

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

Spring has arrived and with it comes warmer weather (hopefully), which could lead to some new opportunities for growth, rejuvenation and healthy activity both indoors and out.

One event we hosted that relates to this notion was the National Nutrition Month Event on March 23 of last month. Partnering with Aging and Long-Term Services, we hosted a healthier breakfast option from Subway and a blender bike. Members were able to ride a stationary bike to not only exercise a bit, but also make their own healthy smoothie. Thanks again to those we partnered with and those who participated. We hope to host more events like this in the future.

Looking forward, Bear Canyon plans to host this year's DSA Senior Easter Event on Thursday, April 6 from 2-4 pm. Join us for some indoor and outdoor activities, fun games, refreshments and a visit from the Easter Bunny!

Furthermore, the kitchen renovations are progressing well. It is nice to see the transformation from week to week of what will only add to our center. We, again, would like to thank everyone for their patience and flexibility during this time.

Happy Easter. Wishing you a safe and healthy April!

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

- Apr 4 Rock Painting 101 with Luna Vista
- Apr 6 DSA Senior Easter Day Event
- Apr 7 Teeniors
- Apr 11 GEHM Clinic
- Apr 12 BJ's Restaurant Fundraiser
- Apr 14 Movie Matinee
Tech Fair @ Palo Duro SC
- Apr 17 Car Wash Fundraiser begins
- Apr 20 Lunch Bunch
- Apr 21 Earth Day Celebration
- Apr 25 Coffee with a Cop
- Apr 28 Painting with Suki



Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Barelas Senior Center

MONDAY, APR 17

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.



VACCINATION CLINICS

Best Buy will not be offering shot clinics at all DSA centers in the coming months. Contact the following centers to get dates and times of their next scheduled clinic:

North Domingo Baca MGC764-6475
Manzano Mesa MGC275-8731
North Valley SC761-4025
Los Volcanes SC767-5990

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 Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

Navigating Medicare Assistance First Monday of each month

Lobby
10 am – 1 pm

Provided by NM Aging and Long-Term Services
SHIP Counselors.

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.

- **Line dancing at the dances**

That is a great idea. Perhaps we can coordinate with some of our line dancing instructors for future events.

- **Bus to plays at local theaters**

Thanks for the great suggestion! Should you or someone you know have some suggestions on which shows/venues you would like to see, we can definitely look into viable options.

- **Are we allowed to bring guests to the Thursday dance?**

There may be some instances where we allow a guest as a 1-time visitor or special approval from staff (to try the activity). However, should the individual begin attending the dance/activity on an ongoing basis, that person will need to purchase the \$20 annual membership in order to participate.

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.

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 - 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. To join us call Lupe at 505-401-2558.

PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the Spotlight for the month of April is Friends' member David Wesley.

David was born in Brady, Montana, which is 20 miles from the Canadian border. He attended the University of Montana at Missoula; he received a BS in Marketing and Management. He worked three jobs to pay for his college.

David went to Viet Nam in 1967. He received the Combat Infantry Badge and the Viet Nam Service Medal with a Bronze Star. He also received the Viet Nam Defense Medal and the rank of Sergeant (E-5). He is a 100% disabled combat veteran. He says he is lucky to be alive and believes his purpose in life is to help other veterans navigate the VA system.

In high school, David performed in rodeos. He rode bare back broncos and brahma bulls. In later years he raised quarter horses and fillies. He was also a farmer and rancher. He worked for Exxon in Albuquerque. He also worked as a developer for Dale Bellamah Homes and Roger Cox & Associates. He formed the Blue Cow Referral Company LLC. He has 2 partners; he provides the contacts for them and they buy and sell real estate.

David's hobbies include riding a motorcycle, hunting, fishing, and playing golf. He lives in Cedar Crest. He met Dorian Kirk here at Bear Canyon and they have been together for a year.

==== APRIL FUNDRAISING ====



Wednesday, April 12
11 am - 8 pm
2100 Louisiana Blvd NE, Bldg 213
505-872-8600

Tickets will be available at the front desk.

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



Mister Car Wash tickets will be for sale in the center lobby as a fundraising activity of the Friends. Exterior washes good at all locations. Not all locations offer interior cleaning. Use anytime, no expiration date.

- Basic Car Wash\$10.00
- Car Wash with Wax\$22.00
- Interior/Exterior Car Wash\$26.00

Mon, Apr 17 - Friday, Apr 28
Weekdays 9 am - 3 pm
Sat, Apr 22 - Morning only

CALENDAR OF ACTIVITIES

UPCOMING TRIPS

Space is limited.
Sign up at the front desk.

Thur, May 4 - Isotopes Game

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



Thur, May 11 - Tarde De Oro

Check in: 11:45 am Van leaves at 12 pm



PRESENTATIONS

Sign up at the front desk.

Beltone Hearing

Wednesday, April 26
1 - 4 pm Room 5

What's and Why's Funeral Planning

Tuesday, May 16
9:30 - 10:30 am Room 5



Get excited for NEW CLASSES!

See class flyers for additional information.

Beginning Jewelry Class

Starting Friday, April 21

3rd Friday of the month

1 - 2 pm

Room 5

\$35 this session

Register at the front desk.

Cornhole

Starting Friday, April 7

10 - 11 am

In the Park

Yoga and Fitness for Seniors

Every Friday

10 - 11 am

Multipurpose Room

Chair Yoga

Starting Monday, April 3

2:30 - 3:30 pm

Multipurpose Room

\$5 per session

Deep Stretch Yoga with Bettina

Starting Thursday, April 6

11 am - 12 pm

Room 3

\$5 per session

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.

- **Apr 6 - Long Drink of Water**
- **Apr 13 - Roger Burns**
- **Apr 20 - Paul Pino**
- **Apr 27 - Desert Springs**



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:

- **Mar 7 - Sandia Vista**
- **Mar 14 - Oak Street Health**
- **Mar 21 - The Montebello on Academy**
- **Mar 28 - Senior Companions (RSVP)**

LUNCH BUNCH

Thursday, Apr 20
at Thai Spice

7441 Paseo Del Norte NE
505-503-1521

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



ROCK PAINTING 101
TUESDAY, APRIL 4
2:00-3:00PM
MULTIPURPOSE ROOM

Supplies & Light Refreshments provided.
Sign up at the front desk. Space is limited.

Dig in! It's Earth Day



With Josie Tennent

Friday, April 21
1:30 - 3:30 pm
Multipurpose Room

Refreshments and all project supplies provided.
Space is limited, sign up at the front desk.

CALENDAR OF ACTIVITIES

PAINTING WITH SUKI



FRIDAY, APRIL 28TH

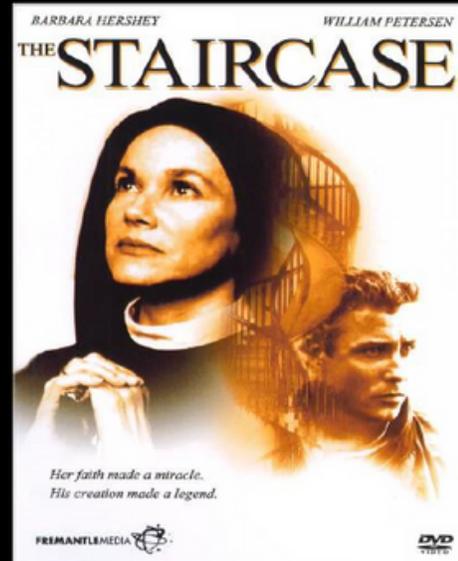
2 - 4 PM

IN ROOM 5

SIGN UP AT THE FRONT DESK FOR THE LOTTERY
DRAWING APRIL 21ST

LOTTERY DRAWING WILL BE APRIL 21ST, MEMBERS DO NOT NEED
TO BE PRESENT FOR THE RAFFLE, STAFF WILL DRAW NAMES AND
CALL MEMBERS THAT GOT PICKED.

The Staircase is a 1999 television film about the story of the spiral staircase, believed by some to be miraculously built, at the Loretto Chapel in Santa Fe, NM.



Movie Matinee

Friday, April 14 at 1:30 p.m.

Room 5

Need a Ride to Visit Your Loved One? SANTA FE NATIONAL CEMETERY VISITATION OPPORTUNITY

Check-In: 8:45 am Depart: 9:00 am
Sack lunch will be provided.

Cost: Free



Sign up at the front desk
for one of these dates:

Wed, Apr 19 - Sign up by March 27

Wed, May 27 - Sign up by April 8

Wed, Jun 14 - Sign up by May 5

ONE ALBUQUERQUE senior affairs Senior Easter Day

Thursday, April 6th - 2:00 - 4:00 pm
At Bear Canyon Senior
Center/Ernie Taylor Park

Join Us for Some Easter Activities

- Easter Egg Grab
- Candy Jar Count
(guess how many Jelly Beans are in the jar)
- Decorated Bonnet Contest
(Wear your decorated Easter Bonnet - Prize for Winner)
- Cornhole, Checkers, Jenga, Jacks, Croquet

Sponsors

Humana
Oak St. Health
A Place At Home
Luna Vista
Friends of Bear Canyon



Free Popcorn &
Refreshments

Come see the
Easter Bunny!

CALENDAR OF ACTIVITIES & CENTER HIGHLIGHTS

SAVE THE DATE!

50+ SENIOR TECH CONNECT

A chance for older adults to explore today's technology

APRIL 14, 2023

🕒 8:30 A.M. to 12:30 p.m.
📍 Palo Duro Senior Center

- PRIZES
- FUN TIMES
- REFRESHMENTS
- DEMONSTRATIONS
- HANDS-ON LEARNING

INTERESTED IN BECOMING A SPONSOR?
CALL (505) 788-3862 FOR MORE INFORMATION

ONE ALBUQUE senior affairs
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TEENIORS

For transportation sign up at the front desk. Space is limited.



COFFEE WITH A COP February 28, 2023



CENTER HIGHLIGHTS

VALENTINE'S DAY LUNCH

February 14, 2023



ST. PATRICK'S DAY LUNCH

March 17, 2023



BLOOD PRESSURE SCREENING

WITH CATHY AND PAT

March 22, 2023



NATIONAL NUTRITION MONTH

CELEBRATION

March 23, 2023



April 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.

**ONE
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April 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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 ♦ Salisbury Steak w/ mushroom gravy ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	4 ♦ Teriyaki Pork/Fajita Blend ♦ Brown Rice ♦ Stir Fry Vegetable ♦ Dinner Roll ♦ Seasonal Fruit ♦ 1% Milk 	5 ♦ Turkey Chef Salad ♦ Macaroni Salad ♦ Croissant ♦ Seasonal Fruit ♦ 1% Milk 	6 ♦ Frito Pie: Beef ♦ Steamed Broccoli ♦ Corn Chips ♦ Tapioca Pudding ♦ 1% Milk 	7 ♦ Garlic Tilapia  ♦ Pasta w/Diced Tomatoes ♦ Steamed Green Beans ♦ Seasonal Fruit ♦ 1% Milk
10 ♦ Creamy Garlic Baked Chicken ♦ Seasoned Orzo Pasta ♦ Seasonal Vegetable ♦ Yogurt ♦ 1% Milk 	11 ♦ Egg Salad Sandwich ♦ Mediterranean Mixed Bean Salad ♦ Croissant ♦ Seasonal Fruit ♦ 1% Milk 	12 ♦ Beef Fajita ♦ Spanish Brown Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk 	13 ♦ Pork Chop w/ Au Jus ♦ Sweet Potatoes ♦ Steamed Beets ♦ Seasonal Fruit ♦ 1% Milk 	14 ♦ Sloppy Joe: Beef ♦ Tater Tots ♦ Steamed Green Beans ♦ Chocolate Cake ♦ 1% Milk 
17 ♦ Carne Adovada: Pork/ Red Chile ♦ Pinto Beans ♦ Calabacitas ♦ Sugar Cookies ♦ 1% Milk 	18 ♦ Egg/Cheese Omelet w/peppers/onions ♦ Stewed Tomato ♦ Hash Browns ♦ Seasonal Fruit ♦ 1% Milk 	19 ♦ Chicken Patty w/Swiss Cheese ♦ Tater Tots ♦ Lettuos/Tomatoes/ Onions ♦ Hamburger Bun/ Mustard/Ketchup ♦ Baked Apples  ♦ 1% Milk	20 ♦ Spaghetti w/Meat Sause ♦ Spinach ♦ California Blend ♦ Seasonal Fruit: ♦ 1% Milk 	21 ♦ Roast Beef w/Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Seasonal Fruit ♦ 1% Milk 
24 ♦ Bean & Cheese Bur- rito topped w/Red Chile ♦ Spanish Rice ♦ Calabacitas ♦ Pineapple ♦ 1% Milk 	25 ♦ Beef Tips w/Bowtie Pasta ♦ Steamed Carrots ♦ Steamed Broccoli ♦ Wheat Dinner Roll/Margarine ♦ Seasonal Fruit ♦ 1% Milk 	26 ♦ Southern Baked Chicken ♦ Turnip Greens/Black Eye Peas ♦ Brown Rice w/Red Peppers ♦ Seasonal Fruit ♦ 1% Milk 	27 ♦ Baked Cheese Ziti ♦ Steamed Green Beans ♦ Seasonal Vegetables ♦ Applesauce ♦ 1% Milk 	28 ♦ Sliced Turkey w/ Gravy ♦ Scalloped Potatoes ♦ Green Peas ♦ Seasonal Fruit ♦ 1% Milk 