

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!

Fall is practically upon us! Although the temperatures would certainly suggest otherwise, the first official day of fall is September 22nd.

As is customary, we like to highlight some of the previous month's happenings. First off, we would like to express our gratitude to the Friends of Bear Canyon who hosted and helped contribute to a Bear Canyon Senior Center Appreciation event. With the help of the FOBC and BCSC Staff, we were able to provide snacks, entertainment, singing and prizes! This event just shows how dedicated and helpful the Friends are to our center and how much they do to help us thrive! We hope everyone enjoyed themselves. Perhaps it can be made into an annual event in the future.

Additionally, during our closure week the Billiards group were able to tune up and have the billiards tables re-felted. This is a great attraction of our center and the group's efforts ensure we have a top-notch facility. Also, the FOBC purchased new book/puzzle shelves to enhance our lobby. And, thanks to former Councilor Jones we have new signage on the building to assist the public in identifying our building.

This month, we invite you to attend the annual Barelás Fiesta's and our own Fall BearTones Concert.

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

- Sep 2 Closed for Labor Day Holiday
- Sep 3 VFW/DSA Food Drive thru Sep 30
- Sep 9 Out to Dinner
- Sep 13 Movie Matinee
- Sep 19 Lunch Bunch
- Sep 24 FOBC Restaurant Fundraiser
- Sep 25 Bear Tones Fall Concert
- Sep 27 Painting with Suki

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



All DSA facilities will be CLOSED in celebration of Labor Day on Monday, September 2.



Department of Senior Affairs

NOTE FROM ANNA



Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelitas Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelitas community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes a difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at cabq.gov/seniors/about-senior-affairs.

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director

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**

**Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123
Monday, Sept 16
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

Monday, Sept 9

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

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.

- **Trip to Vladem Museum in Santa Fe; I missed the previous trip and would like to go.**

Thank you. We are always open to suggestions for repeat/new trips. We can definitely look into scheduling again in the future.

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 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.

CALENDAR OF ACTIVITIES

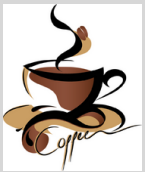
THURSDAY NIGHT DANCE

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.

- Sep 5 DJ- Jim's Night Train
- Sep 12 Roger Burns
- Sep 19 Paul Pino
- Sep 26 Recorded music w/Josie



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:

- Aug 6 Sandia Vista Hospice
- Aug 13 Amada Senior Care
- Aug 20 Yvonne Candelaria
- Aug 27 Beehive Homes

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.

Mon, Sep 9 - Senior Day at the State Fair

Check in: 9:15 am Return: 4 pm
Cost: \$8-15 plus tax Lunch: On your own

Fri, Sep 13 - Gilman Tunnels Jemez

Check in: 8 am Return: 4:00 pm
Lunch: Los Ojos at own expense

Ron's Ride and Glide

Wed, Sep 18 - Harry's Roadhouse Restaurant SFE

Check in: 9:45 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.

Presentations

Sign up at the front desk.

Redefine Your Means in Retirement

Tuesday, Sep 3
10:30 am - 12:30 pm Room 5

CPR & AED Training for Seniors

Tuesday, Sep 10
9 - 11:30 am Room 5

Health Literacy Session - High Blood Pressure

Friday, Sep 20
1-2 pm Room 5

First Aid Training for Seniors

Tuesday, Aug 27
9-11:30 am Room 5

Health Literacy Session - Diabetes

Saturday, Sep 28
10-11 am Room 5



Painting with Suki

Friday, September 27th
2:00pm - 4:00pm
In Room 5

Lottery Drawing will be September 20th, members **DO NOT** need to be present. Those who are selected will be notified by staff.

Space is Limited
Sign Up at the Front Desk



Free Pinochle Lessons
Fridays In the Lobby
9am - 12pm

FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES

**FRIENDS OF BEAR CANYON
September Restaurant Fundraiser**



Tuesday, September 24
11 am - 10 pm
2100 Louisiana Blvd NE

We would like to thank:



for being the August Restaurant of the Month!

Movie Matinee
Friday, Sept 13
1:30 p.m.
Room 5

**THE LINCOLN
LAWYER**

BE BRAVE: with HEART a fall recovery class

Albuquerque Fire Rescue is proud to offer **BE BRAVE: with HEART** a dynamic 90 minute session aimed at **discussing & practicing** how to overcome the fear of **FALLING**. Discussion will include:

- | | | |
|----------------------------------|-----------------|--|
| B rainstorm | E xecute | B reathe.
<small>through nose & slowly exhale</small> |
| Breathing (anatomy of breathing) | | R emain positive. |
| Definition of a fall | | A ssess body &
<small>from toes to head</small> |
| Fear cycles of falls | | s urroundings.
<small>Where are you</small> |
| How to get up off the ground | | V enture to safety.
<small>crawl, scoot, pull/drag</small> |
| Be BRAVE: Fall action plan | | E ngage help.
<small>call family, friends/911</small> |
| Symptoms that are concerning | | |
| Questions/comments | | |

Bear Canyon Senior Center
10:00am
Tuesday, September 17
Room 5

Participation is strongly encouraged. Firemen, Physical Therapists or Occupational Therapists will be available to answer questions.

Please wear secure shoes and layers.

Presented by: **Lt. Athena Valerio-Hirschfeld PhD (c)**
Space is limited, please register at the front desk.



Home Engagement Alternative Response Team

**SMARTPHONE
SUPPORT &
INSTRUCTION**



GOODWILL IS COMING TO YOU!

Goodwill Industries of New Mexico's Mobile Outreach Van is offering **FREE** 20-minute one-on-one smartphone support & instruction for everyone of all skill levels.

INSTRUCTIONS INCLUDE:

- Making Phone Calls
- Gallery/Camera
- Internet Search
- Navigating Texting
- Using the Calendar
- Take-home resources will be provided!
- Using Email
- And Other Apps!

*Goodwill is unable to offer technical support if your phone is broken or needs hardware/software repair. Please ensure content on your phone is appropriate for all audiences if being shown to Goodwill employees.



LOCATION:

Bear Canyon Senior Center
4645 Pitt St NE

DATE & TIME:

10 September 2024
10:00 AM - 12:00 PM

The Goodwill Mobile Outreach Van will be parked outside!



goodwillnm.org

Sign up online or reach out:

mothnagel@goodwillnm.org

505.881.6751 ext.4221



CALENDAR OF ACTIVITIES



Greeting Card Workshop

Holiday Cards

Thursday, September 5

9:30-11:30am Room 1

Come join us for a fun 2-hour workshop
Make 2 Fall/Thanksgiving and 2
Winter/Holiday Cards
FREE

Space is limited. Please sign up at front desk.

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



Barelas Senior Center Fiestas

GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

6 SEPTEMBER | 9 am - 3 pm
2024

714 Seventh St SW 87102

ONE ALBUQUERQUE

United Healthcare

Humana

PRIME TIME PUBLISHING

OUT TO DINNER

Monday, September 9
at Bravo Italian Kitchen
2220 Louisiana Blvd. NE
505-888-1111

Check in: 4:45 am Return: 8:30 pm

LUNCH BUNCH



Thursday, September 19
at County Line Barbecue of ABQ
9600 Tramway Blvd. NE
505-856-7477

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



SEPTEMBER 1
THRU
SEPTEMBER 30

VFW 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 one of the following locations:

Bear Canyon, Barelas, Highland, North Valley or Palo Duro Senior Centers, Manzano Mesa, North Domingo Baca, or Santa Barbara Martineztown Multigenerational Centers.

CENTER HIGHLIGHTS

FOBC Member Appreciation- Summerfest

The FOBC and center staff prepared and served up hotdogs with fixin's. Eighteen door prizes and a prize for Electric slide dance were awarded with music for a sing-a-long and dance provided by Josie. Guests included former city councilor Trudy Jones and present councilor Dan Champine. Vincent and Caleb, from Sandia Vista, provided a chair yoga demonstration. Thank you to everyone who worked the event and everyone who participated! We hope to see you again soon...



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



September 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.

ONE
ALBUQUE
RQUE

September 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>2</p> 	<p>3</p> <ul style="list-style-type: none"> ♦ Cod Fish over Brown Rice w/ Tarter Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Chocolate Pudding ♦ 1% milk  	<p>4</p> <ul style="list-style-type: none"> ♦ Beef Tips in Brown Gravy over Bowtie Pasta ♦ Steamed Broccoli ♦ Roasted Carrots ♦ Pineapple ♦ 1% milk  	<p>5</p> <ul style="list-style-type: none"> ♦ Vegetable Posole w/ Corn, Beans, Peppers, & Green Chile ♦ Cauliflower ♦ Cornbread ♦ Grapes ♦ 1% milk  	<p>6</p> <ul style="list-style-type: none"> ♦ BBQ Pulled Pork ♦ Ranch Beans ♦ Spinach w/ Onions ♦ Whole Grain Dinner Roll w/ Margarine ♦ Peach Cups ♦ 1% milk 
<p>9</p> <ul style="list-style-type: none"> ♦ Teriyaki Chicken w/ Stir Fry Vegetables & Soy Sauce ♦ Green Beans w/ Mushrooms ♦ Brown Rice ♦ Mandarin Oranges ♦ Fortune Cookie ♦ 1% milk  	<p>10</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Parsley Potatoes ♦ Green Peas ♦ Banana ♦ Cornbread ♦ 1% milk  	<p>11</p> <ul style="list-style-type: none"> ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Grapes ♦ 1% milk  	<p>12</p> <ul style="list-style-type: none"> ♦ Pasta Primavera w/ Broccoli & Diced Tomatoes/Parmesan ♦ Spinach ♦ Garlic Breadstick ♦ Blueberries ♦ Greek Yogurt ♦ 1% milk  	<p>13</p> <ul style="list-style-type: none"> ♦ Roast Beef w/ Brown Gravy ♦ Sliced Carrots ♦ Mashed Potatoes ♦ Whole Grain Dinner Roll w/ Margarine ♦ Applesauce ♦ 1% milk 
<p>16</p> <ul style="list-style-type: none"> ♦ Meatloaf w/ Gravy ♦ Mashed Potatoes ♦ Sliced Carrots ♦ Whole Grain Dinner Roll w/ Margarine ♦ Mandarin Oranges ♦ 1% milk  	<p>17</p> <ul style="list-style-type: none"> ♦ Rotisserie Chicken over Brown Rice ♦ Sliced Beets ♦ Green Beans w/ Mushrooms ♦ Banana ♦ 1% milk  	<p>18</p> <ul style="list-style-type: none"> ♦ Chili Bowl: Beef, Beans & Red Chile ♦ Sucootash ♦ Cornbread ♦ Fresh Grapes ♦ 1% milk  	<p>19</p> <ul style="list-style-type: none"> ♦ Southwest Omelet: Egg, Cheese, Red & Green Peppers, Onion w/Green Chile ♦ Stewed tomatoes ♦ Hash Browns ♦ Flower Tortilla ♦ Peaches ♦ 1% milk  	<p>20</p> <ul style="list-style-type: none"> ♦ Herb Pork Loin w/Gravy over Ancient Grain Blend ♦ Cauliflower ♦ Sautéed Zucchini ♦ Applesauce ♦ 1% milk 
<p>23</p> <ul style="list-style-type: none"> ♦ Baked Chicken & Rice Pilaf ♦ Corn & Red Peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk  	<p>24</p> <ul style="list-style-type: none"> ♦ Salmon w/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Italian Vegetable Blend ♦ Whole Grain Dinner Roll w/ Margarine ♦ Pear Cups ♦ 1% milk  	<p>25</p> <ul style="list-style-type: none"> ♦ Sweet & Sour Pork w/ Stir Fry Vegetables ♦ Steamed Cabbage ♦ Warm Sliced Apples ♦ Whole Grain Dinner Roll w/ Margarine ♦ 1% milk  	<p>26</p> <ul style="list-style-type: none"> ♦ Enchiladas: Cheese, Green Chile, & Corn Tortillas ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookie ♦ 1% milk  	<p>27</p> <ul style="list-style-type: none"> ♦ Turkey Tetrassini: Turkey, Spaghetti, & Green Peas ♦ Italian Vegetable Blend ♦ Breadstick ♦ Cherry Cobbler ♦ 1% milk 

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

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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services