

Department of Senior Affairs



A Message From Our Center Manager

Hello All,

Welcome to the close of another busy and unusual year. As we say goodbye to 2021 and all of the ups and downs, we are encouraged that 2022 will bring many great things going forward.

One new thing that I'm sure many already have and others will notice is the installation of the new walkway awning at the main entrance of the facility. We are hoping this will provide some security from some of nature's elements year round for our members.

Second, we would like to reintroduce and congratulate one of our own, Ya Vette Bailey. Ya Vette has accepted the role and promotion of Bear Canyon's Activities Program Coordinator. We are excited to have Ya Vette's role expanded here as well as continue to help our already wonderful existing team excel over many aspects.

Lastly, please stay safe and keep others safe and remember that masks/face coverings are mandatory while in the facility which includes all activities.

Thank you all, have a wonderful and safe holiday season, and a Happy New Year! We will see you all in 2022.

Respectfully,

Tyler Dunn, Center Manager

Center Hours

M-W: 8a-5p Sat: 9a - 3p
Th: 8a-9p Sun: Closed
F: 8a-5p

Special Dates & Announcements

12/03: Old Town Holiday Stroll
12/03: Friends of Bear Canyon
Raffle Drawing
12/07: Tree Trimming
12/16: Lunch Bunch- M'tuccis
12/16: ALTSD Public Meeting

All Centers Closed

There will be no classes or activities on:
December 24 - Christmas Eve
December 25 - Christmas Day
December 31 - New Year's Eve
January 1 - New Year's Day

Main Entrance Closure

The main entrance to the building will be closed from Nov 29 - Dec 10 for the installation of the new walkway awning. Please use the east or west entrance during this time.

Happy 100th Birthday!!

Kiku Kato
December 15

Accredited by 
National Institute of
Senior Centers

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



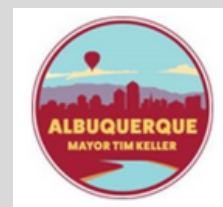
Mayor Timothy M. Keller

Department of Senior Affairs

Anna M. Sanchez, Director
Chris Sanchez, Associate Director

Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager
Ya Vette Bailey, Program
Coordinator
Vacant, Office Assistant
Gabrielle Banuelos, Program
Assistant
Isaiah Barton, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
Kelly Trujillo, General Service
Vacant, General Services





Department of Senior Affairs

NOTE FROM ANNA



Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,
Anna Sanchez



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council

NO MEETING THIS MONTH

11:30 a.m. - 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 764-6469 for more information.

V.F.W. POST 10763

Post meeting are held at Bear Canyon on the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

Newcomers welcome!

LET US PICK YOU UP!

SENIOR MEAL SITE TRANSPORTATION PROGRAM

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.

NEW MEMBERS

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

NO MEETING THIS MONTH

Welcome to Bear Canyon!

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

- Catalog of activities for all City Centers
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque General Info311
Non-emergency Police242-COPS (2677)
Emergencies911

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.

Bring back Movie Matinee!

Since the facility has been extremely short staffed and have been without an activities program coordinator, we hope to have vacancies filled soon. Having said that, we definitely plan to add movie matinee's back to the ongoing activities when able to do so hopefully at the beginning of 2022.

Fix or remove soda machine please

We understand it has been frustrating without having the soda machine as an option for members. The commission for the blind is organization who oversees the maintenance and restocking of this machine. Staff and volunteers have recently been in contact to get this back up and running as soon as possible. We and they appreciate your patience.



Senior Affairs, in partnership with Adelante's DiverselT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!



Teeniors* are a 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.

Thursday, December 16
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

PROGRAM HIGHLIGHTS

BEAR CANYON CRAFTERS HELP REFUGEES

A dedicated group of knitters and crocheters meet at Bear Canyon each week. Their purpose is to create and donate blankets for sick and distressed children. The children arriving from Afghanistan are certainly troubled. They had to leave everything behind when they came to the United States. In September and October, the Bear Canyon blankets as well as blankets from other “blanketeers” were given to Fort Bliss and Alamogordo Air Force Base for the Afghan refugees. The blankets were a source of comfort and pleasure for the displaced children. Over 650 blankets, donated by blanketeers all over Bernalillo County, were sent to these bases in southern New Mexico.

This effort was coordinated by the Bernalillo County’s Project Linus chapter.

(<http://www.projectlinus.org>) The chapter is part of a national non-profit organization based in Belton, Missouri. Project Linus has two missions:

- First, it is their mission to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer “blanketeers”.
- Second, it is their mission to provide a rewarding and fun service opportunity for interested individuals and groups in local communities, for the benefit of children.



Both missions apply to the Bear Canyon crafters. The group enjoys the company of like-minded volunteers and a chance to contribute to a worthwhile cause doing something they enjoy.



If you would like to volunteer your time and talent, the Bear Canyon group meets every Monday from 9:30 to 11:30 AM at the Bear Canyon Senior Center. Teachers are available to teach you to knit or crochet, if necessary. A point of contact is Jeannine at 505-298-5002 or lightbearer@outlook.com.

The pictures show one of the employees from southern New Mexico loading up her car for one of the many trips to the bases.

CALENDAR & ACTIVITIES

INTERESTED IN BOWLING?

If you are interested, please sign up at the front desk.

This is a free introduction to the enjoyable sport of bowling.

No experience necessary! Any level is welcome. If we have interest we will set up the dates and times.



LUNCH BUNCH

Thursday, December 16, at M'tuccis
4939 Pan American Frwy, at 11:30 a.m.

Please sign up at the front desk and let us know if you will riding on the van or taking your own vehicle.

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Tuesday, December 7
8 a.m. to 12:30 p.m.
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
9:00 a.m. to 11:00 a.m.
Room 2

Calendar & Activities

CHRISTMAS OPEN HOUSE

The Memoirs and Autobiography group invite you to drop by for refreshments. Pick out a gift and visit with the group, you're welcome to stay for the whole session or for just a few minutes.

Tuesday, December 14
9:00 a.m. to 11:30 a.m. Room 1

PAINTING WITH SUKI

Tuesday, December 21
2:00 p.m. to 4:00 p.m. Room 5

Space is limited, please register at the front desk



NEW Items Needed:

- Blankets/Pillows
- Bath Towels/Wash Cloths
- Dish Towels
- Laundry Soap
- Winter Hats/Gloves/Socks
- Toiletries and Personal Hygiene Products (shampoo, conditioners, face soap, body soap, denture cleaner, toothpaste, lotion, etc.)
- Adult Depends
- Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)

NEW & UNUSED ITEMS ONLY PLEASE



Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season. The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help us spread some holiday cheer with your donations.

**Drop off locations are located at any
City of Albuquerque Senior or
Multigenerational Center until
December 31, 2021.**

For more information or drop off location hours and directions, call 505-764-6400.





Calendar & Activities

Old Town Holiday Stroll

Join us for the annual lighting of the Christmas Tree in Don Luis Plaza. Enjoy a delightful evening of entertainment, dining and shopping. The luminarias and twinkle lights glow and live music fills the air. Delicious aromas of hot chocolate and spicy treats waft from area shops and restaurants. This is your opportunity to shop for unique gifts at Old Town's many shops and galleries, many of whom are offering special discounts. This is a time-honored Albuquerque event.

Friday, December 3

Check in: 2:45 pm Return: 9:00 pm

Dinner at your own expense

Space is limited, please register at the front desk

PUBLIC HEARING

CITY OF ALBUQUERQUE/BERNALILLO COUNTY
AREA AGENCY ON AGING OLDER AMERICANS PROGRAM
FOR THE PERIOD JULY 1, 2022 TO JUNE 30, 2026

The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County. During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and Long-Term Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan.

Bear Canyon Senior Center

Thursday, December 16, 2021

10:00 a.m. - 11:00 a.m.

Persons with hearing and/or sight impairment and those who require special assistance to participate in the public hearings, please contact Melissa Padilla at 505-768-2084 or New Mexico Relay Services at 1-800-659-1779 or TTY at 1-800-659-8331.

Calendar & Special Events

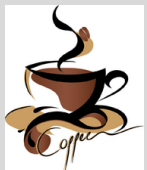
THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



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.

- Dec 2 - Recorded
- Dec 9 - Roger Burns
- Dec 16 - Paul Pino
- Dec 23 - No Dance
- Dec 30 - Latin Soul



FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

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 our sponsors and supporters.

Last month's sponsors:

- Nov 2 - Care First NM
- Nov 9 - Sun Tours
- Nov 23 - Primerica
- Nov 30 - Sandia Vista



Tree Trimming

Join us as we decorate for the holidays. Warm up with some hot chocolate, hot apple cider and holiday cookies.

TUESDAY, DECEMBER 7

9:30AM-10:30AM

Entertainment: ABQ Accordion Club



DEPARTMENT OF SENIOR AFFAIRS
CHRISTMAS DAY LUNCHEON AT
HIGHLAND SENIOR CENTER

Saturday, December 25

11:30 a.m. to 1:00 p.m.

Tickets are \$4.00 in advance

All ages welcome

Space is limited, please visit with the Highland Senior Center staff to purchase your ticket today!

Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.

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
Coffee or tea30

Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

Milk25
Juice25
Coffee or tea30
























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

December Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

Reservations for daily specials must be made by 1 p.m. the previous day - Call 767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ Salisbury Steak w/Green Chile Gravy ♦ Corn ♦ Mashed Potatoes ♦ Dinner Roll/Margarine ♦ Yogurt ♦ 1% Milk 	30 ♦ Turkey Tetrazzini ♦ Brussel Sprouts ♦ Peach Cobbler ♦ Breadstick ♦ 1% Milk 	1 ♦ Baked Tilapia w/Lemon and Tartar Sauce ♦ Rice Pilaf ♦ Green Beans ♦ Pudding ♦ 1% Milk 	2 ♦ Chicken Parmesan w/Mozzarella ♦ Carrots ♦ Breadsticks ♦ Fruit cup ♦ 1% Milk 	3 ♦ Diced Pork w/Gravy ♦ Brown Rice ♦ Oriental Blend ♦ Dinner roll w/Margarine ♦ Jell-O ♦ 1% Milk 
6 ♦ Beef Stir-Fry ♦ Butter Noodle ♦ Fortune Cookies ♦ Seasonal Fruit ♦ 1% Milk 	7 ♦ Cheese Omelet w/Peppers & Onions ♦ Stewed Tomatoes ♦ Spinach ♦ Apple Sauce ♦ 1% Milk 	8 ♦ Pork Tamales/Red Chile ♦ Pinto Beans ♦ Seasonal Vegetable ♦ Pudding ♦ 1% Milk 	9 ♦ Lemon Baked Salmon ♦ White Rice ♦ Seasonal Vegetable ♦ Dinner roll w/Margarine ♦ Orange ♦ 1% Milk 	10 ♦ Spaghetti w/Spaghetti Sauce/Mushrooms ♦ Seasonal Vegetable ♦ Breadstick ♦ Pineapple Chunks ♦ 1% Milk 
13 ♦ Carne Adovada/Red Chile ♦ Spanish Rice ♦ Corn w/red peppers ♦ Pudding ♦ 1% Milk 	14 ♦ Turkey and Brown Rice/Gravy ♦ Green Beans ♦ Cauliflower ♦ Apricots ♦ 1% Milk 	15 ♦ Baked Chicken ♦ Mashed Potatoes ♦ Diced Beets ♦ Mixed Fruit ♦ 1% Milk 	16 ♦ Sloppy Joe: Hamburger Bun ♦ Roasted Green & Red Bell Peppers ♦ Rosemary Potato ♦ Fruit cup ♦ 1% Milk 	17 ♦ Macaroni & Broccoli: Pasta/Broccoli/Cheese ♦ Spinach ♦ Cherry Cobbler ♦ Dinner Roll w/Margarine ♦ 1% Milk 
20 ♦ Baked Cod Fish/Tartar Sauce ♦ Rice Pilaf ♦ Carrots ♦ Jell-O w/Mixed Fruit ♦ 1% Milk 	21 ♦ Cheeseburger/Chopped Lettuce/Tomato/Onions ♦ Baked Beans ♦ Normandy Blend Vegetables ♦ Cookie ♦ 1% Milk 	22 ♦ Green Chile Chicken Tamale ♦ Pinto Beans ♦ Calabacitas ♦ Yogurt ♦ 1% Milk 	23 ♦ Ham w/Pineapple Glaze ♦ Mash Potato ♦ Mixed Vegetables ♦ Holiday Dessert ♦ 1% Milk 	24 Closed Holiday Christmas Day
27 ♦ Texas Chili: Ground Beef, Kidney Bean ♦ Corn Bread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% Milk 	28 ♦ Asian Diced Beef w/Peppers ♦ Rice Pilaf ♦ Oriental Vegetable Blend ♦ Fortune Cookie ♦ 1% Milk 	29 ♦ Breaded Cod w/Tartar Sauce ♦ Crinkle Cut Fries/Ketchup ♦ Peas & Carrots ♦ Jell-O w/Fruit ♦ 1% Milk 	30 ♦ Roasted Lemon Chicken ♦ Sweet Potato ♦ Blackeye Peas ♦ Dinner Roll w/Margarine ♦ Pudding ♦ 1% Milk 	31 Closed Holiday New Year Day