

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
Manager**

Hello all,

It is hard to believe that we are already coming up on the end of another wonderful and fun-filled year. With the close of another year, it is always nice to reflect on the many great things we saw in 2025 from all of the great special themed socials, various concerts, department events, planned trips and more!

As this year draws to a close, we are wrapping up 2025 with several December events! Join us this month for festive celebrations like our Annual Tree Trimming, New Year's Eve Toast, as well as city-themed trips and fun holiday musical performances from our very own Beartones Choir and Accordion groups.

Another big to do in December will be the Friends of Bear Canyon annual Holiday Raffle! Ticket purchases began late last month and will still be available in our lobby up to the day of the drawing on Tues, Dec. 16. Be sure to enter to win some great prizes for the holidays!

Lastly, North Domingo Baca Multigenerational Center will be hosting Christmas lunch on Thursday, Dec. 25. Space is limited and tickets will go on sale Fri, Dec 5 at 2 pm. Price is \$4.00. Please contact their center for more details and information.

As we transition to another new year, we would like to wish everyone peace, good health, and happiness in the year ahead!

Happy Holidays and see you all next year!

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

Dec 3	BearTones Holiday Choir Concert
Dec 9	Annual Tree Trimming @ F.C.
Dec 12	Movie Matinee
Dec 16	FOBC Holiday Raffle Party @ F.C.
Dec 17	Accordion Holiday Concert
Dec 18	Lunch Bunch w/gift exchange
Dec 19	Pie Social
Dec 30	New Year's Eve Toast @ F.C.

WINTER HOLIDAY CLOSURES



**THURSDAY,
DECEMBER 25**

**THURSDAY,
JANUARY 1**



OF SPECIAL NOTE: For all of our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.

Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE



FIRST FRIDAY OF MONTH

3 to 5 pm

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 sign up at another center or make arrangements through Teeniors. To learn more, visit their website at 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

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.

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.

Department of Senior Affairs



Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

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 Veteran's Outreach table from 9:30 am to 1 pm to further assist veterans.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

**Does not meet in December.
See January newsletter for
next scheduled time.**

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

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.

- Dec 4 DJ Jim's Night Train
- Dec 11 Roger Burns
- Dec 18 Paul Pino
- Dec 25 Closed for Christmas



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:

- Nov 4 VFW Post 10763
- Nov 18 Village Caregiving
- Nov 25 Beehive Homes



HOLIDAY LUNCH BUNCH

Thursday, Dec 18

Red Lobster Restaurant

5555 Montgomery Blvd NE

505-884-4445

Check in: 10:45 am Return 3 pm

Gift Exchange- bring \$5-10 gift item

Please sign up at the front desk.





You're Invited
Join us for the Holiday Raffle
Tuesday, December 16
9:30 am

Refreshments, Door Prizes, Picture with Santa

Tickets on sale in the lobby
M-F 8:30am - 2pm
Th Evening 5:30 - 7:30pm | Sa 9am - 12 pm



1. Dasher & Dancer
Gift Card Tree

3. Comet & Cupid
Gift Card Tree

5. Rudolph
Money Wreath

2. Prancer & Vixen
Gift Card Tree

4. Donner & Blitzen
Gift Card Tree

Of special note: Santa's reindeer assembled this year's raffle prizes.

Brought to you by the Friends of Bear Canyon

CALENDAR OF ACTIVITIES & OFF-SITE EVENT



CALENDAR OF ACTIVITIES

Upcoming Trips

River of Lights @ the ABQ BioPark

Thursday, Dec 11

Check in: 4:30 pm Return: 8:30 pm

No Meal is scheduled

Entry Fee at gate: \$15 + taxes and fees

Lottery sign up ends at close of day Wed, Dec 3

Santa Fe Plaza Eat & Shop – Santa Fe

Monday, Dec 15

Check in: 10 am Return: 4 pm

Lunch: On your own at the Plaza

Lottery sign up ends at close of day Mon, Dec 8

The trips listed here are scheduled for this month and the lottery is still open for sign up. Please be sure to note the lottery end dates as some trips will close shortly after publication.

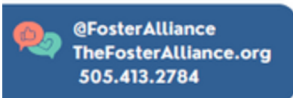


MON, DEC 1 THRU WED, DEC 31
@ BEAR CANYON SENIOR CENTER

**PLEASE SEE DETAILED FLYER
ON THE BEAR CANYON
BULLETIN BOARD – CONTAINS
WISH LIST FOR VARIOUS AGES:
INFANT TO TEENAGER**

Help us make this holiday
season the best one yet!

Shop our Amazon wish
list or donate online!



**LEARN MORE ABOUT OUR
ORGANIZATION**



TNJ JAZZ LUNCHTIME SERENADE

WITH TRACEY, NOLAN, & J. FRANCIS
TUESDAYS, DECEMBER 2, 16 & 30
11:30 AM - 1 PM

Visit our website:
[www.reverbnation.com/
jfrancisandmigueldeluca](http://www.reverbnation.com/jfrancisandmigueldeluca)

HAPPY BACKS Class



**JOIN US ON
FRIDAYS
11:00 - 12:00PM
ROOM 1**

Catherine Fine
Certified Foundation Training Instructor

Gentle Movement to:

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

Suggested \$5
donation per
session

CENTER HIGHLIGHTS

Veteran's Day Social

We would like to recognize those involved. Thank you to United Healthcare for their cake of appreciation, and to center member and veteran Michael McGinnis for the additional cakes, one for each branch of service. UHC provided lapel pins and local VFW Post 10763 provided poppies.

Members of Post 10763 prepared and passed out popcorn and cake during the event.



Halloween Dance

A round of applause for the fabulous Roger Burns and the Thrill the World Flash mob.

Thank you to our awesome sponsors: Pure Benefits, Oak Street Health, and Scan Health Plan.



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, and
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
Instant Oatmeal	.70
Side of Chile	.25

Specials

Plain Waffle (Wednesday)	1.00
Biscuits & Gravy (Thursday)	1.00
Huevos Rancheros (Friday)	1.50

Drinks

Milk	.25
Juice	.25
Hot Tea	.30

Lunch A-la-Carte

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

Salads

Small Garden Salad	1.00
Large Chef's Salad	2.00

Soup

Of the Day	.50
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Sandwiches

Grilled Cheese	1.25
1/2 Cold Turkey	.75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk	.25
Juice	.25
Hot Tea	.30

Dessert

Slice of Pie (selection varies)	.50
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wishing you
A HAPPY
HANUKKAH

December 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

DECEMBER

I tried something nuevo

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 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	 2 Chicken Tetrazzini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	 3 Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	 4 Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	 5 Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
 8 Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	 9 Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	 10 Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	 11 Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz	 12 BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
 15 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz	 16 Beef & Diced Potatoes 4oz Bell Peppers/Onions/ Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	 17 Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	 18 Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	 19 Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz
 22 Green Chile 1ea Cheeseburger 4oz Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	 23 Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	 24 Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz	CLOSED 25 	 26 Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 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