

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,

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

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 and click on the 'Senior Affairs Events' tab on the left side of the page.

Accredited by 
National Institute of
Senior Centers

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

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

Thursday Night Valentine's Dance With Roger Burns

Thursday, February 12th
6:00pm - 8:30pm

Sponsored By:
Aurora Craig-McBride With:

PURE BENEFITS

CALENDAR OF ACTIVITIES & DSA OFFERINGS



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!



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



**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**

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

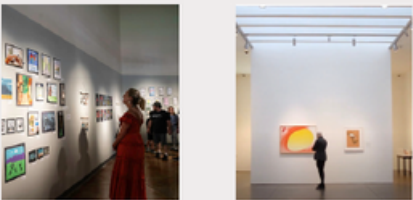
Upcoming Trips

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 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

Egg25

2 Pieces of bacon or sausage50

Pancake25

French Toast25

Egg Muffin Sandwich 1.00

Toast or Tortilla20

Hash Browns30

Instant Oatmeal70

Side of Chile25

Specials

Plain Waffle (Wednesday) 1.00

Biscuits & Gravy (Thursday) 1.00

Huevos Rancheros (Friday) 1.50

Drinks

Milk25

Juice25

Hot Tea30

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 Day50

Sandwiches

Grilled Cheese 1.25

1/2 Cold Turkey75

Cold Turkey 1.50

Sandwich of the day 1.50

Turkey Melt 1.50

Drinks

Milk25

Juice25

Hot Tea30

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

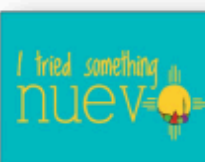
Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

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**

FEBRUARY

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
2	3	4	5	6
Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz	Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
9	10	11	12	13
Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	Mac & Cheese 3oz w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz	Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz	Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz	BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz
CLOSED 16	17	18	19	20
	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz	Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz	Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz	Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz
23	24	25	26	
Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz	Meatloaf 3oz w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz	Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 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