

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

It is hard to believe how quickly this year has gone as we enter the final month of 2022! There were some very good things we welcomed and reintroduced back to our center such as special luncheons, socials, the flea market etc.

We have exciting news for the start of 2023, our center's food production and processes will be getting some changes and upgrades. Beginning January 2023, our facility will become a meal site, meaning our main entree "hot lunch" will be available on a donation basis for those eligible (suggested \$2.00). Reservations and processes for that meal will remain the same for members, check with center staff for further details and questions.

Furthermore, our kitchen is set to begin construction for much needed renovations on January 30th. The kitchen will be shut down; but not to worry, we will still provide dine in meals for lunch as well as working with our department's main kitchen for other options. More details to come.

Thank you everyone for another wonderful year as we look forward to another great year in 2023. Happy and safe holidays!

Respectfully,

Tyler Dunn

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

DATES TO REMEMBER

- Dec 06 Live music w/Norio
- Dec 08 ALL of DSA Closed
- Dec 09 Movie Matinee
- Dec 13 Trim the Tree
- Dec 15 Lunch Bunch
- Dec 16 Continental Breakfast
- Dec 16 Special Luncheon
- Dec 20 Friends Holiday Raffle
- Dec 22 Vaccine Clinic 9a-12p
- Dec 24 Holiday closure
- Dec 26 Holiday closure
- Dec 27 Friendship Coffee - with NDB youth
- Jan 2 Holiday closure

PLEASE SEE DECEMBER AND HOLIDAY CLOSURE INFO ON PAGE 4 UNDER GENERAL INFO & ASSISTANCE

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

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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services

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.

You can't take salt out of your meal, but you can add salt to your food. It's not a good combination when you have high blood pressure, which reacts right away!

Thank you for the suggestion. While we know that some members may have certain dietary restrictions, a state nutritionist with our nutrition division for the department does plan out our "hot" or "main entree" meals monthly. This helps to have them as balanced as they can while still meeting daily required intake values. On the other hand, we are also able to offer our a-la-carte menu items as a variety as well. Regardless, I will be sure to make the kitchen staff aware in an attempt to be more aware of our members requests going forward in both of the meal options.

AARP DRIVER SAFETY CLASSES

1st Saturday of the month, 9:30 a.m. to 1:30 p.m.
3rd Thursday of the month, 12:00 p.m. to 4 p.m.

Cost: AARP members \$20; non-members \$25
Call (505) 767-5959 to register.

The AARP Smart Driver™ online course is still an option, and you can register at:
<https://www.aarpdriversafety.org>

Please note: The classes are currently full through December. Please check availability for January classes in December.



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.

1st Friday of the Month
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk





GENERAL INFORMATION & ASSISTANCE

DECEMBER CLOSURES

All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ Sports and Fitness Centers will be CLOSED Thursday, December 8, 2022 for a mandatory department-wide staff training.

Additional closure dates in observance of the the holidays will be on Saturday, Dec. 24, 2022, Monday, Dec. 26, 2022, and Mon, Jan 2, 2022.

DSA ADVISORY COUNCIL

The Advisory Council does not meet in December. Meetings will resume January 23, 2023. Complete Information will be included in the January newsletter.

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 meetings are held at Bear Canyon 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.

NEW MEMBER ORIENTATION

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

PLEASE NOTE:

There will not be a member orientation in December. If you are a new member you are invited to attend the orientation on January 13, 2023.

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

HELPFUL NUMBERS

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

PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

HOLIDAY RAFFLE GIFT BASKETS

TICKETS ON SALE
MONDAY THROUGH FRIDAY
9 AM TO 1 PM
THURSDAY
5:30 PM TO 7:30 PM
\$2.00 EACH/ 6 FOR \$10.00
CASH OR CHECK ONLY



BASKETS ARE ON DISPLAY IN THE
FRONT LOBBY

RAFFLE DRAWING WILL BE
DECEMBER 20, 2022 9:30 AM
AT THE FRIENDSHIP COFFEE
(NEED NOT BE PRESENT TO WIN)



Total Value over \$3700



GIFTS BASKETS BY NUMBER

1. PAINTING BY PEGGY MAURY
2. 55 INCH TELEVISION
3. MYSTERY BASKET
4. BEER BASKET
5. GIFT CARD TREE #1
6. GIFT CARD TREE #2
7. WINE BASKET
8. MOVIE FUN BASKET
9. BASKET DUO: TOMASITA'S OF SANTA FE BASKET & CHICK-FIL-A BASKET
10. HOLIDAY DUO: ADOBE THEATER/BLACK ANGUS BASKET & TRADER JOE'S BASKET

All proceeds stay here at Bear Canyon Senior Center and benefit our programs, special events and activities.

We would like to acknowledge the following businesses and individuals for their generous donations to our gift basket raffle:

The Adobe Theater, Albertsons Market, Anonymous, BJ's Restaurant & Brewhouse, Black Angus Steakhouse, Bosque Brewing Company, Boxing Bear Brewing Company, Canteen Brewhouse, Chick-fil-A, Costco, Cracker Barrel, Frontier Restaurant, Jason's Deli, Icon Cinema (Central), Il Vicino Wood Oven Pizza, La Cumbre Brewing Company, Mario's Pizzeria & Ristorante, Nexus Brewery and Restaurant, Peggy Maury, Pizza Barn, Quarter Celtic Brewpub, NM Rail Runner, The Range Café, Red Lobster, Red River Brewing Company, Sadie's of NM, Sauce Pizza & Wine, Smith's Food & Drug, Starr Brothers Brewing Company, Tomasita's Restaurant, Trader Joe's, and Village Inn.

Thank you all for your participation!

CALENDAR OF ACTIVITIES

COMPUTER ROOM INFORMATION

OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00–11:00 am

iMac, PC, and iPad available



WINDOWS USER GROUP

Third Wednesday of the month
1:30 pm to 3:30 pm

Contact person: Harold Gottlieb
Email: hbgottl2@q.com



APPLE USER GROUP

Third Saturday of the month
9:30 am to Noon

Activity Leader: Bo Keith
(will not meet in December)

Anyone with an iMac, iPhone or iPad is welcome to attend. A presentation will be followed by an open question and answer period.

APPLE USERS

Drop In Assistance
Mondays 9:00 am to 11:00 am
Contact person: Jean Maka
Email: huntgen@gmail.com

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month
8:30 a.m. to 12:00 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 am to 11:00 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.

Join us, call Lupe 505-401-2558

CALENDAR OF ACTIVITIES

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 1 - Long Drink of Water
- Dec 8 - CENTER CLOSED
- Dec 15 - Paul Pino
- Dec 22 - Desert Springs
- Dec 29 - Roger Burns



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 these sponsors and supporters.

Last month's Sponsors:

- Nov 1 - Coronado Villa
- Nov 8 - Sandia Vista
- Nov 15 - Cano Health
- Nov 22 - Sun Tours
- Nov 29 - Edward Jones



**Please note that we will be serving a Continental Breakfast on Friday, December 16 for \$1.50 and the regular lunch menu will not be available. **

BEST BUY VACCINATION CLINIC

THURSDAY, DEC 22 | 1 - 4 P

MULTIPURPOSE ROOM



All COVID vaccines- Pfizer, Moderna, J&J, Novavax and new Omicron booster, also- Senior & regular strength flu shots

CALENDAR OF ACTIVITIES

Intro to Watercolor

A class for anyone who is interested in learning basic watercolor techniques. The class covers Materials, Composition, Values, Perspective and Special Techniques. No prior art experience or special talents are needed to enjoy this class. After 6 weeks, the student will be able to join in watercolor groups at Bear Canyon or just enjoy painting at



Mondays: January 9 - February 6

9:00am to 11:00am Room 4

Dave Wimsatt, Instructor

SIGN UP AT THE FRONT DESK FOR THE LOTTERY DRAWING. LOTTERY DRAWING WILL BE JANUARY 4. MEMBERS DO NOT NEED TO BE PRESENT FOR THE DRAWING, STAFF WILL CALL MEMBERS THAT ARE DRAWN.

FUTURE OPPORTUNITIES

Sign up on interest Sheet at the Front Desk

Would you be interested in playing Samba (a variation of Canasta Hand & Foot)?

Would you like to learn how to play Mahjong- American Version?

Would you like to learn how to bowl?

THE FOLLOWING ARE DISCONTINUED

German Intermediate Class (formerly Conversational German)

H.E.A.T. - The High Energy Active Traveler



'Tis The Season For Giving

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 spread some holiday cheer with your generous donations.

Drop off locations until December 16:

- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD Substation (Rio Grande Blvd. & Central Ave.)

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

cabq.gov/seniors

NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

DEPARTMENT OF SENIOR AFFAIRS
ANNUAL

Festive Holiday Luncheon

Sunday, December 25, 2022
11 AM - 1 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch

at
Los Volcanes Senior Center
6500 Los Volcanes NW 87121

\$4
Per Person

Call for Reservation & Pre-Payment Details:
505-767-5999

cabq.gov/seniors

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TRIPS, ACTIVITIES & PRESENTATIONS

UPCOMING TRIPS

Space is limited.
Sign up at the front desk.

Fri, Dec 2 - Old Town Holiday Stroll

Check in: 4:15 pm Return: 9:00 pm
Cost: Purchase of your dinner

Mon, Dec 5 - Shopping & Lunch in Old Town

Check in 10:45 am Return: 4:00 pm
Cost: Purchase of your lunch

Thu, Dec 8 - Governor's Mansion Tour

Check in: 10:00 am Return: 3:00 pm
Cost: Purchase of your lunch

Tue, Dec 13 - River of Lights

Check in: 5:00 pm Return: 9:00 p.m.
Cost: \$14 plus taxes and fees
Pay at the gate

UPCOMING PRESENTATIONS

Sign up at the front desk.

Livian Albuquerque

Dorothea Doyel

Tuesday, December 20
10:15 - 11 am Room 5

- Do's and Don'ts for stopping phone scams.
- 3 ways to instantly improve your mood.
- What type of home matches your vision of retirement?

OUT TO DINNER

Not scheduled for December



LUNCH BUNCH

Thursday, Dec 15 at

Red Lobster

5555 Montgomery Blvd NE

Check in: 10:45 a.m. Return: 3:00 p.m.

Please sign up at the front desk.



Vince Vaughn Reese Witherspoon

Movie Matinee

His father, her mother, his mother and her father all in one day.

FOUR CHRISTMASSES

Friday, Dec 9
1:30 p.m.
Room 5

ACKNOWLEDGMENTS & THANK YOUS

PROJECT LINUS participants recently teamed up with AARP to make hats for homeless veterans. The group also makes hats for hospitals on an as-needed basis. The Albuquerque organization knits, crochets, and quilts approximately 4,000 blankets a year for babies and children up to age 18. The blankets are sent to hospitals and shelters. Some blankets were sent to the Afghan refugees who were housed in Southern New Mexico recently. The group relies on yarn and fabric donations. The Friends of Bear Canyon also support the group with an annual money donation. We would like to acknowledge the positive impact Project Linus is having on their many recipients.



Thank you to Miquela and the mid-school youth at Prince of Peace for the thoughtful handmade Thanksgiving cards! They were very much appreciated!

The Japanese folk dancers performed at the Aki Matsuri Festival held at the New Mexico Veterans Memorial in September.



The group practices Mondays from 10 am-12 pm in the multipurpose room.

October & November Special Luncheons & Veteran's Day Social



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
Tea30

Lunch A-la-Carte

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

NO reservation is required for A-la-Carte

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
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 505-767-5959

















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



December 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico GROWN** state initiative to provide locally sourced fruits, vegetables, beans, and



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <ul style="list-style-type: none"> ♦ Salisbury Steak/Mashed Potatoes w/Gravy ♦ Sliced Carrots ♦ Diced Beets ♦ Apricots ♦ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ♦ Macaroni & Cheese w/ Steamed Broccoli ♦ Seasonal Vegetable ♦ Stewed Tomatoes ♦ Greek Yogurt ♦ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Tamales ♦ Pinto Beans ♦ Calabacitas ♦ Fresh Seasonal Fruit ♦ 1% Milk 	<p>8</p> <p>CLOSED</p>	<p>9</p> <ul style="list-style-type: none"> ♦ Sesame Beef w/Pepper & Onions ♦ Chow Mein Noodles ♦ Stir Fry Vegetables ♦ Fortune Cookie ♦ 1% Milk 
<p>12</p> <ul style="list-style-type: none"> ♦ Seasoned Baked Salmon/Rice Pilaf ♦ Succotash ♦ Seasonal Vegetable ♦ Fresh Seasonal Fruit ♦ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ♦ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion ♦ Brown Rice ♦ Okra w/Diced Tomatoes ♦ Orange ♦ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Beef Tips w/Gravy/ Bowtie Pasta ♦ Garlic Brussel Sprouts ♦ Peach Crisp ♦ Coconut/Margarine ♦ 1% Milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes ♦ Seasonal Vegetable ♦ Warmed Sliced Apples ♦ Dinner Roll w/Margarine ♦ 1% Milk 	<p>16</p> <p>Bear Canyon Special Luncheon Pre-Purchased Tickets are \$4.00 per person No refunds</p> 
<p>19</p> <ul style="list-style-type: none"> ♦ Breaded Cod/Tartar Sauce ♦ Crinkle Cut Fries ♦ Steamed Spinach ♦ Mixed Fruit ♦ Whole Grain Dinner Roll w/Margarine ♦ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ♦ Chicken Pot Pie ♦ Ancient Rice ♦ Steamed Broccoli ♦ Peaches ♦ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ♦ Pasta Primavera ♦ Green Beans ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Red Chile Pork Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Pineapple ♦ 1% Milk 	<p>23</p> <ul style="list-style-type: none"> ♦ Roast Beef w/Gravy ♦ Mashed Potatoes ♦ Peas w/Carrots ♦ Strawberries w/ Pound Cake ♦ Dinner Roll w/ Margarine ♦ 1% Milk 
<p>26</p> <p>Closed for Christmas</p> 	<p>27</p> <ul style="list-style-type: none"> ♦ Cheese Omelet W/ Roasted Potatoes ♦ Stewed Tomatoes ♦ Whole Grain Biscuit ♦ Mandarin Oranges ♦ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Breaded Cod over Brown Rice ♦ Green Beans ♦ Cauliflower w/ Red Peppers ♦ Fresh Seasonal Fruit ♦ 1% Milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Green Chile Chicken Posole ♦ Calabacitas ♦ Steamed Cabbage ♦ Flour Tortilla ♦ Rice Pudding ♦ 1% Milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes ♦ Collard Greens and Black eyed Peas ♦ Cornbread ♦ Grapes and a Fortune Cookie ♦ 1% Milk 