

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 and Happy February!

Hope the start of a new year has been generous to you all so far.

This year is unique as it is a “leap year” (which happens every 4 years) meaning that February is given an extra day totaling 29!

Some may have noticed that we have rearranged a few items and their placement in the center. We have now moved the “library” bookshelves to the main lobby (instead of the main hallway). Feel free to stop by take or leave some books. Also, please respect the limit to give all others a chance to enjoy them. Furthermore, we have moved the centers’ awards to our main lobby display to better showcase these wonderful accomplishments. Our intent is to still display some of the classes’ creations and works of art both in the lobby and hallway display when available and able.

Lastly, now is the time of the year to gather documents and complete our taxes. We again are lucky to host and work with AARP for Tax Aid. Taxes take place on Tuesday’s, are by appointment only.

Wishing everyone a fantastic month.

Best regards,

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 2 Teeniors
- Feb 6 AARP Tax Preparation begins
- Feb 8 Mineral Museum Trip
- Feb 9 Movie Matinee
- Feb 14 Valentine’s Sweetheart Dance
- Feb 15 Lunch Bunch
- Feb 19 Closed for Presidents’ Day
- Feb 22 Roadrunner Food Bank trip
- Feb 26 DSA Advisory Council meeting
- Feb 27 Duran’s on Central Tour
- Mar 5 City of Abq Greenhouse Tour



**All DSA facilities
will be closed
Monday,
February 19, 2024
for Presidents’ Day**

Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

**DEPT. OF SENIOR AFFAIRS
ADVISORY COUNCIL MEETING**

**Bear Canyon Senior Center
4545 Pitt NE, 87111
Monday, Feb 26
12 pm**

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.



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.



**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.

The AARP Smart Driver™ online course is still an option!

You can register at:

<https://www.aarpdriversafety.org>

**Navigating Medicare Assistance
First Monday of the Month
Lobby
10 am – 1 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 Activity Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services
- DSA Sports & Fitness Catalog

HELPFUL NUMBERS

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

GENERAL INFORMATION & ASSISTANCE

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 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@q.com



APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am - 12:30 pm
Computer Lab
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.

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 with varied professional experiences ranging from emergency room, surgical, case management, oncology, public health including infectious diseases and overall health promotion and disease prevention. To join us call Lupe at 505-401-2558.

PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON NEWS

FOBC SPOTLIGHT

In the spotlight for February is Melida A. Collymore.



Melida was born in the former Panama Canal Zone and migrated to the U.S. at 15 years old. Up until her migration she attended Jr. High School in Panama. She then attended Clara Barton Vocational High School in New York City. After graduating, she attended New York Community College while working at Chase Manhattan Bank. She also worked at St. Mary's Catholic Hospital and Macy's Dept. Store.

While living in NYC she volunteered with the hospitality and bereavement ministry at her church. She is a twice cancer survivor. Melida married her high school sweetheart, Leo Collymore, after 50 years and then she moved to New Mexico.

Melida has a daughter and son, both living in New York City, with her 3 grandchildren. Her daughter, son-in-law and oldest granddaughter came to visit in 2023.

She joined Bear Canyon Senior Center several years ago and began volunteering at Roadrunner Food Bank's warehouse.

She has learned about the city of Albuquerque and state of New Mexico through many day trips provided by the senior center over the years before Covid. She is forever grateful for those experiences. She now volunteers with the Friends of Bear Canyon.



HOLIDAY RAFFLE WINNERS

Congratulations to the following individuals who were winners of the ten raffle prizes. Winners are listed in no particular order.

Wendy Mason, Isaiah Poole, Tammy Lamb, Nancy Dunson, Greg Suko, Lucy Martinez, Nancy Madigan, Patricia Ahmadi, Neil Throckmorton, and Jean Gleason.

**The Restaurant Fundraiser
is not scheduled for February**

Stay tuned for future dates and times.

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.

- Feb 1 - Long Drink of Water
- Feb 8 - Roger Burns
- Feb 15- Paul Pino
- Feb 22 - Recorded Music w/Josie
- Feb 29 - Recorded Music w/Josie



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 2 - Watermark at Cherry Hills
- Jan 9 - LilyCare
- Jan 16 - Sandia Vista
- Jan 23 - Bear Canyon Senior Center
- Jan 30 - Coldwell Banker

Dessert Social

Monthly on the
3rd Friday
1:30 – 2:30 pm
Social Hall

Stop by for free dessert.
Enjoy Fun, Fellowship and Friends.

Sponsored by The Lynn Johnson Group



DESSERT AND REAL ESTATE!

Hi, I'm Venessa Johnson your Senior Real Estate Specialist. I'm the person that brings the goodies for the Bear Canyon Dessert Socials.

As a Senior Real Estate Specialist, I offer a free Comparative Analysis on homes. If you or someone you know is thinking about selling and want to know what the home is worth in today's market, give me a call and I will be more than happy to sit down with you and review your home value.

Venessa Johnson
The Lynn Johnson Group
Keller Williams
505-220-5099
vj@lynnjohnson.com



KELLERWILLIAMS
Luxury
INTERNATIONAL

CALENDAR OF ACTIVITIES

Upcoming Trips

Space is limited.
Sign up at the front desk.

**Thursday, Feb 8 - Mineral Museum
Socorro, NM**

Check in: 9 am Return: by 4 pm
Cost: Free Lunch: At own expense

Wednesday, Feb 21 - Senior Connect @ JCC

Check in: 8:30 am Return: by 1:30 pm
Lunch: On Site at own expense

Thursday, Feb 22 - Roadrunner Food Bank

Check in: 9:45 am Return: by 4 pm
Cost: Nonperishable food item(s)
Lunch: At own expense

**Tuesday, Feb 27 - Duran's on Central
History & Tour**

Check in: 8:30 am Return: by 3 pm
Cost: Free Refreshments: At beginning
Refreshments & Lunch: At own expense

Tuesday, March 5 - City of Abq Greenhouse

Check in: 9:15 am Return: by 2 pm
Cost: Free Lunch: At own expense

Watch the bulletin board and front desk display for

“Pop Up Trips.”

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.

Presentations

Sign up at the front desk.

What's and Why's of Funeral Planning

Tuesday, May 7
9:30 - 10:30 am Room 5

Information Tables

VFW

Thursday, Feb 1 8 - 9:30 am

UNM CHWI Mental Health Outreach

Tuesday, Feb 6 9 - 11 am

Kickstand Cycles

Tuesday, Feb 20 9 - 11 am

Medicare with Erin Haslam

Tuesday, Feb 27 9 - 11 am

CALENDAR OF ACTIVITIES

Classes

Jewelry with Diana

Friday, Feb 23 2 - 3 pm Room 5
Cost: \$25 for 2 complete earring kits

Please sign up for this class
at the front desk.

Stained Glass Session II

Wednesdays 1 - 4 pm Room 5

Due to the popularity of the existing stained glass class, we have added a second class session. Participants choose one session to attend.

How to Play Mahjong - American version

Wednesday, Feb 21
or
Wednesday, Feb 28

1 - 4 pm Multipurpose Room

Participants select one session only.

Please sign up for this class
at the front desk.



Valentine's Sweetheart Dance
Wednesday, February 14th

2:00pm - 3:30pm

Sponsored by:

Amada Senior Care

Music by:

Roger Burns



NEW CENTER LOCATION & CALENDAR OF ACTIVITIES

NEW CENTER OPENING

Coming soon! The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!



LUNCH BUNCH

Thursday, Feb 15
El Patron North
8100 Wyoming Blvd. NE
505-797-3311

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



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.

VOLUNTEER RECOGNITION & CENTER HIGHLIGHTS

Retired Senior Volunteer Program Pinning Ceremony

A total of 81 seniors were recognized and received pins for 5, 10, 15, 20 and 25 years of volunteer service at a pinning ceremony held by the Department of Senior Affairs Retired Senior Volunteer Program (RSVP). Congratulations Millie, Mr. Ron, and Ila for reaching such amazing milestones and thank you for your dedication. Thank you to all of our BCSC pin recipients. This place wouldn't be the same without you!

25 Year – Millie Martinez

20 Year – Ron Mansoldo, Ila McCrea

15 Year – Jan Caron

10 Year - Shirley Fleming, Donna Bauer, Annette Gorenz, Josie Tennant

5 Year – Barbara Bonner, Nancy Thompson, Bernard Urbassik, David Wimsatt, Barbara Carroon, Patricia Chavez, Melida Collymore, Gary Day, Linda Lentz, Izela Martinez, Stephen Nowaczak, Vickie Towne



Millie Martinez being presented 25-year pin by Anna Sanchez, Department of Senior Affairs Director.



At left, Ron Mansoldo, and middle right, Ila McCrea after receiving their 20-year pins.

2ND ANNUAL FISHING CLUB AWARD



Bernie Urbassik (R) presenting Harold Ortiz (L) the biggest trout fishing club award for 2023.

SENIOR DAY AT THE LEGISLATURE



Members of Bear Canyon Senior Center visited the Roundhouse for Senior Day at the Legislature.

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 (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 am to 1 pm
NO reservation is required for A-la-Carte

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Grilled Cheese	1.25
½ Cold Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Tea30

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

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



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 ALBUQUERQUE		February 2024				
		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		
29	30	31	1	2		
<ul style="list-style-type: none"> ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced pears ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pork egg rolls w/ sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Omelet w/ bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 1% milk 		
5	6	7	8	9		
<ul style="list-style-type: none"> ♦ Pasta primavera ♦ Steamed broccoli ♦ Dinner roll w/ margarine ♦ Sliced apples ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Tilapia over brown rice w/ lemon sauce ♦ Cauliflower ♦ Green beans ♦ Banana ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Memphis dry-rubbed chicken ♦ Peas & carrots ♦ Cornbread ♦ Mandarin orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Beef tips w/ bowtie pasta ♦ Noemandy blend vegetables ♦ Cherry cobbler ♦ Dinner roll w/ margarine ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Pork chop w/ brown gravy ♦ Mashed potatoes ♦ Roasted Brussel sprouts ♦ Vanilla pudding ♦ 1% milk 		
12	13	14	15	16		
<ul style="list-style-type: none"> ♦ Chicken fajitas ♦ Mac-n-cheese ♦ Collard greens ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Turkey w/ gravy ♦ Mashed potatoes w/ gravy ♦ Steamed broccoli ♦ Dinner roll w/ margarine ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Ham and potato soup ♦ Steamed carrots ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Red chile beef enchilada ♦ Corn ♦ Pinto beans ♦ Jell-O ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked cod w/ tartar sauce ♦ Buttered noodles ♦ Succotash ♦ Mixed fruit ♦ 1% milk 		
19	20	21	22	23		
	<ul style="list-style-type: none"> ♦ Baked ham w/ pineapple sauce ♦ Sweet potatoes ♦ Italian blend ♦ Vanilla pudding ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Teriyaki chicken ♦ White rice ♦ Green beans ♦ Apple slices ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Baked siti ♦ Zucchini ♦ Garlic bread stick ♦ Yogurt ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Steak fingers w/ white gravy ♦ Cauliflower ♦ Sweet potato ♦ Brownie ♦ 1% milk 		
26	27	28	29	1		
<ul style="list-style-type: none"> ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/ red peppers ♦ Cookie ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	<ul style="list-style-type: none"> ♦ Salmon w/ garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 		

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 all participants may have a pleasant and safe experience.

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Failure to observe the Participant Code of Conduct and rules prescribed by Albuquerque Department of Senior Affairs may result in disciplinary action being taken against me, 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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services