

THE BEAR FACTS

BEAR CANYON SENIOR CENTER

FEBRUARY 2020



DEPARTMENT OF SENIOR AFFAIRS

VOL.13 ISSUE 2

Bear Canyon Senior Center – an activity center for the 50+community



Tyler Dunn, Manager

A ttention Members,

Here we are, already one month down in 2020!

February to me seems to be a return to more structure and regular scheduling from the holidays and New Year's. This February however is very different with being a leap year, which means February will have 29 days instead of only 28. February 29, also known as leap day or leap year day, is a date that usually occurs every four years. This day is added to the calendar in leap years as a corrective measure, because the Earth does not orbit the sun in precisely 365 days. To go along with this, there are also many other memorable days/dates to be aware of in February. One of the biggest sporting events of the year lies on Sunday February 2, 2020 which is Super Bowl LIV.

Perhaps the most known date in February is Valentine's Day on Friday the 14th. No matter how you celebrate or what you associate Valentines day with, we hope that it is a special time to spend with significant others and loved ones! We also hope to see you at our "Love is in the Air" Special luncheon on the same day. Tickets are available for sale at the front desk beginning Monday, February 3.

We would like to thank Councilor Trudy Jones and her team for yet again another very generous donation and effort to replace an outside bench on the facility grounds. This small project is just one of many she has helped our center with which was completed in mid-December of 2019.

Thank you for all you do for our center and our community!



All Centers Closed
No Classes or Activities on
President's Day
Monday, February 17

Important dates in February 2020

February 2 - Groundhog Day; Super Bowl LIV (54)

February 12 - Lincoln's Birthday

February 14 - Valentine's Day, Special Luncheon

February 17 - Presidents Day and Washington's Birthday (Center Closed); Random Acts of Kindness Day

February 25th Mardi Gras (New Orleans)

Happy Presidents Day



City of Albuquerque



Mayor Timothy M. Keller

Department of Senior Affairs

Anna M. Sanchez, Director

Anthony Romero, Associate Director

Bear Canyon Senior Center

4645 Pitt NE, Albuquerque, NM 87111

Phone: 505-767-5959

Fax: 505-767-5964

Staff

Tyler Dunn, Center Manager

Anita Hamel, Program Coordinator

Ya Vette Bailey, Office Assistant

Pauline Clements, Program Assistant

Gabrielle Banuelos, Program Assistant

Ryan Espinda, Cook

Amanda Galindo, Kitchen Aid

John Sanchez, General Service

Kelly Trujillo, General Services

Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

Articles are due by the 15th day of the month.

Any material submitted is subject to editing.

Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Advertising Disclaimer: Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque.



Special Thanks

Friends of Bear Canyon- who donated gift cards and provided the beautiful table center pieces for our Breakfast at Tiffany's Special Luncheon.



A heartfelt thank you to The Friends of Bear Canyon, for their continued generosity.

Announcements

OUT TO DINNER

Monday, February 3

Embassy Suites

1000 Woodward PL NE

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

LUNCH BUNCH

Thursday, February 27

Slap Fish

6400 Holly Ave NE

Check in: 10:45 am Return: 2:00 pm

Please sign up at the Front Desk.



Fundraising

Many thanks to El Patron for the generous donation of \$370.00 for the *November* fundraising and Mykono's for the generous \$119.35 donation for the *October* fundraising. This represents the sum of 20% spent by everyone who participated.



February's Fundraiser
El Patron
Mexican Restaurant & Cantina
10551 Montgomery, NE
Monday, February 10
& Tuesday, February 11

El Patron will donate 20% of your bill to the Friends of Bear Canyon



Thursday Night Dance

6:00pm to 8:45 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.

- February 6 Swing Shift
- February 13 Roger Burns
- February 20 Paul Pino & the Tone Daddies
- February 27 Latin Soul

Friendship Coffee

Every Tuesday, 9:30am to 10:30am

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:

- February 4 Tempur-pedic
- February 11 Clear Caption
- February 18 Escape Travel
- February 25 Edward Jones

Birthday Celebration

Thursday, February 13, 11:30am to 12:30am

Have some cake and join us in wishing members born in January a very Happy Birthday.

SPONSORED BY DAVIS RIORDON, SENIOR INSURANCE BROKER

Pie Social

Friday, February 21, 1:30pm to 2:30pm

Stop by for free pie, ice cream, or both. Enjoy Fun, Fellowship and Friends.

SPONSORED BY GILLOGLY REALTY



AARP Tax-Aide volunteers will begin providing FREE tax preparation beginning February 4, 2020 through April 7, 2020.

Appointments can be made by calling 505-767-5959 or stopping by the front desk.

All taxpayers will be required to bring the following to their appointment:

1. Last years tax return
2. A valid picture ID
3. Social Security card (s)

Also needed are all form 1099's, W-2's, and income and /or expense documents. (Hint: Use the checklist on your 2019 tax return envelope)



BOWLING

Did you take the Bowling Class and/or Do you enjoy Bowling?

If you do and would be interested in joining a Bowling group we would like to hear from you.

Please sign our interest list at the front desk.

B-I-N-G-O

Cancelled

Wednesday, February 5
Due to Food Pantry



The Pool Room will be closed on March 9, 2020 to have the pool tables recovered.

Up Coming



February

Feb 5th: **8-Ball Pool**, Palo Duro Senior Center

Feb 7th: **Shuffleboard**, Manzano Mesa

Feb 8th: **Basketball and Huachas**, Manzano Mesa

Feb 29th: **Swimming**, West Mesa Aquatics Center (deadline to register 02/12/20)

March

Mar 3rd, 4th & 6th: **Bowling**, Skidmore's Holiday Bowl

Mar 5th: **Racquetball**, Midtown Sports & Wellness

Mar 13th: **Badminton**, Manzano

Mar 28th: **Road Race**, Embudo Channel Trail

April

Apr 4th: **5K Racewalk**, Balloon Fiesta Park

Apr 11th: **5K Powerwalk**, Balloon Fiesta Park

Apr 14th: **Tennis Singles**, Jerry Cline

Apr 18th-19th: **Pickleball**, Manzano Mesa Outdoor Courts

Apr 21st: **Tennis Doubles**, Jerry Cline

Apr 22nd: **Golf**, Arroyo Del Oso

Apr 23rd: **Disc Golf**, Roosevelt Park

Apr 25th: **Horseshoes**, Los Altos Park

Apr 25th: **Archery**, Tijeras, Sandia Crest Bowhunter's Association

Apr 28th: **Tennis Mixed Doubles**, Jerry Cline

May

May 1st: **Field Events**, Academy

May 2nd: **Track, 1500M Racewalk & Powerwalk**, Academy

May 9th: **Cycling**, Atrisco Vista Blvd.

**Pre-registration required 1 week before the event.
For more information contact Palo Duro Sports & Fitness: 505-880-2800**

Special Events

**Love is
in The Air...**

**Bear Canyon's Special
Luncheon**


Friday, February 14
Seating at 11:30 am

Membership and
Reservations Required
No Refunds on Tickets Sold

\$4/person
Tickets on Sale
Monday, February 3

Dessert Sponsored by The Montebello

Bear Canyon's Movie Matinee



**Friday,
February 14
1:30 pm**

**—THE—
NOTEBOOK**

Fashion, Fun, Fabulous & YOU! Fashion Show



Come see fashions designed for the woman who wants to look and feel fabulous! Real women, real style is what Nygard Style Direct is all about. Women of all ages will love our 4-way stretch Slim-curve. Look a size smaller! Also, see many other curated styles that are must-haves for your fall wardrobe.

Bear Canyon Senior Center

**Friday, February 28th,
2020**

1:30—2:30pm

*Presented by: Independent
Stylists Jeanne*

Saxon, and Val Romero

HIGHLAND PLAYERS SKIT PERFORMANCE

3 one act plays:

The Macbeth Murder Mystery,

Oh, Doctor!

The Meeting

THURSDAY, FEBRUARY 6

1:30 - 2:30

In the Multi-Purpose Room

Information & Assistance



Helpful Numbers

DEPARTMENT OF SENIOR AFFAIRS.....764-6400
CITY OF ALBUQUERQUE GENERAL INFO 311
NON-EMERGENCY POLICE242-COPS (2677)
EMERGENCIES 911

V.F.W. Post 10763

Post meetings are held at Bear Canyon on the first Thursday of every month at 10 am. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership. If interested, the next meeting is on February 6, 2020. Newcomers welcome!

DSA Advisory Council

MEET THE ADVISORY COUNCIL

Palo Duro Senior Center
Monday, February 24

11:30 a.m. Visit with Council members
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.

**HAPPY
VALENTINE'S
DAY!**



New Members— Our next new member orientation will be:

February 21, 2020

10:30a.m. to 11:30 a.m.

WELCOME TO BEAR CANYON!

Handouts available at front desk

- Catalog of activities for all City Centers
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

Membership Cards are required when purchasing meals and attending activities at the Center. Membership fee is \$20 per year and is valid at all Senior and Multigenerational centers.

Driver Safety Classes

First Saturday of the month, 9:30 am to 1:30 pm
Third Thursday of the month, Noon to 4 pm
Cost: AARP members \$15; non-members \$20
Call (505) 767-5959 to register.



Thursday, February 6
Room 5, 3 to 4:45 p.m.

Patient, knowledgeable teens will help you with your electronic devices.

Sign up at the front desk

New Classes, Workshops and Presentations

MAKE YOUR OWN MOUNTED WINE RACK

Monday, March 9 & 16
9:00 –10:00a.m. Room 3



Instructor: Jerome Tuck

Fee: \$25 material fee

Please sign up at the front desk

SPANISH BEGINNING/INTERMEDIATE

Mondays, 8:30-9:30 a.m.

Have you always wanted to learn Spanish but were unsure where to start? Join our Beginning/Intermediate Spanish class and spend 6 weeks getting a feel for the language and the grammar. \$45 includes texts and supplemental material



Monday, March 9 - April 13

Monday, April 20 - June 1

Instructor: Carlos A. Johnson

FEBRUARY PRESENTATIONS

ESSENTIAL OILS

Wednesday, February 10 to 11:00 a.m.

Presenter: Sam School

What's and Why's of Funeral Planning

Wednesday, February 12 10:00 to 11:30

Presenter: Karla Barela

Heart Failure, Hypertension, Diabetes and Other Health Topics

Wednesday, February 19 10:00 to 11:30

Presenter: Cynthia Balaz, UNMH Heart Failure
Program Patient Education

Current Economic Trends

Wednesday, February 26 10:00 to 11:30

Presenter: Professor Phil Ganderton, UNM

Please see catalog and bulletin board postings for details. Reserve your space for classes and presentations at the front desk, or call 767-5959.

HEAT-High Energy Active Travel Group

Come join other adventurers who want to explore and travel together "it's not about the destination, but the journey."

Bear Canyon

1st and 3rd Friday of each month.

1:00-3:00pm

Room 2

Exciting presentations this month:

February 7th– Guest speaker, Jennifer Myers, owner of Expedia CruiseShipCenters, will be discussing Cancellation Insurance, Tours to Alaska, River Cruises and Traveling Solo.

February 21st– Guest speaker, Maggie Santiago from Transportation Security Administration (TSA)



Participant Conduct

A. In order that all users may have a pleasant experience at a center, participants are expected to respect the rights of others, use the center for the purposes of the center only, and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Use voice and behavior that will not disturb other participants.
3. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive.
4. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution.
5. Show consideration for the diversity of staff and fellow participants.
6. Treat the center materials, equipment, furniture, ground, and facility with respect.
7. Use the center and center equipment in a safe and appropriate manner.
8. Keep the building and grounds neat, clean and litter free.

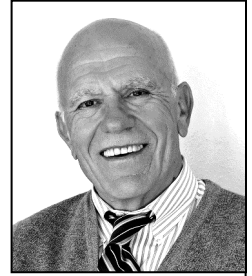
B. All participants need to be able to:

1. Function without one-on-one assistance (staff); or have the help of a caregiver.
2. Walk safely and independently in the Center or use assistive devices independently.

"You don't have to wait until Valentines Day to show someone how much they mean to you."

PIE, ICE CREAM AND REAL ESTATE!

Yep that's me, Greg Gillogly, your Senior Real Estate Specialist. I'm the guy that brings the goodies for Bear Canyon Ice Cream Socials.



The Real Estate Market has really improved over the last year. 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 over a cup of coffee and review your home value.

Greg Gillogly, Senior Real Estate Specialist (SRES)

Gillogly Realty

5850 Eubank Blvd. NE, Ste. B24

Albuquerque, NM 87111

Cell 505-328-5277

The Read to Me ABQ Network is a program designed to collect new or gently used children's books (English, Spanish & Bilingual) for distribution to children in our community. The book drive starts February 11, 2020 and ends March 11, 2020. The goal of the program is to provide children with a personal book they can keep and take home with them so as to help improve their reading skills. If you, family members, or your neighbors have children's books that can be donated please take them to your Senior Center where a collection box will be available.

We also have adult books that are also given to the program and we would like to share them with you. Please check your centers library and obtain a FREE book from the Read to Me ABQ Network.

Seniors, if you are also interested in volunteering with this program please call Dave Orner @ 505-681-6325

Learning Never Ends

Dave Orner
Committee Chair
(505)681-6325

Marie Morra
New Mexico Rail Runner
724-3656



General Information

As of late, the center and staff have had many questions and inquiries about service animals throughout the facility. We thought it would be a good idea to do some research about some of the most frequently asked questions and regulations for general information. Here are some we found to share in regards with the "Americans with Disabilities Act" (ADA) from www.ada.gov, United States Department of Justice Civil Rights Division.

Under the ADA, a public accommodation may not ask you questions about your disability or demand to see certification, identification, or other proof of your animal's training or status. If it is not apparent what your service animal does, the establishment may ask you only whether it is a service animal, and what tasks it performs for you.

Q. What questions can a covered entity's employees ask to determine if a dog is a service animal?

- A. In situations where it is not obvious that the dog is a service animal, staff may ask only two specific questions: (1) is the dog a service animal required because of a disability? and (2) what work or task has the dog been trained to perform? Staff are not allowed to request any documentation for the dog.

Q. Can people bring more than one service animal into a public place?

- A. Generally, yes. Some people with disabilities may use more than one service animal to perform different tasks.

Q. Do service animals have to wear a vest or patch or special harness identifying them as service animals?

- A. No. The ADA does not require service animals to wear a vest, ID tag, or specific harness.

Q. Are restaurants, bars, and other places that serve food or drink required to allow service animals to be seated on chairs or allow the animal to be fed at the table?

- A. No. Seating, food, and drink are provided for customer use only. The ADA gives a person with a disability the right to be accompanied by his or her service animal, but covered entities are not required to allow an animal to sit or be fed at the table.

We want to ensure that we are following all laws and regulations when it comes to all service animals all while respecting privacy and rights of others equally.

Health & Fitness

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)

Monday, February 24, 8am to 12:30pm

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.

Silver Horizons

Food Pantry

February 5, 2020

2pm to 4pm



Numbers will be issued on a first-come first-served basis, starting at **1 p.m.**

Bring your own grocery bags/boxes.



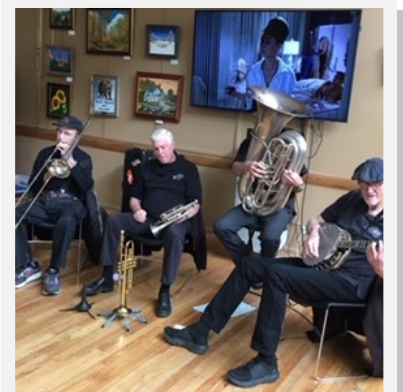
Blood Pressure Screening

Wednesdays, 9 to 11 a.m.

Center Activities



During their Meeting January 13, 2020, the Fishing Group presented Ken Nau with an Appreciation Plaque to thank him for his many years as President of the Bear Canyon Senior Center Fishing Club. Thank you Ken!



Here are a few pictures from our Breakfast at Tiffany's special luncheon on January 24th. It was one of our best luncheons yet! Thank you to all who participated, to Jazz A La Cart for the jazzy music and to The Neighborhood for providing the delightful desserts. A special thanks to our wonderful Volunteers who served the luncheon and to our amazing kitchen staff for another delicious meal! A good time was had by all!



Computer Lab



APPLE MAC

APPLE IPAD & IPHONE WORKSHOP

2nd Thursday of every month

10:00 am - Noon

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – reed1936@comcast.net

APPLE MACINTOSH DAY

3rd Saturday of each month

9:45 am to Noon

Open to Mac users of any experience level—FREE. An open, interactive Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – reed1936@comcast.net

Register with Bob Reed at
reed1936@comcast.net

OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00-11:00 am

iMac, PC, and iPad are available for members' use.

WINDOWS



PC COMPUTER WORKSHOP

3rd Wednesday every month

1:30 to 3:30 pm

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

Facilitators: Harold Gottlieb and Gary Day

Contact: Harold Gottlieb – hbgottl2@q.com

WINDOWS PC CLASSES

For a calendar of Bear Canyon computer activities, visit:
www.brownbearsw.com/freecal/bcsc

We conduct classes on a variety of Windows PC topics. To join our email list and receive course notifications, contact:

Gary Day (505-292-4909 or garylday@msn.com)
or Walter Garrett bcwinclasses@gmail.com

CHROMEBOOK USERS GROUP

A FREE monthly workshop forum where you have the opportunity to get your Chromebook related questions answered. Donations are appreciated. No reservations needed. Seating is limited to the first 25 who arrive.

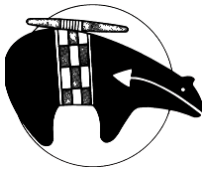
3rd Monday every month

1:30-3:30pm

Facilitator: Bill Miller

Contact: Bill Miller: bearcanyonclasses@gmail.com





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 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta Primavera	4 Taco Soup	5 Memphis Dry-Rubbed Chicken	6 Beef Tips & Bowtie Pasta	7 Pork Chop w/apples
10 Oven Fried Chicken	11 Turkey w/gravy	12 Breaded Pollock	13 Red Chile Beef Enchiladas	14 Love is in the Air Special Lunch Tickets Required \$4 
17 Happy President's Day Center Closed	18 Ham and Potato Soup	19 Italian Chicken	20 Meatloaf w/rice	21 Red Chili (beans, beef, cheese and onion)
24 Roasted Pork	25 Soft Chicken Tacos	26 Red Chile Cheese Omelet	27 Meatball Sub w/provolone	28 Spinach Lasagna
Mar 2 Green Chile Chicken Posole	Mar 3 Turkey w/gravy and stuffing	Mar 4 Cheeseburger	Mar 5 Pork Chop w/sliced apples	Mar 6 Breaded Cod

Reserved meals not purchased by 12:30 p.m. are cancelled. Lunch Daily Specials are subject to change without notice

Breakfast Menu

Served 8 to 9 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 Toast.25
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: Orange Juice .25 Milk .25 Coffee or tea .30	

Lunch A-la-Carte

NO reservations needed

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

Slice of Pie (daily selection varies)50

Bowl of Soup (daily selection varies).....50

Drinks

Milk	.25
Juice	.25
Coffee or tea	.30