

Department of Senior Affairs



**A Message From Our Center
Manager**

Hello all and Happy Spring Time!

First off, we would like to take a minute to highlight a wonderful event celebrated last month- the 2nd Annual Senior Affairs Easter Event right here at our own center. It was another successful event with goodies, prizes, refreshments, lite entertainment, games and a visit from the Easter Bunny! Thanks to all the staff: ours and those from other centers, the many volunteers, vendors, sponsors and of course all of the participants! It would not be a successful event without the collaboration from all and we hope to continue the tradition for years to come!

On another note, the next big department event is the annual tech fair which will be held at Manzano Mesa MGC on Friday, April 19. More details in this newsletter!

Lastly, just a reminder to all members/participants/groups, please be courteous and respectful of the other classes/activity's times and reservation space at the center. When a class is in session, please do not interrupt and/or enter their space until they have finished and maintenance staff are able to clean/set-up for the next activity. Please also note that when certain activities take place simultaneously, access to coffee may not be available until both or one concludes.

Hope everyone has a wonderful month and be sure not to fall for any tricks on April Fools!

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

- Apr 5 Teeniors
- Apr 10 Spring Guitar Concert
Santa Fe National Cemetery Trip
- Apr 11 Barco Recycling Trip
- Apr 12 Movie Matinee
- Apr 13 Antique Clock & Watch Id and Sale
- Apr 15 DSA Advisory Council Mtg @ HSC
- Apr 18 Lunch Bunch
Coffee with Constituents
- Apr 19 Dessert Social
Senior Tech Connect @ MMMGC
- Apr 23 Papa Felipe's Restaurant Fundraiser
- Apr 24 Museum Hill, Santa Fe Trip
Papa Felipe's Fundraiser Day 2
- Apr 25 Televeda Tech Thursday
- Apr 26 Silent Auction Items Deadline
- May 9 Tarde de Oro at the Kimo trip
- May 14 Flea Market returns



Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Highland Senior Center
131 Monroe NE, 87108
Monday, Apr 15
12 pm

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.



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!

You can register at:

<https://www.aarpdriversafety.org>

Navigating Medicare Assistance First Monday of the Month Lobby 10 am – 1 pm

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

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
- DSA Sports & Fitness Catalog

HELPFUL NUMBERS

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

GENERAL INFORMATION & ASSISTANCE

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 pm to 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
Computer Lab
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.

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.

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.

- Apr 4 Roger Burns
- Apr 11 Long Drink of Water
- Apr 18 Paul Pino
- Apr 25 Recorded Music w/Josie



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 5 Amada Senior Care
- Mar 12 Sandia Vista
- Mar 19 Gentiva Hospice
- Mar 26 Giving Home Health Care

Dessert Social

Monthly on the 3rd Friday

1:30 – 2:30 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

Due to the limited space on trips, a member may only sign up for 3 per month including Pop Up Trips.

Thu, Apr 11 - Barco Recycling

Check in: 10:15 am Return: by 3 pm
Cost: Free Lunch: At own expense

Fri, Apr 19 - Senior Tech Connect

Check in: TBD Return: TBD
Cost: Free No Meal included

Wed, Apr 24 - Museum Hill, Santa Fe

Check in: 8:45 am Return: by 4:30 pm
Cost: Free Lunch: At own expense

Thu, May 9 - Tarde de Oro

Check in: 11:45 am Return: by 4:30 pm
Cost: Free No Meal included

Watch the bulletin board and front desk display for

“Pop Up Trips.”

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.



Presentations

Sign up at the front desk.

What’s and Why’s of Funeral Planning

Tuesday, May 7
9:30 - 10:30 am Room 5

Tax Advantage Investing

Tuesday, May 14
9- 10 am Room 5

Information Tables

UNM CHWI Mental Health Outreach

Tue, Apr 2 9 - 11 am

Natural History Museum

Tue, Apr 2 11:30 am - 1:30 pm

Angel’s Touch Home Health

Wed, Apr 3 9 am - 12 pm

VFW

Thu, Apr 4 8 - 9:30 am

High Desert Hospice

Tue, Apr 8 11:30 am - 1 pm

Bernalillo County Voter Outreach

Mon, Apr 15 9 am - 12 pm

NM Museum of Natural History & Science

Mon, Apr 16 10 am - 12 pm

CALENDAR OF ACTIVITIES & PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON

--- April Fundraising ---

**PAPA FELIPE'S
MEXICAN
RESTAURANT**



Tuesday, April 23 & Wednesday, April 24
11 am - 8 pm
9800 Menaul NE

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



50+ SENIOR TECH CONNECT
MANZANO MESA
MULTIGENERATIONAL CENTER
APRIL 19, 2024
8:30am - 12:30pm (505)275-8731

A chance for older adults to explore today's technology

Prizes & Fun Refreshments
Demonstrations
Hands-on Learning
No need to register. Just come!
For more information call

ONE ALBUQUERQUE senior affairs
diverseIT.
TEENIORS

Transportation Available
Check at front desk



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.

WANTED!
**SILENT AUCTION
ITEMS**

CALLING ALL ARTISTS AND CRAFTERS!

THE FRIENDS OF BEAR CANYON NEED YOUR DONATIONS FOR OUR SPRING FUNDRAISER ON MAY 8TH

DONATE ONE OF YOUR WORKS OF ART OR CRAFTS FOR OUR SILENT AUCTION

YOU SET THE SUGGESTED STARTING BID

PROVIDE AN ARTIST'S/CRAFTER'S STATEMENT ON A 5 X 7 CARD TELLING THE WORLD HOW TO ACCESS AND BUY YOUR OTHER ART OR CRAFTS

**THE DEADLINE TO DONATE IS FRIDAY
APRIL 26, 2024**

POINT OF CONTACT IS JEANNIE BRAYMAN AT 402-210-9498

CALENDAR OF ACTIVITIES



2nd & 4th Tuesdays
10 am -- 1 pm
Starting May 14, 2024

If you are interested in selling items, tables are \$2.00 and will be issued by a lottery process. The first lottery will be held on May 7 to draw for May tables. To enter lottery or get more information, please contact the front desk.

televëda

BEYOND WALLS 2024 TECH THURSDAY

Last Thursday of the month
10 - 11 am Room 3

Email for Everyone

Learn how to use your email to connect with friends and family. Bring your tech questions and get them answered here live!

www.televëda.com

ALZHEIMER'S EDUCATION

Caregiver Series Living with Alzheimer's

Caring in the Early Stage
Tues, Apr 23, 1:30-4:00 pm

Caring in the Middle Stage
Tues, Apr 30, 1:30-4:00 pm

Caring in the late Stage
Tues, May 7, 1:30-3:30 pm

**See full flyer for
registration instructions**



*We are
Celebrating
Moms
on Wednesday
May 8th*

*More information
will be
available soon*

City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

Tarde de Oro

FREE EVENT*
May 9, 2024 • 1:30 pm • Doors at 12:45 pm
Kimo Theatre • 423 Central Ave. NW 87102



TARDE DE ORO IS THE TITLE OF AN EXCITINGLY COLORFUL AND UNIQUELY ENTERTAINING MUSICAL PRODUCTION THAT SHOWCASES NEW MEXICO'S RICH AND EVER EVOLVING HISTORY COVERING FIVE ERAS.

Go to our upcoming trips page
for transportation information



CALENDAR OF ACTIVITIES

Need a Ride to Visit Your Loved One?
SANTA FE NATIONAL CEMETERY
2024 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, May 15 - Sign up by May 6
Wed, Jun 12 - Sign up by June 3

SIGLO DE ORO RV CLUB

The Siglo de Oro RV Club has been meeting at Bear Canyon Senior Center since 1989. We meet on the third Tuesday of the month at 10 am, January through October. The purpose of the club is to:

- foster the use and enjoyment of recreational vehicles,
- encourage safe and courteous highway travel,
- arrange for fellowship among club members.

Currently, we plan one trip per month from March to October, a Fun and Games party in November, a Christmas party in December, and a Rally with potluck, games and other activities. If you have an RV or are considering purchasing one, we would love to have you join us. For more information please see the www.siglodeororvclub.com website.

ACADEMY AWARD® WINNER
DUSTIN HOFFMAN
ACADEMY AWARD® WINNER
EMMA THOMPSON

last chance HARVEY

Movie Matinee
Friday, April 12th at 1:30pm
In Room 5

It's about first loves, last chances,
and everything in between.

Coffee with Constituents



Center members are encouraged to visit with Senior Affairs Leadership during Coffee with Constituents.

This provides an opportunity to discuss any concerns, ask questions as well as a time to share what is important to you with members of the Senior Affairs leadership.

Bear Canyon Senior Center

Thursday, April 18

8:30 — 9:30 am

GENERAL INFORMATION & CALENDAR OF ACTIVITIES



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.

- **The shuttle bus has a high step to get in. Could we use a step stool for those that have a problem getting into the bus? Thank you**

Thank you for bringing this to our attention. And yes, you are absolutely correct, it can be very difficult for some to get in and out of our vans due to the high steps. We used to have a little step stool placed in each van to use for such, but one appears has broken. We will look into a sturdy option for the vans to use in these circumstances.

ANTIQUE CLOCK & WATCH

Identification and Sale



Saturday, April 13th

10:00am - 2:00pm

Room 5

Sponsored by the Zia Sundials #106
(a watch and clock collecting association)

LUNCH BUNCH

Thursday, April 18

at Oak Tree Cafe

4545 Alameda Blvd NE

505-830-2233

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



**OUT TO DINNER
IS COMING
IN MAY**

Bear Canyon Senior Center Spring Guitar Concert



Country-Folk Bluegrass-Jazz Blues-Gospel

April 10th, 2024
3:00pm - 4:30pm

Free and Everyone is Welcome!

Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8:00 to 9:00 am
Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, english muffin, 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 Toast25
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

Milk25
Juice25
Tea30

Lunch A-la-Carte

Lunch is served from 11:30 am to 1 pm
NO reservation is required for A-la-Carte

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Grilled Cheese	1.25
½ Cold Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Tea30

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



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. Please arrive by 12:30 p.m. for reserved meal.

**ONE
ALBUQUE
RQUE**

April 2024

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



Monday	Tuesday	Wednesday	Thursday	Friday
1 ♦ Salisbury steak w/gravy ♦ Roasted redskin potatoes ♦ Malibu blend vegetables ♦ Fruit mix ♦ 1% milk	2 ♦ Rotisserie chicken ♦ Brown rice ♦ Beets ♦ Dinner roll ♦ Banana ♦ 1% milk	3 ♦ Turkey chef salad ♦ Orzo pasta w/red peppers ♦ Croissant ♦ Tapioca pudding ♦ 1% milk	4 ♦ Bean & cheese burrito topped w/red chile and cheese ♦ Collard greens ♦ Calabacitas ♦ Apple ♦ 1% milk	5 ♦ Garlic tilapia ♦ Pasta w/diced tomatoes ♦ Green beans ♦ Grapes ♦ 1% milk
8 ♦ Sloppy joe ♦ Ranch beans ♦ Mixed vegetables ♦ Yogurt ♦ 1% milk	9 ♦ Chicken tender w/BBQ sauce ♦ Butter parsley and red potatoes ♦ Steamed carrots ♦ Peaches ♦ 1% milk	10 ♦ Turkey fajitas w/tortilla ♦ Spanish rice ♦ Mexi-corn ♦ Tapioca pudding ♦ 1% milk	11 ♦ Egg salad sandwich ♦ Cucumber, tomato, red onion ♦ 3 bean salad ♦ Honey dew ♦ 1% milk	12 ♦ Breaded cod w/tartar sauce ♦ Orzo pasta w/ black olives ♦ Green beans ♦ Chocolate cake ♦ 1% milk
15 ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Sugar cookie ♦ 1% milk	16 ♦ Baked chicken ♦ Mashed potatoes ♦ Collard greens ♦ Dinner roll w/margarine ♦ Banana ♦ 1% milk	17 ♦ Beef patty w/mushroom and Swiss ♦ Mixed vegetables ♦ Rosemary potatoes ♦ Orange ♦ 1% milk	18 ♦ Denver omelet ♦ Stewed tomato ♦ Hash brown ♦ Pear ♦ 1% milk	19 ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Garlic breadstick ♦ Green apple ♦ 1% milk
22 ♦ Frito pie ♦ Imperial blend vegetables ♦ Corn chips ♦ Orange ♦ 1% milk	23 ♦ Bratwurst with onion and peppers ♦ Baked beans ♦ Fries w/ketchup ♦ Yellow cake ♦ 1% milk	24 ♦ Pork loin ♦ Black eyed peas ♦ Brown rice w/red peppers ♦ Cookie ♦ 1% milk	25 ♦ Baked ziti w/mozzarella cheese ♦ Mixed vegetables ♦ Garlic breadstick ♦ Apple sauce ♦ 1% milk	26 ♦ Beef tips w/noodles ♦ Malibu blend vegetables ♦ Peach crumble ♦ Dinner roll w/margarine ♦ 1% milk
27 ♦ Chicken tender w/BBQ sauce ♦ Green beans ♦ Sweet potatoes ♦ Diced peaches ♦ 1% milk	28 ♦ Salmon w/garlic butter ♦ Fajita blend vegetables ♦ Brown rice ♦ Vanilla pudding ♦ 1% milk	29 ♦ Beef stir fry ♦ Steamed carrots ♦ Orzo ♦ Banana ♦ 1% milk	30 ♦ Southwest omelet w/red chile ♦ Diced potatoes ♦ Stewed tomatoes ♦ Cantaloupe ♦ 1% milk	1 ♦ Turkey pot pie ♦ Diced beets ♦ Baked cinnamon apples ♦ 1% milk

Department of Senior Affairs

Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so all participants may have a pleasant and safe experience.

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Failure to observe the Participant Code of Conduct and rules prescribed by Albuquerque Department of Senior Affairs may result in disciplinary action being taken against me, 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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services