

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

Happy February!

As we notified you last month, the start of the year had a few pretty significant changes that we feel have been received positively.

Just to remind everyone what some of those changes were:

- The center became a “mealsite” on January 1st. For those who are 60+ and registered with us; you are eligible for the “hot meal” aka. “main entrée” on a donation basis. Reservations still required.
- Kitchen renovations began last month and are currently ongoing for the next few months. We are still providing dine in meals, that are delivered daily from our department’s main kitchen. Making reservations are more important than ever. Also, we are providing a continental style breakfast (no reservations required).
 - During kitchen renovations we will continue to give ongoing updates. It is our hope that construction will have very limited impact on activities in our social hall and we will work with instructors and group leaders for the duration.

We appreciate everyone’s patience, flexibility and understanding during this busy time of change as well as construction.

Have a wonderful month.

Respectfully,
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

Feb 6 SHIP Navigating Medicare
Feb 7 GEHM Clinic
Feb 10 Movie Matinee
Feb 14 Valentine's Social
Feb 16 Lunch Bunch
 Valentine's Dance
 Wheels Museum Trip
Feb 20 President's Day Closure
Feb 21 Nat. Hispanic CC Trip
 Red Robin Fundraiser
Feb 24 Vaccination Clinic 1-4 pm
 Painting with Suki

Accredited by 
**National Institute of
Senior Centers**



**HAPPY
PRESIDENT'S
DAY**

**WE WILL BE
CLOSED ON
MONDAY,
FEBRUARY 20**

GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
North Domingo Baca Mutigenerational Center
MONDAY, FEB 27

11:30 am - 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.



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.



Navigating Medicare

First Monday of each month
Lobby
10 am – 1 pm

Get free, unbiased, expert information and assistance with your Medicare decisions as well as help with enrollment from NM Aging and Long-Term Services Dept. SHIP Counselors.

NEW MEMBER ORIENTATION

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

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 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



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.

- **Could the main kitchen make some burritos for breakfast? They could wrap them up in foil and be kept in the warmer to be served at breakfast. There could be a separate charge for them. Not to be included with the continental breakfast.**

Thank you for your suggestion. We are aware breakfast is an extremely popular event at the center and can understand that lack of certain items may make the current continental breakfast option less desirable. We have passed along the suggestion to our main kitchens' program managers. As we get further into the kitchen's renovation and more settled with our current processes, the kitchen staff will continue to assess how to be able to add more items for variety.

AARP DRIVER SAFETY CLASSES

1st Saturday of the month, 9:30 am - 1:30 pm
3rd Thursday of the month, 12 - 4 pm

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>



Teeniors* are 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 - 5 pm

Space is limited, please sign up at the front desk.



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC Spotlight

In the spotlight for the month of February is Eddie Castoria.

When he was asked if he would be the Spotlight he answered, 'Yes'. Then he immediately asked, "What is it?"

Eddie was born in Norwalk, CT. His family moved to Albuquerque in 1959. He is the oldest of three children. His sister Linda, a retired teacher and education administrator, lives in Albuquerque. His brother, Louie, an attorney, lives in Half Moon Bay, CA. He also has four female cousins here.

Eddie received a Bachelor of Arts Degree in Psychology, a master's degree in Counseling Psychology and a Law Degree. His varied career has included Army officer, psychologist, lawyer, government official and private business executive. He is a decorated Vietnam veteran.

Eddie is an animal lover, having volunteered as an Animal Educator at Animal Humane of New Mexico. Eddie loves to travel, and recently spent three weeks in Italy visiting family and exploring the country for the 8th time. His hobbies include golf, riding his electric bike, serving with the VFW and volunteering with FOBC, for which he is Chairman of the Restaurant Fundraising Program.

==== FEBRUARY FUNDRAISING ====



Beginning Tuesday, February 21,
4 pm through March 21, 2023
2100 Louisiana Blvd NE (Winrock)
505-225-8597

Tickets will be available at the front desk.

Many thanks to Pizza Nine
for being our January
Restaurant of the Month!



To all Members of Bear Canyon;

FOBC wish to thank each and every one of you for the overwhelming support of the recent raffle. The Friends organization is extremely pleased with the results. We are looking forward to enhancing the programs and activities in 2023 due to your participation in our successful fundraising. Again, a very heartfelt thank you.

CALENDAR OF ACTIVITIES

COMPUTER ROOM INFORMATION

OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9 - 11 am

iMac, PC, and iPad available



PC COMPUTER WORKSHOP

Third Wednesday of the month

1:30 - 3:30 pm

Contact person: Harold Gottlieb

Email: hbgottl2@q.com



APPLE MAC WORKSHOP

Third Saturday of the month

9:30 am - 12 pm

Activity Leader: Bo Keith

Email: bnkeith@comcast.net

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

Volunteers with website experience, please contact Bo Keith.

APPLE USERS

Drop In Assistance

Mondays 9 - 11 am

Contact person: Jean Maka

Email: huntgen@gmail.com

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month

8:30 am - 1200 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 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



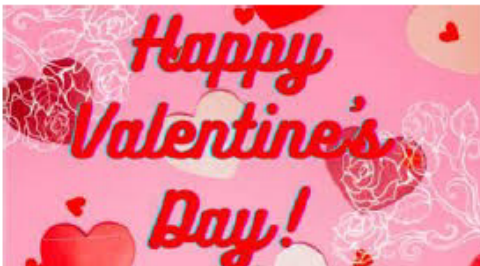
THURSDAY NIGHT DANCE

6 - 8:45 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.

- Feb 2 - Long Drink of Water
- Feb 9 - Roger Burns
- Feb 16 - Paul Pino
- Feb 23 - Desert Springs



VALENTINE'S DANCE

sponsored by Humana



Thursday, February 16th

6:00 - 8:30 pm

Music by Paul Pino and the Tone Daddies



LUNCH BUNCH



Thursday, Feb 16
at Vic's Daily Cafe

3600 Osuna Road NE

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



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:

- Jan 3 - Oak Street Health
- Jan 10 - The Montebello on Academy
- Jan 17 - Roadrunner Hospice
- Jan 24 - Sun Tours

CALENDAR OF ACTIVITIES



Painting with Suki



SIGN UP AT THE FRONT DESK FOR THE LOTTERY

Lottery Drawing will be February 17th, members DO NOT need to be present for the raffle, staff will draw names and call members that got picked.

**Friday, February 24th
2 - 4 pm
In Room 5**

Wheels Museum Tour

&

Bob Bovee's Long Steel Rails Concert



This program, for all ages, presents songs and stories about the famous trains, rail workers, hobos, train wrecks and train robbers. Casey Jones, The Wabash Cannonball & John Henry are as vital and expressive as any pieces of American folklore. Get on board!



Thursday, February 16th

Cost: \$10 (+tax and fees)

Check in: 10:00am

Per person at door

Depart: 10:15am

Includes concert and

Concert at 11am-12pm

admission to the museum

Lunch on the way back to center at your own expense

SPACE IS LIMITED; PLEASE SIGN UP AT THE FRONT DESK

Happy Hearts Day!

Tuesday, February 14

During regular lunch

(carne adovada & pinto beans)

Entertainment by:

Trisha Taylor

Dessert Sponsored by:

Oak St. Health

Please make your lunch reservation
by 1pm on February 13.

ACKNOWLEDGMENTS AND ACTIVITIES

FISHING CLUB AWARD

The BCSC Fishing Club initiated an award program in 2022 for the biggest Trout caught during the year.



Pictured is Bernie Urbassik (L), president of the fishing club, presenting Steve Nowaczek (R), first recipient of the award, with a certificate and trophy for catching a 20 inch Rainbow Trout at Hopewell Lake. The Trophy will be on display at the center for all to see.



RIO GRANDE WOODCARVERS DISPLAY ART WORK



When you have a moment, stop by the west hall to see this large piece of art work that is on loan from the woodcarving group.

NATIONAL HISPANIC CULTURAL CENTER



Tuesday, February 21

Cost: ~\$7.00/person + tax and fees

Check in: 9:00 am

(Pay at the door)

Depart: 9:15 am

Includes private

Private Tour Starts: 10:00 am

Torreon Tour and admission

Return by 4:00 pm

to museum.

LUNCH AT YOUR OWN EXPENSE

SPACE IS LIMITED; PLEASE SIGN UP AT FRONT DESK

Senior Day on the Rail Runner



Wednesday, March 22nd

Check-in: 8:15 am

Depart: 8:30 am

Train Leaves at 9:15 am

Return by: 3:15 am

Cost

Rail Runner is free for 60+ seniors

Seniors 59 and under
\$3 round trip

LUNCH AT TOMASITA'S
AT YOUR OWN EXPENSE



Space is Limited - Please Sign Up at the Front Desk

February 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.

**ONE
ALBUQUE
RQUE**

February 2023

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 chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
30 <ul style="list-style-type: none"> ♦ Salmon ♦ Rotini Pasta ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	31 <ul style="list-style-type: none"> ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 <ul style="list-style-type: none"> ♦ Baked Ziti ♦ Steamed Zucchini ♦ Garlic Breadstick ♦ Greek Yogurt ♦ 1% Milk 	2 <ul style="list-style-type: none"> ♦ Oven Fried Chicken ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Dinner Bread ♦ Seasonal Fruit ♦ 1% Milk 	3 <ul style="list-style-type: none"> ♦ Ham & Potato Soup ♦ Roasted Corn & Red Peppers ♦ Cherry Cobbler ♦ Biscuit ♦ 1% Milk 
6 <ul style="list-style-type: none"> ♦ Baked Ziti ♦ Seasonal Vegetable ♦ Garlic Breadstick ♦ Yogurt ♦ 1% Milk 	7 <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Mashed Potatoes ♦ Roasted Brussel Sprouts ♦ Seasonal Fruit ♦ 1% Milk 	8 <ul style="list-style-type: none"> ♦ BBQ Pork Chop ♦ Baked Beans ♦ Collard Greens ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	9 <ul style="list-style-type: none"> ♦ Green Chile Beef Enchilada ♦ Spanish Rice ♦ Calabacitas ♦ Seasonal Fruit ♦ 1% Milk 	10 <ul style="list-style-type: none"> ♦ Breaded Cod ♦ Buttered Pasta ♦ Spinach ♦ Seasonal Fruit ♦ 1% Milk 
13 <ul style="list-style-type: none"> ♦ Swedish Meatballs ♦ Brown Rice ♦ Seasonal Vegetable ♦ Applesauce ♦ 1% Milk 	14 <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk 	15 <ul style="list-style-type: none"> ♦ Catfish ♦ Sweet Potatoes ♦ Seasonal Vegetables ♦ Chocolate Pudding ♦ 1% Milk 	16 <ul style="list-style-type: none"> ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Pineapple ♦ Dinner Roll ♦ 1% Milk 	17 <ul style="list-style-type: none"> ♦ Spinach Lasagna ♦ Steamed Carrots ♦ Garlic Breadsticks ♦ Seasonal Fruit ♦ 1% Milk 
20 <p style="text-align: center;">Closed</p> 	21 <ul style="list-style-type: none"> ♦ Egg Omelet ♦ Stewed Tomatoes ♦ Seasoned Potatoes ♦ Orange ♦ 1% Milk 	22 <ul style="list-style-type: none"> ♦ Red Chile Pork Posole ♦ Pinto Beans ♦ Spinach ♦ Tortillas ♦ Seasonal Fruit ♦ 1% Milk 	23 <ul style="list-style-type: none"> ♦ Cheeseburger ♦ Tater Tots ♦ Coleslaw ♦ Cherry Cobbler ♦ 1% Milk 	24 <ul style="list-style-type: none"> ♦ Salmon ♦ Angel Hair Pasta ♦ Seasonal Vegetable ♦ Pumpkin Pudding ♦ 1% Milk 
27 <ul style="list-style-type: none"> ♦ Salisbury Steak ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 	28 <ul style="list-style-type: none"> ♦ Beef Fajitas ♦ Tortilla ♦ Spinach ♦ Pinto Beans ♦ Seasonal Fruit ♦ 1% Milk 	1 <ul style="list-style-type: none"> ♦ Seasoned Baked Chicken ♦ Mashed Potato ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Dinner Roll ♦ 1% Milk 	2 <ul style="list-style-type: none"> ♦ Chile Dog w/Cheese ♦ Tater Tots ♦ Seasoned Roasted Corn ♦ Seasonal Fruit ♦ 1% Milk 	3 <ul style="list-style-type: none"> ♦ Cajun Garlic Butter Tilapia ♦ Orzo w/ Diced Tomatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ 1% Milk 