

# THE BEAR FACTS

BEAR CANYON SENIOR CENTER

MARCH 2020



DEPARTMENT OF SENIOR AFFAIRS

VOL.13 ISSUE 3

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



*Tyler Dunn, Manager*

## A ttention Members,

Hello all! Welcome to March, with spring just around the corner. We wanted to give a few quick updates for the Center. First off, the AARP Tax Preparation Services began last month in February. The center has quickly filled all available appointment times and we are currently full for the remainder of the tax season. However, there may be other available options for tax preparation around the city or in other facilities. Check with the front desk and staff/volunteers will be able to help pass along any available information.

Lastly, Bear Canyon will be going through some minor updates and construction early in the month of March. Thank you again to Councilor Trudy Jones and her amazing team; the final phase of the updated lighting is set to conduct between Monday, March 2 and Friday, March 13. The final phase includes our kitchen area, social hall as well as the Share Your Care area. There may be instances where some activities/classes will need to be either moved to another space and or cancelled to accommodate the work to be done. BCSC Staff will work with group leaders and notify those who may be affected. We would like to thank everyone in advance for your patience and understanding during this time.

Have a wonderful month and Happy St. Patrick's Day!

### IMPORTANT DATES IN MARCH

Sunday, March 8th Daylight Saving Time ("Spring Forward")

Tuesday, March 17th – St. Patrick's Day (Wear Green!)

Thursday, March 19th First Day of spring

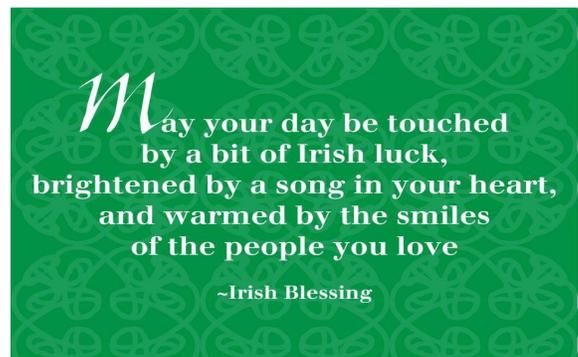
## Connect With Us Online!

Senior Affairs is on Facebook and Instagram! Follow us at @cabqseniors or just search for cabqseniors on Facebook or Instagram to find us. We will be posting informational updates, photos and videos featuring activities and people from our programs and centers.



Instagram & Facebook

@cabqseniors



The **Department of Senior Affairs** is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## 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.



## Congratulations



CONGRATULATIONS AND THANK YOU, to Dottie Otto, for the countless hours of service you have given to Bear Canyon Senior Center and to the community! During this years Retired Senior Volunteer Program's (RSVP) pinning ceremony, Dottie received her 35 year pin!

## Announcements

### OUT TO DINNER

Monday, March 2

**Yanni's**

**3109 Central Ave NE**

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

### OUT TO LUNCH

Thursday, March 26

**Oak Tree Cafe**

**4545 Alameda 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 \$300.00 for the *February* fundraising. This represents the sum of 20% spent by everyone who participated.



### MARCH FUNDRAISER

**Monday, March 23  
&  
Tuesday, March 24**

**9700 Montgomery, NE**

## COUPON

(Not good with any other coupon or offer.)

With this coupon, 20% of your purchase will be donated to the *Friends of Bear Canyon*

## Social

### 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.

**March 5 Roger Burns**

**March 12 Swing Shift**

**March 19 Paul Pino & the Tone Daddies**

**March 26 Latin Soul**

Thank you to Beehive Homes who have generously offered to sponsor goodies for the dance every 2nd Thursday of the Month!



### 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:

**March 3 Overture**

**March 17 North Ridge**

**March 24 The Neighborhood**

**March 31 Slate Financial Services**

### Birthday Celebration

**Thursday, March 12, 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, March 20, 1:30pm to 2:30pm**

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

SPONSORED BY GILLOGLY REALTY

## Announcements

You're Invited to Bear Canyon's  
Piano Recital

Friday, March 6, doors open at 10am – noon

At The New Mexico School of Music  
(SE Recital Hall)

Located at 136-J Washington ST SE  
Admission is free, please come and enjoy this special event and bring your friends!

### Lost and Found

If you have left anything behind at the Center in the last six months, it is probably in the lost and found box. Please check with the Front Desk before we donate items on March 27th.



### **When is March Madness 2020?**

- **First Four start:** March 17
- **First round start:** March 19
- **End date:** Monday, April 6

The Open Computer Lab will be closed on March 11, 2020.



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

## Up Coming

### Sign up for April, May, June Trips begins March 10, 2020

**Trips Policy:** Numbers will be issued on first-come, first served basis and you must be present to receive a number from a staff member. The sign up process will begin at 9:00am, right after breakfast has been served. Members must bring current membership card and are limited to 3 trip registrations on the first day of sign-up.

#### Santuario de Chimayo

Thursday, April 9

#### Salinas Pueblo Missions

Tuesday, April 14

#### The Castaneda Hotel Tour

Thursday, April 28  
\$20 Admission fee

#### NM Governor's Residence Tour

Tuesday, May 12

#### Tarde De Oro

Wednesday, May, 20

#### Chaco Canyon

Thursday, May 14

#### Coronado State Monument

Wednesday, May 27

#### Santa Fe Opera Backstage Tour

Tuesday, June 9  
\$8 Admission fee

#### Telephone Museum

Wednesday, June 3

#### Bradbury Science Museum

Tuesday, June 23



## ABQ 50+ GAMES

### March

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

Mar 5<sup>th</sup>: **Racquetball**, Midtown Sports & Wellness

Mar 13<sup>th</sup>: **Badminton**, Manzano

Mar 28<sup>th</sup>: **Road Race**, Embudo Channel Trail

### April

Apr 4<sup>th</sup>: **5K Racewalk**, Balloon Fiesta Park

Apr 11<sup>th</sup>: **5K Powerwalk**, Balloon Fiesta Park

Apr 14<sup>th</sup>: **Tennis Singles**, Jerry Cline

Apr 18<sup>th</sup>-19<sup>th</sup>: **Pickleball**, Manzano Mesa Outdoor Courts

Apr 21<sup>st</sup>: **Tennis Doubles**, Jerry Cline

Apr 22<sup>nd</sup>: **Golf**, Arroyo Del Oso

Apr 23<sup>rd</sup>: **Disc Golf**, Roosevelt Park

Apr 25<sup>th</sup>: **Horseshoes**, Los Altos Park

Apr 25<sup>th</sup>: **Archery**, Tijeras, Sandia Crest Bowhunter's Association

Apr 28<sup>th</sup>: **Tennis Mixed Doubles**, Jerry Cline

### May

May 1<sup>st</sup>: **Field Events**, Academy

May 2<sup>nd</sup>: **Track, 1500M Racewalk & Powerwalk**, Academy

May 9<sup>th</sup>: **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

### Bring on the Madness — March Basketball Madness!!!



*Bear Canyon's Special Luncheon*

**Friday, March 27**

Seating at 11:30 am

Tickets on Sale

Monday, March 2 — \$4/person



Membership and Reservations Required  
No Refunds on Tickets Sold

### ANTIQUE CLOCK & WATCH

Identification and Sale

**SATURDAY, APRIL 11**

10:00 am - 2:00 pm



Bring your watches or clocks for identification.  
We will have clocks and watches to discuss and purchase.

**EXPERTS WILL BE ON HAND!**

Sponsored by the ZIA SUNDIALS # 106  
(a watch and clock collecting association)

**Bear Canyon Senior Center**

For information, call Buzz 412-0111 or Dwight 385-8778

### MARCH PRESENTATIONS

#### THE FASCINATING AND UNCOMMON LIFE OF ELEANOR ROOSEVELT

*Wednesday, March 4, 10am to 11:00am*

Presenter: Carol Venturini

#### TREASURE HUNTING IN THE SOUTHWEST

*Wednesday, March 11 10:00am to 11:30am*

Presenter: William White

#### Come and Join the Fun and See How a Clown is Created!

*Wednesday, March 18 10:00am to 11:30am*

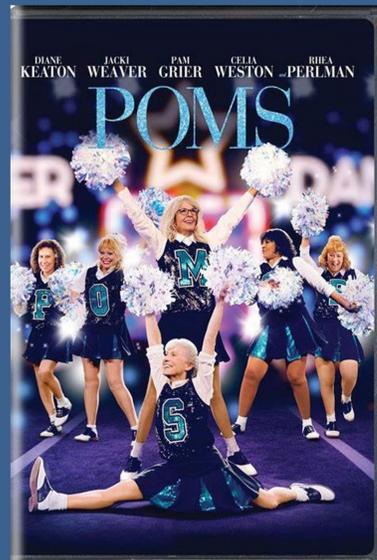
Presenter: Debi Saylor

#### Drivers License Renewal

*Wednesday, March 25 10:00am to 11:30am*

Presenter: Senior Citizens' Law Office

### Bear Canyon's Movie Matinee



An uplifting comedy about a woman who starts a cheerleading squad at a retirement community.  
*"It's never too late to follow your dreams."*

Starring Diane Keaton, Jacki Weaver, Pam Grier, Celia Weston and Rhea Perlman

**Friday, March 13 in Room 5**

**1:30 pm**

**FREE Refreshments**

## Information & Assistance



### Helpful Numbers

DEPARTMENT OF SENIOR AFFAIRS..... 764-6400  
CITY OF ALBUQUERQUE GENERAL INFO .... 311  
NON-EMERGENCY POLICE ..242-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 we meet the first Thursday of each month. Newcomers welcome!



### DSA Advisory Council

#### MEET THE ADVISORY COUNCIL

Highland Senior Center  
Monday, March 16

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.

**New Members**—Our new member orientation takes place every month on the  
**2<sup>nd</sup> Friday, 10:30 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, March 5**  
**3:00p.m. to 4:45 p.m.**

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

Sign up at the front desk

## New Classes and Workshops

### 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*



Making a 5 bottle wine rack includes stapling and gluing faux leather onto wood. Size 12”W X 24”H. Materials and equipment supplied.

“Wall mounted wine racks often do the double duty of holding wine bottles and providing some extra decoration like a piece of artwork you hang on the wall.

In addition to offering an aesthetic touch to the space they’re put in, wall mounted wine racks also don’t require any floor space. If your home is short on available floor space, but has plenty of bare walls that could do for a little extra flavor –they’re an obvious choice.”

Come have fun creating a useful artistic touch to your wall!

*Please see catalog and bulletin board postings for details. Reserve your space for classes and*



### Do you like to fish?

Do you want an opportunity to fish with a group of fellow fishermen & women, find new fishing spots, learn new tips & tricks, make new friends and have a great time?

Then check out the **Bear Canyon Senior Center Fishing Club - now under a new Leadership team!** We meet every other Monday afternoon at 1:00pm to plan our next day fishing trip. Give us a try - you can check the club calendar at the front desk for meeting dates or call Dennis (505) 228-2986.



## 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.

### Board Game Day

Wednesdays, 9:30 to 11:30 a.m.

Multi-Purpose Room

**UNM College of Pharmacy**  
**“Vials of Life” initiative**

In an emergency where the patient can't communicate (for whatever reason), first responders can find this Vial with critical medical info like allergies and preexisting conditions. It saves lives! For more information, please come and visit our table in the lobby

Wednesday, March 11<sup>th</sup> between 10am-12pm

**Medicare Basics & Questions**

**2nd Thursday of each month**

**1pm-2pm**

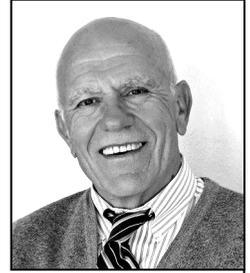
**Bear Canyon Senior Center, Room 1**

Medicare can be pretty confusing, and every year there are new rules, options, and coverage. This event aims to help upcoming Medicare beneficiaries learn their rights and avoid being taken advantage of, existing members keep up to date on changes they may not be aware of, and offer assistance for any issues attendees are experiencing. We hope to see you there!



**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



## 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.

**MAY YOUR TROUBLES BE LESS,  
MAY YOUR BLESSINGS BE MORE.  
AND NOTHING BUT HAPPINESS  
COME THROUGH YOUR DOOR.**



## Health & Fitness

### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)

**Monday, March 23, 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**

**March 16, 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

HEAT's (High Energy Active Travel Group) first day trip for January was well attended, On January 22nd they rode the Rail Runner to Santa Fe, had lunch at the Plaza Café. After lunch they had a private tour of the New Mexico History Museum and even had time for a little shopping before heading back to Albuquerque.



Photos from our February 14th "Love is in the Air" special luncheon. Thank you to everyone who participated and to the volunteers and staff for another wonderful luncheon!



Rita and the Canasta Hand and Foot group celebrating Mardi Gras with a special cake shipped in from Haydel Bakery in New Orleans, LA.



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# Computer Lab

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APPLE MAC

## APPLE IPAD & IPHONE WORKSHOP

2<sup>nd</sup> 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](mailto:reed1936@comcast.net)

## APPLE MACINTOSH DAY

3<sup>rd</sup> 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](mailto:reed1936@comcast.net)

Register with Bob Reed at  
[reed1936@comcast.net](mailto:reed1936@comcast.net)

OPEN APPLE MAC AND PC COMPUTER  
LAB

Monday, Wednesday, and Friday

9:00-11:00 am

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



WINDOWS

## PC COMPUTER WORKSHOP

3<sup>rd</sup> 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](mailto:hbgottl2@q.com)

## WINDOWS PC CLASSES

For a calendar of Bear Canyon computer activities, visit:  
[www.brownbearsw.com/freecal/bcsc](http://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](mailto:garylday@msn.com))  
or Walter Garrett [bcwinclasses@gmail.com](mailto: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.

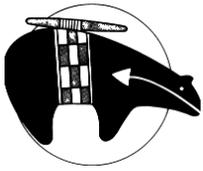
2<sup>nd</sup> Monday every month

1:30-3:30pm

**Facilitator:** Bill Miller

**Contact:** Bill Miller: [bearcanyonclasses@gmail.com](mailto:bearcanyonclasses@gmail.com)

The Open Apple and PC  
Computer Lab will be  
closed on March 11, 2020.



# 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
Green Chile Chicken Posole <sup>2</sup>	Turkey w/Gravy <sup>3</sup>	Red Chile Omelet <sup>4</sup>	Pork Chop w/Apples <sup>5</sup>	Breaded Cod <sup>6</sup>
Beef Fajitas <sup>9</sup>	Chicken Alfredo w/Penne Pasta <sup>10</sup>	Baked Ham w/Pineapple Glaze <sup>11</sup>	Chicken Fried Steak <sup>12</sup>	Baked Ziti w/Mozzarella <sup>13</sup>
Rotisserie Chicken <sup>16</sup>	 Corned Beef & Cabbage <sup>17</sup>	Red Chili Dog <sup>18</sup>	Green Chile Meatloaf <sup>19</sup>	Loaded Baked Potato w/Cheese and Broccoli <sup>20</sup>
BBQ Chicken Thigh <sup>23</sup>	Swedish Meatballs w/Gravy <sup>24</sup>	Turkey Pot Pie <sup>25</sup>	Red Chile Beef Enchiladas <sup>26</sup>	 Special Lunch March Madness <sup>27</sup>
To be announced <sup>30</sup>	To be announced <sup>31</sup>			

*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 Breakfast ..... .75  
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

- Egg ..... .25
- 2 Pieces of bacon or sausage ..... .50
- Pancake ..... .25
- French Toast ..... .25
- Egg Muffin Sandwich ..... 1.00
- Toast or Tortilla ..... .20
- Hash Browns ..... .30
- Hot Cereal w/milk ..... .70
- Side of Chile ..... .25
- 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 Sandwich ..... .75

**Slice of Pie** (daily selection varies) ..... .50

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

### Drinks

- Milk .25
- Juice .25
- Coffee or tea .30