

## Department of Senior Affairs



### A Message From Our Center Manager

Hello August!

We are still soaking up the summer fun although it is coming near its end and that time of the year with kids heading back to school.

First off, the Senior Center as well as Palo Duro, Barelas and North Valley will all be closed the first full week of the month, August 4 through 8, for staff/department trainings. During that time, you will be able to attend the remaining centers of North Domingo Baca, Manzano Mesa, Los Volcanes or Santa Barbara/Martinez Town.

But that doesn't mean events and activities stop there as there will be activities to keep you busy for the rest of the month. Here are a few:

A summer Guitar Concert will be held on August 20. Next, look forward to the official second year of the Friends of Bear Canyon Member Appreciation Social on August 22. Following that, an Accordion Concert will be held on August 27.

Lastly, I would like to recognize and thank our two Job Mentorship Interns that we hosted for the summer. Their hard work, assistance and eagerness to learn while integrating into our team was a tremendous help. We hope that it was a positive experience for them and wish them nothing but the best in the future.

We will see you all next month.

As always, we appreciate your continued support and participation!

Best regards,

Tyler Dunn

## Newsletter August 2025

### BEAR CANYON SENIOR CENTER

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

[cabq.gov/seniors](http://cabq.gov/seniors)

### 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

- Aug 4 Out to Dinner
- Aug 15 Pie Social
- Aug 21 Lunch Bunch
- Aug 20 Summer Guitar Concert
- Aug 22 FOBC Members Appreciation
- Aug 26 FOBC Restaurant Fundraiser
- Aug 27 Accordion Concert

### OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices

### REMINDER

The following centers will be closed  
Mon, Aug 4 thru Fri, Aug 8 for training

Bear Canyon Senior Center  
Highland Senior Center  
Palo Duro Senior Center  
Barelas Senior Center

Accredited by   
National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE



### 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.

There is a VFW Information table in the lobby during breakfast and a Veteran's Outreach table from 9:30 am to 1 pm to further assist veterans.



### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

**No Meeting  
for August 2025**

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.



**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.

### Navigating Medicare Assistance

**Monday, August 11**

**Lobby**

**10 am – 2 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 Activities Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

### HELPFUL NUMBERS

Department of Senior Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## GENERAL INFORMATION & ASSISTANCE



### FIRST FRIDAY OF MONTH Postponed until further notice

Our department contracts with Teeniors to provide our members assistance with their phones, computers, or tablets.

You must schedule an appointment at the front desk. On the day of your appointment you will be assigned a teenior to assist you during your scheduled time.

Teeniors are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching.

If you need additional assistance you can make arrangements to receive further coaching. To learn more visit the website at [www.teeniors.com](http://www.teeniors.com) or call 505-600-1297.

## COMPUTER LAB OPPORTUNITIES

### PC COMPUTER WORKSHOP



Third Wednesday of the month  
1:30 pm to 3:30 pm  
Contact person: Harold Gottlieb  
Email: [hbgottl2@q.com](mailto:hbgottl2@q.com)

A roundtable discussion and sharing of knowledge on topics of interest.



### APPLE MAC WORKSHOP

Fourth Saturday of the month  
9:30 am - 12:30 pm  
Activity Leader: Bo Keith  
Email: [bnkeith@comcast.net](mailto:bnkeith@comcast.net)

A presentation will be followed by an open question and answer period.

## HERE'S TO YOUR GOOD 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 who provide weekly screening to assist you in monitoring and maintaining good health. We provide you with a card to keep a paper record of your readings. If you are a retired RN and would like to join us contact 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.

- Aug 7 Closed for training
- Aug 14 Roger Burns
- Aug 21 Paul Pino
- Aug 28 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:

- Jul 1 Brookdale Senior Living
- Jul 8 Presbyterian HealthPlan
- Jul 15 Village Caregiving
- Jun 24 Beehive Homes



### LUNCH BUNCH



Thursday, Aug 21

**Steel Bender Brewery**

8305 2<sup>nd</sup> St NW

505-433-3537

Check in: 10:45 am      Return 3 pm

### OUT TO DINNER

Monday, Aug 4

**Cheddar's Scratch Kitchen**

4865 Pan American West Frwy.

505-345-0829

Check in: 4:45 pm      Return 8:30 pm

**Please sign up at the front desk.**

## 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 Breakfast .....	.75
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

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

Milk .....	.25
Juice .....	.25
Tea .....	.30

#### ***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 Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

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

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



## August 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.



# AUGUST 2025

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.

**ONE  
ALBUQUE  
RQUE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz 	<b>29</b> Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz 	<b>30</b> Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz 	<b>31</b> Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	<b>1</b> Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 4oz 1% Milk 8oz 
<b>4</b> Pork Loin 3oz Gravy 1oz Brown Rice 4oz Green Peas 4oz Vanilla Pudding 4oz 1% Milk 8oz 	<b>5</b> Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 1ea 1% Milk 8oz 	<b>6</b> Breaded Cod 4oz Tartar Sauce 1ea Rice Pilaf 4oz Green Beans 4oz Watermelon 4oz 1% Milk 8oz 	<b>7</b> Veggie Green Chile Cheeseburger 1ea Corn & Edamame 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz 	<b>8</b> Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Banana 1ea 1% Milk 8oz 
<b>11</b> Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Steamed Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	<b>12</b> Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz 	<b>13</b> Spaghetti w/ Meatballs 4oz Green Beans 4oz Zucchini & Peppers 4oz Grapes 4oz 1% Milk 8oz 	<b>14</b> Cheese Omelet w/ Red Chile 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz 	<b>15</b> BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Jell-O 4oz 1% Milk 8oz 
<b>18</b> Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	<b>19</b> BBQ Pork 3oz Baked Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	<b>20</b> Shredded Chicken 4oz Brown Rice Pilaf 4oz Sweet Potato Mash 4oz Green Beans 4oz Grapes 4oz 1% Milk 8oz 	<b>21</b> Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz 	<b>22</b> Sliced Turkey 4oz Red Chile 1oz Diced Beets 4oz Corn/Bell Peppers 4oz Chocolate Chip Cookies 2ea 1% Milk 8oz 
<b>25</b> Sliced Ham 3oz Pineapple Sauce 1oz Spinach 4oz Ranch Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	<b>26</b> Stir Fry Chicken 4oz Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz 	<b>27</b> Beef Steak 3oz Grilled Onions 1oz Mashed Potatoes 4oz Corn w/ Peppers 4oz Watermelon 4oz 1% Milk 8oz 	<b>28</b> Spaghetti w/Marinara 4oz Steamed Broccoli 4oz Carrots & Zucchini 4oz Diced Pears 4oz 1% Milk 8oz 	<b>29</b> Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz 



## FRIENDS OF BEAR CANYON INFORMATION & CENTER CONCERT



### ***August Restaurant Fundraiser***



**Tuesday, August 26, 2025**  
12 - 6 pm  
2004 Wyoming Blvd. NE, 8711

We would like to thank:



for being the July Restaurant of the Month!



## CALENDAR OF ACTIVITIES & ONLINE ZOOM OPPORTUNITY

### *Flow Painting with Judith Shaw*

Tuesdays, Aug 12 - Sep 2

1 - 2:30 pm

Room 4

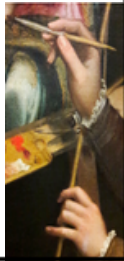
4 week session \$65/per person  
(non-refundable)

All supplies included

Space is limited



Please  
pre-register  
at the  
front desk



## ACCORDION CONCERT

IN THE SOCIAL HALL

2:00PM TO  
3:00PM

WEDNESDAY,  
AUGUST 27TH

BEAR CANYON  
SENIOR CENTER

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



### Barelas Senior Center Fiesta



GET READY FOR A JAM-PACKED PARTY WITH LIVE MUSIC,  
DELICIOUS GRUB, AND ALL-AROUND GOOD TIMES!

5 SEPTEMBER | 9 am - 3 pm  
2025

714 Seventh St SW 87102

ONE  
ALBUQUE  
ROQUE

United  
Healthcare

XX ENGAGE  
with Senior Affairs

## Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

☎ 505-768-3630

🌐 [cabq.gov/seniors/events](https://cabq.gov/seniors/events)



Scan this code with  
your phone to register!



ORCA  
Older Rainbow Community Alliance

XX ENGAGE  
with Senior Affairs

OPERATIONS RELAY  
DOROT  
Senior Services



## CALENDAR OF ACTIVITIES & CENTER HIGHLIGHTS

**The older you get,  
the tougher it is  
to lose weight,  
because by then  
your body and  
your fat are really  
good friends.**



Want to lose or maintain weight, or work on enjoying a healthier lifestyle? The **Happy Losers** group will be there for you offering encouragement and support.

- Thursdays, 8am - 9:15am
- Room 4
- No membership fee

*Join us on Thursdays, to discover a fun, relaxed, and supportive group to help you achieve your goals.*



**Learn How to Sell  
Items on ebay**



Do you have items around the house you no longer use or need?  
Would you like to make a little extra money?  
Learn how to sell on Ebay  
Learn the basics and more in this 6-week class  
You will need basic computer skills - Bring your laptop and smart phone or tablet to class. (if you do not have a laptop, you will need a computer at home)

**6-week class Tuesdays, Starting August 19th  
1:00pm - 2:30pm  
In Room 5**

**Sign Up at the Front Desk - Space is Limited**

## CENTER HIGHLIGHTS

**Painting with Suki  
May 23, 2025 Class**



**Greeting Card & Paper  
Craft Group  
July 11, 2025 Class**

## 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 that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

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 electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited,
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the 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 facility, program or service.

### CITY OF ALBUQUERQUE



Mayor Timothy M. Keller



### Department of Senior Affairs

Anna M. Sanchez, Director

### Department of Senior Affairs

Marina Salazar, Deputy Director

Shay Armijo, 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

Peter Thompson, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services