON AUTOBIOGRAPHY GROUP AND MEMOIRS WRITING SUCCESSES



The group meets Tuesdays, 9:00 a.m. to 11:30 a.m.

Calendar & Activities

BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

RN volunteers needed to perform the blood pressure screenings. If you're interested in volunteering, please contact Patricia at (505) 501-3529.



HEARTS

Hearts has started at Bear Canyon Senior Center and is looking for players.

Fridays- 9:00 a.m. - 12:00 p.m.

“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. Presented by Karla Barela Lucero, Advance Planning Consultant.

Wednesday, October 6,

9:00 a.m. to 10:30 a.m. Room 5

Please register at the front desk.

T.N.T. DYNAMITE EXERCISE

Monday, Wednesday and Friday

9:30 a.m. to 10:30 a.m.

in the Social Hall

Cost: \$2.00/class

No sign up required



Calendar & Special Events

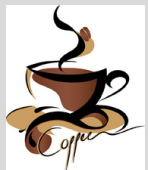
THURSDAY NIGHT DANCE

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.

- **Oct 7 - Roger Burns**
- **Oct 14 - Swing Shift**
- **Oct 21 - Paul Pino**
- **Oct 28 - Latin Soul**



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:

- **Sep 7 - Relay NM**
- **Sep 14 - Sandia Vista Senior Center**
- **Sep 21 - MVD: Madison Insurance**
- **Sep 28 - Oak Tree Health**



SEPTEMBER 27 - OCTOBER 9

V.F.W. Post 10763 in partnership with Bear Canyon Senior Center is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Bring your non-perishable food items (items that do not require refrigeration) to Bear Canyon Senior Center between September 27 and October 9 during normal business hours.



LUNCH BUNCH

**Thursday, October 21, at Monroe's
6051 Osuna NE at 11:30 a.m.**

Please sign in at the Front Desk. You will need your own transportation and can either meet at the restaurant or meet at the center at 11 a.m. and caravan together.

Calendar & Special Events

Travel Sampler Presentation



“Please join us, Howard & Marsha Seltzer, to travel the world from the comfort of your chair. So sit back and join us on a whirlwind tour of exciting and unusual destinations. We’d like to share with you highlights of some of our travel adventures to places like the far Arctic in search of Polar Bears; the famous ice & snow festival in celebration of the Chinese New Year; Russia then and now; India - off the beaten track and rarely seen; the vastness of China; highlights of an African Safari; Roman ruins of Tunisia; and more. This program is meant to tease, tempt, and entertain you and satisfy your wander lust, and is meant to be a Travel Sampler for you. We would welcome questions and discussion from the audience as we go along. Relax and travel the globe without the hassle of jet lag.”

Wednesday, October 13

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

Room 5

Seating is limited, please register at the front desk.



25TH ANNUAL PRIME TIME 50+ EXPO

Wednesday, October 13,
8:00 a.m. to 1:30 p.m. at the Embassy Suites.

Free Health Screenings and Entertainment!



Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque’s Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

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, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, 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

October 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 767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>4</p> <ul style="list-style-type: none"> ◆ Chicken Fajitas ◆ Flour Tortilla ◆ Ranch Beans ◆ Hot Sliced Apples ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Beef Stroganoff & Pasta ◆ Cauliflower W/ Red Peppers ◆ Bread Stick ◆ Pudding ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Omelet W/ Fajita Blend ◆ Stewed Tomatoes ◆ Tater Tots ◆ Oranges ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Minestrone Soup W/ Navy Beans ◆ Corn Bread ◆ Malibu Blend ◆ Cottage Cheese & Mixed Fruit ◆ 1% Milk 	<p>8</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Calabacitas ◆ Cookie ◆ 1% Milk 
<p>11</p> <p style="text-align: center;">Closed Indigenous People's Day</p>	<p>12</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Pork W/ White Rice ◆ Oriental Blend ◆ Pineapple Upside Down Cake ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Frito Pie (Beef, Pinto Beans, Chile, Cheese, Onions) ◆ Fritos ◆ Normandy Blend ◆ Cantaloupe ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Fish Nuggets W/ Tarter Sauce ◆ Crinkle Cut Fries ◆ Carrots & Peas ◆ Pudding ◆ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ◆ Chicken and Rice Soup ◆ Cherry Cobbler ◆ Spinach ◆ Crackers ◆ 1% Milk 
<p>18</p> <ul style="list-style-type: none"> ◆ Cottage Pie: (Ground Beef, Mashed Potato, Peas & Carrots) ◆ Corn Bread ◆ Apple Crisp ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Open Faced Turkey Sandwich W/ Gravy ◆ Yams ◆ Green Beans ◆ Orange ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Spaghetti Marinara W/ Squash ◆ Breadstick ◆ Malibu Blend ◆ Peaches ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ White Rice ◆ Peas ◆ Jell-O W/ Fruit ◆ Dinner Roll W/ Margarine ◆ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ◆ Green Chile Stew (Chicken and Potatoes) ◆ Flour Tortilla ◆ Pinto Beans ◆ Calabacitas ◆ Apple ◆ 1% Milk 
<p>25</p> <ul style="list-style-type: none"> ◆ Beef Tips over Pasta W/ Gravy ◆ Brussel Sprouts ◆ Peach Cobbler ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Chicken Pot Pie W/ Biscuit ◆ Diced Beets ◆ Ancient Grain ◆ Mixed Fruit ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Baked Potato W/ Broccoli, Cheese, & Sour Cream ◆ Corn ◆ Baked Beans ◆ Cottage Cheese W/ Peaches ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Salmon W/ Garlic Butter ◆ Orzo Pasta ◆ Normandy Blend ◆ Orange ◆ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ◆ Mummy Loaf in Swamp Water (Meat Loaf W/ Gravy) ◆ Mashed Potatoes ◆ Sliced Carrots ◆ Jell-O W/ Fruit ◆ 1% Milk 