

BEAR CANYON SENIOR CENTER

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

cabq.gov/seniors

Department of Senior Affairs



**A Message From Our
Center**

Hello all!

As summer nears its end and the back-to-school season approaches, we hope everyone is staying cool and enjoying our events here at the center.

Coming up this month, the Friends of Bear Canyon will be hosting an Appreciation Event for the center and its members on Friday, August 28 (more details to follow). We will also be hosting a Guitar Concert on Wednesday, September 2.

As a reminder, our center will be closed Monday, August 3 to Friday, August 7 for staff/department training and will resume normal business hours on Saturday, August 8.

As always, thank you for your continued support and participation. Have a wonderful month!

Best regards,

The Center Staff

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 3	Out to Dinner will meet at restaurant
Aug 14	Movie Matinee
Aug 19	Wednesday Dance
Aug 20	Lunch Bunch
Aug 25	FOBC Restaurant Fundraiser
Aug 28	FOBC Member Appreciation
Sep 2	Bear Canyon Guitar Concert



OF SPECIAL NOTE: For all of our holiday and seasonal events, please visit this link www.cabq.gov/seniors/events

Accredited by 
National Institute of
Senior Centers

Department of Senior Affairs



A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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 Veterans Outreach table from 9:30 am to 1 pm to further assist veterans.



Advisory Council Meetings

Meetings are held from 12:00 - 1:30 pm.

August	No meeting
Mon, Sep 21	North Domingo Baca MGC
Mon, Oct 19	Bear Canyon Senior Center
Mon, Nov 16	Conway Wood NW MGC
December	No meeting

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>

To visit the Advisory Council webpage, click this link: <https://www.cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council>



DRIVER SAFETY CLASSES

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

First Monday of the Month

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 for City of Albuquerque residents and \$50 for non-City residents. Membership is valid at all City Senior (50+) and Multigenerational centers.

HANDOUTS AVAILABLE AT FRONT DESK

- List of Ongoing Activities at BCSC
- DSA Transportation Pamphlet
- DSA Guide to Senior Services

HELPFUL NUMBERS

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

Calendar of Activities

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

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

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

OPEN COMPUTER LAB

Monday - Wednesday - Friday
9 – 11 am

Drop-in assistance with Apple products on Monday;
Windows Products Monday, Wednesday, Friday

HERE'S TO YOUR GOOD HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



2nd 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 & Upcoming Off-Site Artisan Craft Fair Information

MONTHLY AFTERNOON DANCE

Wednesday, August 19
Continuing every 3rd Wednesday
2 - 4:30 pm
\$3 per person

Current membership card & ticket required.



The band this month:
Roger Burns



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 7 Friends of Bear Canyon
- Jul 14 Bear Canyon Senior Center
- Jul 21 Friends of Bear Canyon
- Jul 28 Beehive Homes

A green background with a large white bow at the top. There are white snowflakes scattered throughout. At the bottom, there is a circular inset photo of people at a craft fair.

Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair

Saturday, November 14, 2026 | 9:00 am - 2:00 pm

Manzano Mesa Multigenerational Center
501 Elizabeth St. SE

Questions? Call 505-275-8731

Applications Open:
August 3, 2026, 8:00 am

Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available beginning August 3 on the Senior Affairs Events webpage and at any Senior or Multigenerational Center.

ONE ALBUQUE senior affairs



OUT TO DINNER

Monday, Aug 3

Dave's High Desert Grill

5200 Eubank Blvd NE, Suite B5
505-433-2380

Meet at Restaurant at 5:15 pm

LUNCH BUNCH



Thursday, Aug 20

Rudy's BBQ

2321 Carlisle Blvd NE
505-884-4000

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

Notice of Closure & Off-Site and On-Site Activities

IMPORTANT NOTICE

SOME SENIOR CENTERS AND FITNESS FACILITIES WILL
BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

**These facilities will be closed for Employee Training
August 3 to August 7, 2026:**

Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center

During this time, meal services will be available at our other locations:

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center & Fitness Facilities
Palo Duro Senior Center & Fitness Facilities

Normal business hours will resume on **August 10, 2026** for Barelas and
Highland facilities.

Normal business hours will resume on **August 9, 2026** for North Valley.
Normal business hours will resume on **August 8, 2026** for Bear Canyon.

Thank you for your cooperation!



Estate Planning for Seniors

Learn about organizing
your legal, financial, and
healthcare documents
to protect your assets and
dictate your future wishes.



Attend ONE of these FREE presentations:

Tuesday, August 4, 2026
4-5pm
Manzano Mesa Multigenerational Center
501 Elizabeth St SE, ABQ, NM 87123

Wednesday, August 12, 2026
4-5pm
Barelas Senior Center
714 7th St SW, ABQ, NM 87102

Thursday, August 20, 2026
3:30-4:30pm
North Valley Senior Center
3825 4th St NW, ABQ, NM 87107

Tuesday, August 25, 2026
3:30-4:30pm
Los Volcanes Senior Center
6500 Los Volcanes Rd NW, ABQ, NM 87121

Presented by attorney and judge
Cristy J. Carbón-Gaul



in conjunction with



Please sign up at the front desk
at the Center where you plan to attend.

Upcoming Trips

**SIGN UPS ARE STILL OPEN
FOR THESE POP UP TRIPS!**

Ron's Ride & Glide, Lunch at La Cocina

Friday, August 14

Check in: 9:45 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Sat, Aug 8

Ron's Ride & Glide, Rancho de Chimayo

Friday, August 21

Check in: 9:30 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Wed, Aug 12

Presentations

Estate Planning

Senior Citizens Law Office

Tuesday, August 25 at 9 am

Room 5

Scams & Identity Theft

Senior Citizens Law Office

Tuesday, September 1 at 9 am

Room 5

Frauds & Scams Seminar

Bank on Burque

Tuesday, October 13 at 10:30 am

Room 5

PLEASE SIGN UP AT THE FRONT DESK

Friends of Bear Canyon & Upcoming Concert

August Restaurant Fundraiser



Applebees
10895 Montgomery Blvd NE
Tuesday, August 25
11 am - 8 pm

We would like to thank:



for being the July Restaurant of the Month!



Monthly Birthday Party



2nd Wednesday of the Month
1:30pm - 2:30pm
Dining Hall

Join Us to Celebrate!

**SPONSORED BY
THE FRIENDS OF BEAR CANYON**

July Birthdays



Bear Canyon Senior Center

Autumn Guitar Concert

September 2, 2026
2:00-3:30 pm



Join us for an afternoon of musical entertainment featuring our own Bear Canyon musicians performing a selection of country, bluegrass, folk, jazz, rock, and Spanish music

All are welcome at this great musical and social event!
Refreshments will be served

Calendar of Activities



PAINTING WITH SUKI



FRIDAY, AUGUST 28
ROOM 5
2 - 4 PM

Lottery drawing and calls
will be made on Thursday, Aug 20

COFFEE WITH CONSTITUENTS



YOUR OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ
ON
THURSDAY, AUG 27, 8:30 - 9:30 AM
AT BEAR CANYON SENIOR CENTER



Note: This is here at our
center this month!



Bear Canyon Senior Center Flea Market

The market takes place every 2nd and 4th Tuesday of the
month from May through September in our
Multipurpose room.

Please join us between
10:00 AM and 1:00 PM
to browse the various items available.

If you are interested in a table at an upcoming Flea
Market please contact the front desk to register.



Upcoming Courses - 1 to 8 weeks in length



CREATING INNER PEACE WORKSHOP

With Author Rosemarie Renn

First class: **August 18, 2026 at 12:15 –1:45pm**

Location: **Room 4** at Bear Canyon, 4645 Pitt NE

Frequency: Each Tuesday for 8 weeks

Register at Bear Canyon front desk

Space is limited, so please register early.

Book required: Paperback available in 1st class for \$8 cash

Ebook available on Amazon (class is free)

<https://www.amazon.com/Creating-Inner-Peace-What-Will-ebook/>

HAPPY BACKS

Course

at Bear Canyon Senior Center



Gentle Movement to:

- Relieve Pain
- Correct Posture
- Improve Balance
- Build Strength

JOIN US ON
FRIDAYS
AUGUST 14TH THRU
SEPTEMBER 4TH
11:00 – 12:00PM
ROOM 1

Suggested \$5
donation per
session

Catherine Fine
Certified Foundation
Training Instructor

DRAWING WITH COLORED PENCILS!

ART
CLASS!

Weekly on Tuesdays
Starting September 1st thru
September 22nd
1:45pm - 3:00pm

**COST: \$40 FOR 4
SESSION CLASS**

***MUST BE PAID IN FULL AT TIME
OF 1ST CLASS. CASH OR CHECK .
NO REFUNDS***

Participants must bring their
own supplies from the supply
list provided at the front desk.



INSTRUCTOR:
KERRY BERGEN

INTERESTED?
SIGN UP AT THE
FRONT DESK

DISCOVER THE BEAUTY OF DRAWING WITH COLORED
PENCILS! LEARN BASIC DRAWING SKILLS AND
TECHNIQUES TO ADD TEXTURE AND LUMINOSITY TO
YOUR CREATIONS



Silver Bears Fitness Challenge

10am-11am Room 3

15-30 minute discussion/15-45 minute exercise
All Classes are low-impact. You can sit or stand.

Blue Zones Challenge

Wednesday, September 16

Why do people in different part of the
world live longer and healthier lives?

This session will cover the **Power 9**
elements that include exercise, food and
other things you can do to lengthen your
life and fill it with joy and usefulness.

Facilitator: Irene Newlon

Class is limited to 20 participants.
Sign up at Front Desk.

Updated Breakfast Menu



MENU

MONDAY - FRIDAY

BREAKFAST

8:00AM - 9:00AM

Full Breakfast 2 Eggs, 2 Bacon Strips or 2 Sausage Patties, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	\$4.00
Mini Breakfast 1 Egg, Bacon Strip or Sausage Patty, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	\$3.00
Breakfast Burrito Eggs, Hash Browns, Bacon or Sausage, Cheese, Red/Green Chile, Flour Tortilla	\$4.00
English Muffin Sandwich 1 Egg, Bacon or Sausage Patty, Cheese, Muffin	\$3.00
No Egg Option: Bacon or Sausage Patty, Cheese, Muffin	\$2.00
Breakfast Taco Eggs, Potatoes, Cheese, Tortilla	\$2.00
Oatmeal Butter and Sugar	\$1.00
Beverages Orange Juice, Milk, or Tea (<i>Coffee is Complimentary</i>)	\$0.50

Tuesdays and Fridays Only

Huevos Rancheros 2 Eggs, Beans, Cheese, Corn Tortillas, Red/Green Chile	\$5.00
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August Lunch Menu

Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$5.00

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**

AUGUST 2026

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
3 Pork Loin 3oz Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	4 Meatloaf 4oz Sweet Potato Mash 4oz Succotash 4oz Jell-O 1ea 1% Milk 8oz	5 Breaded Pollock 4oz Tartar Sauce 1pc Rice Pilaf 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	6 Green Chile Veggie Cheeseburger 1ea Cabbage w/ Apples & Onions 4oz Diced Potatoes 4oz Oranges 4oz 1% Milk 8oz	7 Chicken Alfredo 4oz Zucchini w/ Red Peppers 4oz Steamed Broccoli 4oz Applesauce 1ea 1% Milk 8oz
10 Salisbury Steak 4oz Gravy 1oz Scalloped Potatoes 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	11 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple Slices 4oz 1% Milk 8oz	12 Spaghetti w/ Meatballs 4oz Marinara 2oz Sliced Carrots 4oz Zucchini & Peppers 4oz Grapes 1ea 1% Milk 8oz	13 Cheese Omelet w/ Red Chile 3oz Stewed Tomato 1oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Pudding 1ea 1% Milk 8oz	14 BBQ Chicken Sandwich 1ea Diced Sweet Potato 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
17 Teriyaki Beef w/ Brown Rice 3oz Sliced Carrots 4oz Cabbage w/ Apples & Onions 4oz Fortune Cookie 2ea 1% Milk 8oz	18 BBQ Pork 3oz Baked Beans 4oz Spinach w/ Mushrooms 4oz Cornbread 1ea Applesauce 1ea 1% Milk 8oz	19 Shredded Chicken 4oz Brown Rice 4oz Fajita Blend Veggies 4oz Green Beans 4oz Pear 1ea 1% Milk 8oz	20 Vegetable Lasagna 4oz Lima Beans 4oz Garlic Breadstick 1ea Pudding 4oz 1% Milk 8oz	21 Chicken Tamales 2ea Green Chile 2oz Cauliflower 4oz Pinto Beans 4oz Orange 4oz 1% Milk 8oz
24 Sliced Ham w/ Pineapple Sauce 3oz Ranch Beans 1oz Spinach 4oz Cornbread 1ea Peach 4oz 1% Milk 8oz	25 Chicken 3oz Vegetable Stir Fry 4oz Soy Sauce 1pc Brown Rice 4oz Green Beans 4oz Apple Slices 4oz 1% Milk 8oz	26 Beef Steak /Gravy 4oz Grilled Onions 1oz Mashed Potatoes 4oz Coeen w/ Peppers 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	27 Anti-Inflammatory Mediterranean Bean Salad 4oz Broccoli w/ Garlic 4oz Brown Rice 4oz Orange 4oz 1% Milk 8oz	28 Green Chile Cheeseburger 1ea Diced Sweet Potato 4oz Stewed Tomatoes 4oz Jell-O 4oz 1% Milk 8oz
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz

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