

**Department of Senior Affairs**



**A Message From Our Center  
Manager**

Hello all,

As kids head back to school, we hope that everyone has enjoyed their summer! Also, hoping the heat has not kept you away from all of the great activities/events here at the center!

Last month, we enjoyed a wonderful Independence Day Social with grilled hot dogs, freshly made popcorn and slushies! Thanks to our treat sponsor, Alex with Nuclear Care Partners, all of the staff, Friends of Bear Canyon and the VFW for helping during the event.

Here are a few new and exciting changes at the center:

- Bear Canyon recently received a brand new 15 passenger van that will be used for group outings and trips planned by the department and staff.
- After many years of wear and tear, we had the exterior benches repainted which adds to the glamour and overall appearance of our facility. (More exterior work to come.)
- Kitchen renovations are still in progress. We hope to have more details forthcoming and will be sure to update you as soon as we are able.

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

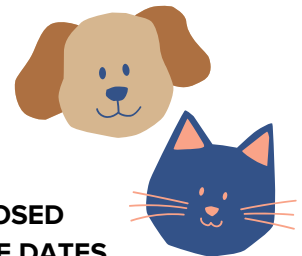
**DATES TO REMEMBER**

Aug 7    Out to Dinner  
Aug 8    GEHM Clinic  
Aug 11    Movie Matinee  
Aug 17    Lunch Bunch  
Aug 18    Dessert Social  
Aug 25    Painting with Suki

**HAPPY INTERNATIONAL**

**CAT DAY AUG 8**

**DOG DAY AUG 26**



**WE WILL NOT BE CLOSED  
ON EITHER OF THESE DATES.**

However, we hope you enjoy time with your special pet friends or consider adopting a new pet friend this month.

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

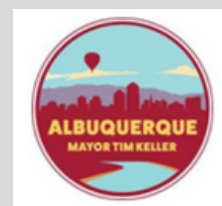


Mayor Timothy M. Keller

**Department of Senior Affairs**  
Anna M. Sanchez, Director  
Chris Sanchez, 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

### 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.

## GENERAL INFORMATION & ASSISTANCE

### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

#### NO MEETING IN AUGUST

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.

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#### AARP DRIVER SAFETY CLASSES

**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, and you can register at:  
<https://www.aarpdriversafety.org>

#### 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.

## 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.

- **Indoor Pickleball please**

We understand that this is one of the fastest growing sports amongst older adults in the country! I know that a few of the other centers in our department offer this. Although we are extremely limited on space, we can speak to the other centers and our sports and fitness section on logistics and see how we might be able to offer this in the future.



### Suggestion box continued...

- **With the weather being so hot, the handrails at the SW and NW entrances are very hot to the touch. Many people enter and exit the building where these are located and use the rails for assistance. Is there a way to help with that?**

We appreciate your cautious concern regarding this. It has been brought to our attention by several members and we will begin to look into safe options of what we might be able to do to help accommodate our members.

### COMING IN SEPTEMBER

#### Albuquerque Precancel Club

Starting September 7, 2023  
Every 1st Thursday of the Month  
7 - 8:30 pm Room 1

**See flyer for more details.**



## PROGRAM HIGHLIGHTS & GENERAL INFORMATION

### FRIENDS OF BEAR CANYON NEWS

#### FOBC SPOTLIGHT

In the spotlight for August is Judith Sanders (due to a newsletter error in July). Judith was born in Dallas, Texas. She spent time in Tulsa, Oklahoma and then moved to Albuquerque because she had family here. She has one brother and one sister who both live in Albuquerque. She has one son; he and his wife have 3 children and live in the Dallas area. Judith attended Tulsa University.



Judith collects vintage early 1900 lighters. She is the founder of the Lighters Collectors Club called 'On the LIGHTER Side,' formed in 1987.

She likes to volunteer at Bear Canyon Senior Center, travel and read. She just got back from Mexico, Honduras, Columbia, Panama and Cozumel. "Wonderful trip," she says. Her favorite trip was to Barcelona, Spain. Some of her favorite authors include Lee Child, John Sanford, Catherine Coulter and David Baldacci.



#### ==== AUGUST FUNDRAISING ====

The August restaurant fundraiser is currently pending.

Please check at the front desk for more information.

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

**PAPA FELIPE'S**



#### OPPORTUNITY TO MEET OTHER MEMBERS

There were 30 people present for the last Out to Dinner activity at P.F. Chang's. The food was great; the service was excellent, and a good time was had by everyone. Think about signing up for next month's outing to Seasons 52. It is a pleasing way to spend the first Monday evening of the month. Stop at the front desk for more information or to sign up.

## 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.

- Aug 3 - Long Drink of Water
- Aug 10 - Roger Burns
- Aug 17 - Paul Pino
- Aug 24 - Desert Springs
- Aug 31 - Recorded



### 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:

- Jul 11 - The Montebello on Academy
- Jul 18 - DSA Senior Companions
- Jul 25 - Village Caregiving

## Dessert Social

Monthly on the  
3rd Friday  
1:15 – 2:15 pm  
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

### Upcoming Trips

Space is limited.  
Sign up at the front desk.

#### Friday, Aug 18 - Tinkertown Museum

Check in: 9:15 am Return: by 3 pm  
Cost: \$6 at door Lunch: At own expense

#### Tuesday, Aug 29 - ABQ Trolley Tour

Check in: 9 am Return: by 4 pm  
Cost: approx. \$26.49 at the door

#### Friday, Sep 1 - Balloon Museum

Check in: 8:45 am Return: by 3 pm  
Cost: Free Lunch: At own expense

#### Monday, Sep 11 - Senior Day at the State Fair

Check in: 9:15 am Return: by 4 pm  
Cost: 65+ \$8/ adults \$15  
Lunch: On your own on the premises

### Presentations

Sign up at the front desk.

#### Cultivate Your Resilience

Tuesday, Aug 8  
10 - 11:30 am Room 5

Continued...

#### Optum Medicare 101

Tuesday, Aug 15  
9:30 - 10:30 am Room 5

#### Preparing for the Aging Process

Tuesday, Aug 22  
9 - 10 am Room 5

#### Benefits of Funeral Preplanning

Tuesday, Aug 29  
10 - 11 am Room 5

#### You're being Discharged from the Hospital, Now what?

Tuesday, September 12  
10 - 11 am Room 5

### New Class

#### Powerful Tools for Caregivers

Tuesdays, Aug 29 - Oct 3  
1:30 - 3 pm Room 5

Registration required with Erin  
[erin@familycaregivernm.org](mailto:erin@familycaregivernm.org)

### Information Tables

#### Idalia Lechuga-Tena

City Council Candidate  
Tuesday, Aug 1 8:30 - 11 am

Continued...



## CALENDAR OF ACTIVITIES

### Information Tables continued...

#### VFW & Veteran's Outreach

Thursday, Aug 3      8 - 9:30 am

#### Presbyterian Medicare

Monday, Aug 7      8:30 - 10 am

#### Los Griegos Food Pantry Registration

Tuesday, Aug 15      10 - 11:30 am

#### Foothills Community Policing Council

Tuesday, Aug 15      8:30 - 11 am

#### Presbyterian Medicare

Monday, Aug 21      8:30 - 10 am

#### Humana Medicare

Tuesday, Aug 29      9 - 10 am

### OUT TO DINNER

**Monday, Aug 7**

**at Seasons 52**

6600 Menaul Blvd NE

505-348-5852

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



### LUNCH BUNCH

**Thursday, Aug 17**

**at Sandia Event Center**

30 Rainbow Road

505-796-7500

Check in: 10:45 am      Return: 3 pm

**Please sign up at the front desk.**

### PAINTING WITH SUKI

**Friday, Aug 25**

**2 - 4 pm      Room 5**

Sign up at the front desk for the lottery. Lottery drawing is August 18. You do not need to be present for drawing. Staff will contact members that are drawn.



**CENTER HIGHLIGHTS**



**PAINTING WITH SUKI**  
First half of 2023



**INDEPENDENCE DAY SOCIAL**  
JULY 5, 2023



**FREE WRITE WORKSHOP**  
3rd Thursday of the month



# August 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.



## August 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>31</p> <ul style="list-style-type: none"> <li>♦ Spaghetti w/ marinara sauce</li> <li>♦ Broccoli w/ red peppers</li> <li>♦ Seasonal vegetable</li> <li>♦ Garlic breadstick</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Green chile chicken enchilada</li> <li>♦ Pinto beans</li> <li>♦ Calabacitas</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Philly Cheesesteak sandwich</li> <li>♦ Steamed carrots</li> <li>♦ Warm cinnamon apples</li> <li>♦ Whole grain hoagie bun</li> <li>♦ 1% milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Meatloaf w/ tomato gravy</li> <li>♦ Roasted redskin potatoes</li> <li>♦ Green beans</li> <li>♦ Fresh seasonal fruit</li> <li>♦ Whole grain dinner role</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ pineapple over brown rice pilaf</li> <li>♦ Brussel sprouts</li> <li>♦ Diced beets</li> <li>♦ Honeydew melon</li> <li>♦ 1% milk</li> </ul> 
<p>7</p> <ul style="list-style-type: none"> <li>♦ Sweet and sour pork w/ fajita blend vegetables</li> <li>♦ Brown rice</li> <li>♦ Green peas</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Cheeseburger w/ mushrooms</li> <li>♦ Mushroom sauté</li> <li>♦ Tater tots</li> <li>♦ Whole grain bun</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Lime fish tacos</li> <li>♦ Calabacitas</li> <li>♦ Steamed carrots</li> <li>♦ Fresh seasonal fruit</li> <li>♦ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Beef tips w/ brown gravy</li> <li>♦ Spinach w/ onions</li> <li>♦ Sweet potatoes</li> <li>♦ Watermelon or fresh seasonal fruit</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Chicken alfredo</li> <li>♦ Zucchini w/ red peppers</li> <li>♦ Seasonal vegetable</li> <li>♦ Fresh peaches or fresh seasonal fruit</li> <li>♦ 1% milk</li> </ul> 
<p>14</p> <ul style="list-style-type: none"> <li>♦ Cheese omelet w/ red chile</li> <li>♦ Stewed tomato</li> <li>♦ Diced potatoes</li> <li>♦ Whole grain biscuit</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Spaghetti w/ meatballs</li> <li>♦ Green beans</li> <li>♦ Seasonal vegetable</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Chicken salad w/ bell pepper, celery, onion</li> <li>♦ Fresh cucumber slices</li> <li>♦ Coleslaw</li> <li>♦ Whole grain bread</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Pollock over brown rice</li> <li>♦ Malibu blend (carrots, cauliflower)</li> <li>♦ Green peas</li> <li>♦ Fresh seasonal fruit</li> <li>♦ Tarter sauce</li> <li>♦ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Roasted pork loin w/ brown gravy</li> <li>♦ Scalloped potatoes</li> <li>♦ Carrots</li> <li>♦ Pears</li> <li>♦ Whole grain dinner role</li> <li>♦ 1% milk</li> </ul> 
<p>21</p> <ul style="list-style-type: none"> <li>♦ Salisbury steak w/ brown gravy</li> <li>♦ Roasted rosemary potatoes</li> <li>♦ Spinach</li> <li>♦ Mandarin oranges</li> <li>♦ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ BBQ pork</li> <li>♦ Baked beans</li> <li>♦ Broccoli w/ red peppers</li> <li>♦ Fresh apricots or fresh seasonal fruit</li> <li>♦ Whole grain dinner role</li> <li>♦ 1% milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Baked seasoned chicken w/ brown rice pilaf</li> <li>♦ Sweet potato</li> <li>♦ Green beans</li> <li>♦ Red grapes</li> <li>♦ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Spinach lasagna</li> <li>♦ Buttery corn</li> <li>♦ Summer squash</li> <li>♦ Garlic breadstick</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Baked garlic tilapia w ancient grain blend</li> <li>♦ Brussel sprouts</li> <li>♦ Corn w/ bell peppers</li> <li>♦ Honeydew melon</li> <li>♦ Chocolate chip cookies</li> <li>♦ 1% milk</li> </ul> 
<p>28</p> <ul style="list-style-type: none"> <li>♦ Sliced ham w/ cornbread</li> <li>♦ Pinto beans</li> <li>♦ Collard greens</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Beef and vegetable stir fry</li> <li>♦ Buttered noodles</li> <li>♦ Green beans w/ mushrooms</li> <li>♦ Fresh seasonal fruit</li> <li>♦ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Fish and chips</li> <li>♦ Stewed tomatoes</li> <li>♦ Warm sliced apples</li> <li>♦ Whole grain dinner role</li> <li>♦ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Chicken w/ ziti pasta</li> <li>♦ Steamed broccoli</li> <li>♦ Carrots and zucchini</li> <li>♦ Fresh strawberries</li> <li>♦ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Green chile cheeseburger</li> <li>♦ Tator tots</li> <li>♦ Sliced tomatoes</li> <li>♦ Whole grain bun</li> <li>♦ Watermelon</li> <li>♦ 1% milk</li> </ul> 