

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello all, Happy March,

Checking in to give a few updates and things to remember upcoming.

First off, kitchen renovations are well underway and progressing nicely. We are currently getting closer to the completion of the demolition phase. We understand that this stage of the renovation has been a noisy and distracting time for some activities and groups. Again, it is much appreciated to have everyone's patience, understanding as well as flexibility during such processes. We, as staff and volunteers, will continue to do our best to work with individuals and groups as best we can to continue to make our facility an enjoyable and safe experience. And, of course, we will also be sure to give updates ongoing as able.

Furthermore, don't forget to turn your clocks back for daylight savings time on Sunday, March 12.

Hope everyone enjoys the changing of the season with the first day of spring being March 20; have a wonderful month.

Respectfully,  
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**

- Mar 1 FOBC Innerseed Drive
- Mar 9 R & S Violin Shop Tour
- Mar 10 Movie Matinee
- Mar 12 Daylight Savings Time
- Mar 13 Calif Pizza Kitchen Fundraiser
- Mar 14 GEHM Clinic
- Mar 16 Lunch Bunch
- Mar 17 St. Patrick's Day Social
- Mar 22 Senior Day on the Rail Runner
- Mar 24 Vaccination Clinic 1-4 pm
- Mar 29 Senior Connection at the JCC
- Mar 31 Bold Beginners Piano Recital

**Special Announcement**

The center is collecting plastic Easter eggs (new) and candy for an upcoming Senior Easter Event.



Accredited by   
National Institute of Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### DSA ADVISORY COUNCIL

Meet the Advisory Council  
North Valley Senior Center

**MONDAY, MAR 20**

11:30 am - 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  
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.



**Navigating Medicare**

**First Monday of each month**  
**Lobby**  
**10 am – 1 pm**

Get free, unbiased, expert information and  
assistance with your Medicare decisions as  
well as help with enrollment from NM Aging  
and Long-Term Services Dept. SHIP  
Counselors.

### NEW MEMBER ORIENTATION

An informative new member  
orientation and tour takes place  
every month on the 2nd Friday, 10:30  
to 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 General Info .....311  
Non-emergency Police .....242-COPS (2677)  
Emergencies .....911

### SAVE THE DATE

**SENIOR TECH CONNECT FAIR**  
**PALO DURO SENIOR CENTER**  
**FRI, APRIL 14, 2023**

## 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

#### 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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services

## 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.

- **Can we have something besides cookies at the Thursday night dance?**

Thank you for the suggestion. Unfortunately, while the kitchen is undergoing renovations, we are very limited on what we are able to provide based on storage, preparations etc. However, this is something we can look into with our cook and main kitchen staff. They may have recommendations based on our contracted items available to order and host for some extra variety. Furthermore, staff have been in contact with several local sponsors for more special event style dances (i.e. Valentines etc.) that include special treats.

### AARP DRIVER SAFETY CLASSES

**1st Saturday of the month, 9:30 am - 1:30 pm**  
**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>



Teeniors\* are 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.

**1st Friday of the Month**  
**3 - 5 pm**

Space is limited, please sign up at the front desk.

## PROGRAM HIGHLIGHTS

### FRIENDS OF BEAR CANYON NEWS

#### FOBC Spotlight

In the Spotlight for the month of March is Donna Bauer.

Donna is the oldest of four children and was born in El Paso, Texas. She has lived in Albuquerque since she was five years old. She graduated from Sandia High School and UNM with a degree in Elementary Education. She taught 3rd through 5th grades for 25 years.

Her hobbies include photography and collecting miniature spoons. Her favorites subjects to photograph are animals, landscapes and landmarks. She has spoons from many places, including England, Africa and the World Trade Center. Her favorite spoon was found at the WTC by her neighbor during clean up from 9/11.

Donna is an animal lover. She has two cats, Shadow and Pumpkin who enjoy watching television and listening to music.

In college, Donna was a member of the Square Dance Exhibition Team, dancing and performing acrobatics. She is also trained in Square and Contra Dance "calling." She is on the Advisory Board of the Albuquerque Folk Festival; she helps them recruit volunteers. She assists Ya Vette Bailey, Program Coordinator at BCSC, with locating bands for special events.

Donna is presently the manager of Lloyd Shaw Dance Center; she has held that position for 20 years.

#### ==== MARCH FUNDRAISING ====



Monday, Mar 13 & Tuesday, Mar 14  
11 am - 10 pm  
2241 Q Street NE  
505-883-3005

Tickets will be available at the front desk.

Many thanks to  
for being our  
February  
Restaurant of the Month!



**Bear Canyon Senior Center in partnership with innerseed ministries and the Friends of Bear Canyon**

**Clothing & Necessities Drive  
Wed, Mar 1 - Fri, Mar 31**

#### NEW OR GENTLY USED

- warm weather and summer clothing & shoes
- blankets & sleeping bags

#### NEW

- socks & underwear
- hygiene supplies



## CALENDAR OF ACTIVITIES

### UPCOMING TRIPS

Space is limited.  
Sign up at the front desk.

#### ----- MARCH -----

#### **Thur, Mar 9 - Robertson & Sons Violin Shop Tour**

Check in: 9 am                      Return: 4 pm  
Cost: Free      Lunch: At own expense  
Tour begins at 10 am

#### **Wed, Mar 22 - Senior Day on the Rail Runner**

Check in: 8:15 am      Return: 3:15 pm  
Cost: Free/60+      Lunch: At own expense  
up to \$3

Lunch at Tomasita's Santa Fe

#### **Wed, Mar 29 - Senior Connection at the Jewish Community Center**

Check in: 8:30 am      Return: 1:15 pm  
Cost: Free      Lunch: At own expense

Lunch at JCC Cafe

#### ----- APRIL -----

#### **Fri, Apr 28 - Gathering of Nations Pow Wow**

Check in: 9 am      Return: 4 pm  
Cost: \$20 + tax & fees      Lunch: At own expense

#### ----- MAY -----

#### **Thur, May 4 - Isotopes Game**

Check in: 9:45 am                      Return 4 pm  
Cost: \$14.00/person      Lunch: On your own



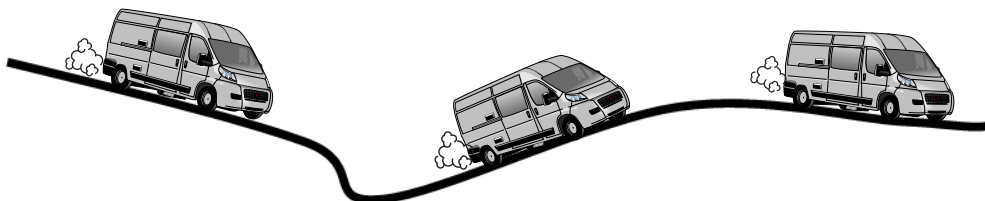
**TARDE DE ORO**  
Thursday May 11th, 2023  
A Musical Production

Check-in 11:45am  
Van leaves at 12:00PM

Free Event No Cost Required  
Starts @ 1:30 PM

KIMO THEATRE      **ONE ALBUQUE RQUE** senior affairs

SIGN UP AT FRONT DESK (SPACE LIMITED)

The poster features a collage of performers in various costumes, including a man in a yellow shirt, a woman in a black dress, and a group in red and white. The background is a light blue gradient with a subtle pattern.

## CALENDAR OF ACTIVITIES

### THURSDAY NIGHT DANCE

6 - 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 and dancing.

- Mar 2 - Long Drink of Water
- Mar 9 - Roger Burns
- Mar 16 - Paul Pino
- Mar 23 - Desert Springs
- Mar 30 - Recorded

### Piano Recital



**Bold Beginners**  
**March 31**  
**2-3:30 pm**  
**Multipurpose Room**

### FUTURE OPPORTUNITIES

Sign up on the Interest Sheet  
at the Front Desk

Would you like to learn how to bowl?

Are you interested in making bead necklaces and bracelets? Sign up on the Crafting for Fun Interest sheet.

### LUNCH BUNCH

**Thursday, Mar 16**  
**at Tula's Kitchen**

8100 Wyoming Blvd. NE  
505-418-4488

Check in: 10:45 am      Return: 3 pm

Please sign up at the front desk.



### 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:**

- Feb 7 - ProMedica
- Feb 14 - The Montebello on Academy
- Feb 21 - United Healthcare
- Feb 28 - Oak Street Health

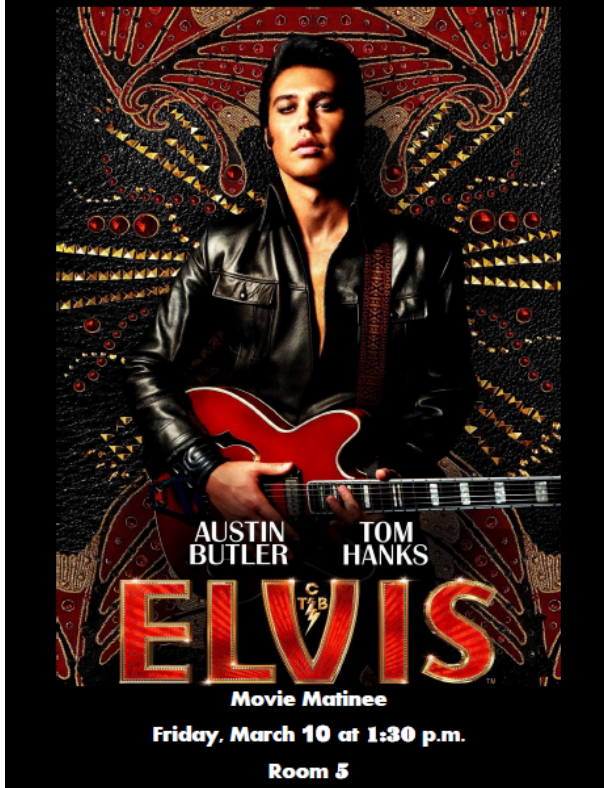
### INTERNET SAFETY FOR SENIORS

Wed, Mar 29  
1-2 pm

Stay Safe Online Presentation

Outreach Program Services of America  
Natalie Butler, Outreach Agent  
Natalieb.outreach@gmail.com

CALENDAR OF ACTIVITIES



*Happy*  *St. Patrick's Day!* 

Join us for a St. Patrick's Day celebration 

Friday, March 17th  
During Regular Lunch  
11:30-1:00pm

Menu  
Corned Beef  
Diced Potatoes  
Steamed Cabbage

Entertainment by:  
Duke City Ceili Band  
11:30am-12:30pm  
Dessert Sponsored by:  
The Montebello

*Please make your lunch reservations by 1pm on March 16th. Current membership is required.*

ACKNOWLEDGMENTS

2023 TABLE TENNIS SENIOR OLYMPIANS

Congratulations to all of the medal winners!



Bill Verant



Steve Fotis



Paul Horvat, Violet Roskos,  
Norma Bobotis, Nancy Dvorsky

If you also medaled and would like to be included in a group photo, please let us know at the front desk.



## CALENDAR OF ACTIVITIES

### COMPUTER ROOM INFORMATION

#### OPEN COMPUTER LAB

Monday, Wednesday, and Friday  
9 - 11 am

iMac, PC, and iPad available



#### PC COMPUTER WORKSHOP

Third Wednesday of the month  
1:30 - 3:30 pm

Contact person: Harold Gottlieb  
Email: hbgottl2@q.com



#### 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 - 1200 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.  
Join us, call Lupe 505-401-2558

# March 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.



## March 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
27 ♦ Salisbury Steak ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	28 ♦ Beef Fajitas ♦ Tortilla ♦ Spinach ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 ♦ Seasoned Baked Chicken ♦ Mashed Potato ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	2 ♦ Chile Dog w/Cheese ♦ Tatar Tots ♦ Seasoned Roasted Corn ♦ Seasonal Fruit ♦ 1% Milk 	3 ♦ Cajun Garlic Butter Tilapia ♦ Orzo w/Diced Tomatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 
6 ♦ Beef Stroganoff/Pasta ♦ Steamed Carrots ♦ Broccoli ♦ Croissant w/Margarine ♦ Apricots ♦ 1% Milk 	7 ♦ Chicken Fajitas Beef/Fajita Blend ♦ Flour Tortilla ♦ Calabacitas ♦ Spanish Rice ♦ Seasonal Fruit Mandarin Orange ♦ 1% Milk 	8 ♦ Sliced Ham ♦ Blackeye Peas ♦ Seasonal Vegetable: Okra/Diced tomatoes ♦ Yogurt ♦ 1% Milk 	9 ♦ Mexicaf w/Tomato Gravy ♦ Rosemary Potatoes ♦ Green Beans ♦ Grapes ♦ 1% Milk 	10 ♦ Blackened Tilapia ♦ Ancient Grains ♦ Green Peas ♦ Whole Wheat Roll w/Margarine ♦ Sliced Peached ♦ 1% Milk 
13 ♦ Baked Chicken w/Gravy ♦ Mashed Potato ♦ Seasonal Vegetable: Italian Vegetable ♦ Seasonal Fruit: Mixed Fruit ♦ Dinner Roll w/Margarine ♦ 1% Milk 	14 ♦ Bean and Rice Bunrito w/Red Chile Sauce ♦ Sweet Roasted Corn ♦ Fajita Blend Peppers ♦ Banana ♦ 1% Milk 	15 ♦ Pork Chop w/Gravy ♦ Lemon Herb Rice ♦ Beets ♦ Pears ♦ 1% Milk 	16 ♦ Lentil Minestrone Soup ♦ Seasonal Vegetable Succotash ♦ Bread Stick ♦ Seasonal Fruit: Peaches ♦ 1% Milk 	17 ♦ Corned Beef ♦ Diced Potatoes ♦ Steamed Cabbage ♦ Cookie ♦ 1% Milk 
20 ♦ Chicken & Sausage Jambalaya w/Peppers & Onions ♦ Collard Greens ♦ Brown Rice ♦ Sliced Apples ♦ 1% Milk 	21 ♦ Salisbury Steak w/Brown Gravy ♦ Rosemary Potatoes ♦ Sliced Carrots ♦ Pineapple ♦ Dinner Roll w/Margarine ♦ 1% Milk 	22 ♦ Turkey Pot Pie/Vegetables/Biscuit ♦ Diced Potatoes ♦ Seasonal Vegetables: Zucchini ♦ Peaches ♦ 1% Milk 	23 ♦ Pork Loin Roast w/Gravy ♦ Sweet Potatoes ♦ Cauliflower/Broccoli ♦ Yogurt ♦ 1% Milk 	24 ♦ Breaded Cod/Tartar Sauce ♦ Rice Pilaf ♦ Seasonal Vegetable: Beets ♦ Seasonal Fruit: Strawberries ♦ 1% Milk 
27 ♦ Rotisserie Chicken ♦ Garlic Angel Hair Pasta ♦ Green Beans ♦ Dinner Roll w/Margarine ♦ Diced Pears ♦ 1% Milk 	28 ♦ Pasta Primavera: Penne/Mariana/Fajita Blend/Mozzarella ♦ Steamed Broccoli/Cauliflower/Carrots ♦ Bread Stick ♦ Cantaloupe ♦ 1% Milk 	29 ♦ Sliced Ham/Macaroni and Cheese ♦ Roasted Brussel Sprouts ♦ Stewed Tomatoes ♦ Oranges ♦ 1% Milk 	30 ♦ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla ♦ Pinto Beans ♦ Calabacitas ♦ Seasonal Fruit: Grapes ♦ 1% Milk 	31 ♦ Garlic Buttered Salmon ♦ Brown Rice ♦ Okra/Tomatoes/Onions ♦ Vanilla Pudding ♦ 1% Milk 