

## Department of Senior Affairs



### A Message From Our Center Manager

Hello all,

With us continuing to roll into the new year, February brings plenty of reasons to gather, stay active, and enjoy good company here at Bear Canyon, even in the shortest month of the year.

Whether you're joining us for fitness classes, creative workshops/presentations, games, or social events, here are a few to look forward to this month!

- The big game is approaching! Join us on Friday, February 6, for a Super Bowl pre-game social with light snacks and refreshments.
- February is a special time for love with Valentine's Day just around the corner. Come celebrate love on Friday, February 13 at our special Valentine's Social.
- AARP tax season starts this month. We always look forward to working with such a great team of AARP tax volunteers. They provide such an amazing service to our seniors here in Albuquerque. Current availability is very limited. Stop by or call our front desk to discuss remaining availability. Additional inquiries may call the city info line at 311.

Just a reminder, this center and all DSA services will be closed in observance of Presidents' Day on Monday, February 16.

As always, thank you for the continued support and have a wonderful month.

Tyler Dunn

## Newsletter February 2026

### BEAR CANYON SENIOR CENTER

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

[cabq.gov/seniors](http://cabq.gov/seniors)

### 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	Super Bowl Pregame Social
Feb 12	Valentine's Dance
Feb 13	Movie Matinee
	Valentine's Day Social
Feb 16	Closed for Presidents' Day
Feb 17	Mardi Gras Friendship Coffee
Feb 19	Lunch Bunch
Feb 20	Pie Social

### FEBRUARY HOLIDAY CLOSURES

MONDAY,  
FEBRUARY 16



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

## Department of Senior Affairs



Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong. We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

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 Veterans Outreach table from 9:30 am to 1 pm to further assist veterans.



### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

**Santa Barbara Martineztown MGC**  
**1825 Edith Blvd NE, 87102**  
**Monday, February 23**  
**12 – 1:30 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.



**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
- DSA Sports & Fitness Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

### HELPFUL NUMBERS

Department of Senior Affairs .....	764-6400
City of Albuquerque Information .....	311
Non-emergency Police ....	242-COPS (2677)
Emergencies .....	911

## CALENDAR OF ACTIVITIES

### 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.

#### OPEN COMPUTER LAB

Monday - Wednesday - Friday  
9 – 11 am

Drop-in assistance with Apple products on Monday;  
Windows Products Monday, Wednesday, Friday

### 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.

## 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 5 To Be Determined
- Feb 12 Roger Burns
- Feb 19 Paul Pino
- Feb 26 Recorded with 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 6 Bear Canyon Senior Center
- Jan 13 Bear Canyon Senior Center
- Jan 20 ReSkin
- Jan 27 CNSCares

### LUNCH BUNCH



Thursday, Feb 19

**Vic's Daily Cafe**

3600 Osuna Road NE

505-341-9710

Check in: 10:45 am      Return: 3 pm

**Please sign up at the front desk.**

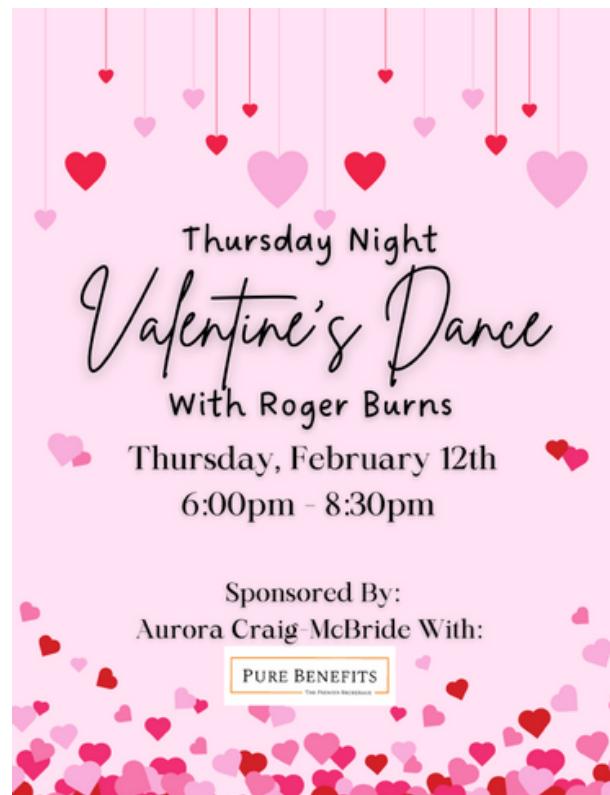


### MARDI GRAS FRIENDSHIP COFFEE

Tuesday, Feb 17

9:30 - 10:30 am

Treats Sponsored by: Sandia Vista



## CALENDAR OF ACTIVITIES & DSA OFFERINGS



The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of **250 words** detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way.

Alongside your written story, we ask that you provide a copy of a photograph that captures the essence of your relationship as well as your contact information (Name, Phone Number and Email.)

Anonymous submissions will be accepted; however, there is no guarantee they will be featured.

Drop entries off at any Senior or Multigenerational Center. Stories will be collected until February 14, 2026.

ONE ALBUQUE RQUE senior affairs

**JOIN US**  
*for*  
**SENIOR DAY**  
**FEBRUARY 13, 2026**  
[WWW.AGING.NM.GOV/SENIORDAY](http://WWW.AGING.NM.GOV/SENIORDAY)

A detailed illustration of the New Mexico State Roundhouse, a yellow, circular building with a prominent entrance and a dome.

Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY MEMBERS ACROSS NEW MEXICO.

ONE ALBUQUE RQUE senior affairs

NEW MEXICO AGING SERVICES  
NEW MEXICO AGING & LONG-TERM SERVICES DEPARTMENT

**Movie Matinee**  
**Friday, February 13 at 1:30 p.m.**  
**Room 5**

A large heart-shaped collage composed of numerous small, overlapping portraits of famous movie stars, including Jessica Alba, Kathy Bates, Jessica Biel, Bradley Cooper, Eric Dane, Patrick Dempsey, Hector Elizondo, Jamie Foxx, Jennifer Garner, Topher Grace, Anne Hathaway, Ashton Kutcher, Queen Latifah, Taylor Lautner, George Lopez, Shirley MacLaine, Emma Roberts, Julia Roberts, and Taylor Swift.

JESSICA ALBA KATHY BATES JESSICA BIEL BRADLEY COOPER  
ERIC DANE PATRICK DEMPSEY HECTOR ELIZONDO  
JAMIE FOXX JENNIFER GARNER TOPHER GRACE ANNE HATHAWAY  
ASHTON KUTCHER QUEEN LATIFAH TAYLOR LAUTNER GEORGE LOPEZ  
SHIRLEY MACLAINE EMMA ROBERTS JULIA ROBERTS TAYLOR SWIFT

**VALENTINE'S DAY**

## FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES

### February Restaurant Fundraiser



#### Location, Date and Time

To be announced

We would like to thank:



for being the January Restaurant of the Month!



AT BEAR CANYON SENIOR CENTER

FRIDAY, FEB 6  
3 - 5 PM

BY APPOINTMENT ONLY  
SIGN UP AT THE FRONT DESK



TNJ JAZZ LUNCHTIME SERENADE

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



### Monthly Birthday Party



2nd Wednesday of the Month

1:30pm - 2:30pm

Dining Hall

Join Us to Celebrate!

SPONSORED BY  
THE FRIENDS OF BEAR CANYON

### January Birthdays



Bear Canyon Senior Center

Join Us for a

### SUPERBOWL PREGAME SOCIAL

FRIDAY,  
FEBRUARY 6TH  
1:30 - 2:30PM  
IN THE MULTIPURPOSE ROOM

Show up in your teams  
favorite gear! Enjoy snacks  
and fun!



## CALENDAR OF ACTIVITIES

# Upcoming Trips

**Peoh Cultural Center**  
Pojoaque, NM



**Friday, February 20th**  
**Check-in: 8:45am Depart: 9:00am**  
**Return by 4:00pm**  
**Cost: Admission Fee**  
**\$10.00 per person (plus tax/fees)**  
**Group Lunch at El Parasol at Your Expense**  
Sign up Ends Thursday, February 12th  
Lottery draw will be Friday, February 13th  
Those selected will be notified by the front desk

**Georgia O'Keefe Museum**  
Santa Fe, NM



**Wednesday, February 25th**  
**Check-in: 8:45am Depart: 9:00am**  
**Return by: 4:00pm**  
Cost: Admission fee \$22 per person (plus tax/fees)  
Group Lunch at Tomasita's at Your Expense

**What to Bring**

- Earbuds: Bring earbuds for our free complimentary audio tour. The visitor services team will be able to assist upon your arrival.
- Small Bags: Bring only a purse or a small bag. Large bags, backpacks, or luggage will not be allowed in the galleries.
- Non-flash photography is welcome in most areas.

Sign Up closes Tuesday, February 17th  
Lottery draw will be Wednesday, February 18th  
Those selected will be notified by Staff

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

There will be additional pop-up trips this month.  
Be sure to watch the trip board at the center for announcements.

---

**We're pleased to announce that our Department of Senior Affairs Annual Survey will be launching in the coming weeks!**  
**Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!**

**Thank you in advance for your participation!**



## 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 Breakfast** ..... .75

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

#### **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



## 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. Please arrive by 12:30 p.m. for reserved meal.

ONE  
ALBUQUE  
RQUE

FE  
B  
R  
U  
A  
R  
Y

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.

I tried something  
nuev<sup>o</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Tips over Bowtie Pasta Gravy Zucchini & Squash Dinner Roll Margarine Peas 1% Milk	Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Yogurt 1% Milk	Sliced Ham Pineapple Sauce Cauliflower Spinach Coenbead Banana 1% Milk	Pasta Primavera Steamed Broccoli Dinner Roll Margarine Mandarin Oranges 1% Milk	Pork Chop Mashed Potatoes Brussel Sprouts JellO 1% Milk
				
9	10	11	12	13
Chicken Tamales Green Chilo Black Beans Normandy Blend Dinner Roll Margarine Applesauce 1% Milk	Mac & Cheese w/ Ham Steamed Broccoli Spinach Yogurt 1% Milk	Lemon Baked Cod Tartar Sauce Brown Rice Brussel Sprouts JellO 1% Milk	Red Chile Cheese Enchilada Spanish Rice Calabacitas Peas 1% Milk	BBQ Baked Chicken Thigh Stewed Tomatoes Ranch Beans Normandy Blend Dinner Roll Valentine Cookie 1% Milk
				
CLOSED	16	17	18	19
	Carne Adovada Calabacitas Pinto Beans Flour Tortilla Apple slices 1% Milk	Baked Cod Salsa Brown Rice Spinach & Onions JellO 1% Milk	Baked Ziti Brussel Sprouts Breadstick Banana 1% Milk	Breaded Pollock Tartar Sauce Carrots Green Beans w/ Mushrooms Mandarin Oranges 1% Milk
				
23	24	25	26	
Salisbury Steak Mushrooms & Gravy Mashed Potatoes Carrots Brownie 1% Milk	Green Chile Chicken Posole Steamed Cauliflower Red Peppers Applesauce Saltine Crackers 1% Milk	Meatloaf w/ Tomato Sauce Garlic Potatoes Succotash Dinner Roll Margarine Banana 1% Milk	Veggie Green Chile Cheeseburger Sweet Potato Mash Baked Beans Yogurt 1% Milk	Black Bean Chile Green Beans Brussel Sprouts JellO 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 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