

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 New Year!

We are very eager to start 2024 with a bang. Of course, with a new year, comes new beginnings. First off, we would like to congratulate and thank now retired and former district 8 Councilor Trudy E. Jones. She dedicated over 15 years to the community. In that time, Bear Canyon Senior Center benefited greatly, keeping the facility in tip top shape with Trudy's ongoing and generous contributions. As just a small token of our appreciation, our department and BCSC staff has decided to name the multipurpose room in the facility after her so that she can continue to be recognized as an important foundation of the center. Going forward, we are eager to work with newly elected Councilor Dan Champine.

Again, we will be hosting Tax Aide prep/help here at the center through AARP. You can make an appt. by calling or stopping by our front desk starting Monday January 8, 2024 after 9 am. Time slots and appointments are limited.

Wishing everyone a great start to 2024 and a very happy and prosperous year!

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

- Jan 1 Closed for New Year's Day
- Jan 5 Teeniors
- Jan 10 NM Museum of Art Trip
- Jan 12 Movie Matinee
- Jan 15 Closed for Martin Luther King Jr Day
- Jan 17 NM History Museum Trip
- Jan 18 Lunch Bunch
- Jan 24 Nuclear Museum Trip
- Jan 26 Painting with Suki



Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

**Palo Duro Senior Center
5221 Palo Duro NE, 87110
Monday, Jan 22
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



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.

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 - 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.

DEDICATION & CALENDAR OF ACTIVITIES

COUNCILOR JONES DEDICATION



We are thrilled to officially unveil the dedication of the multipurpose room at Bear Canyon Senior Center to Councilor Trudy E. Jones. Now, her legacy will continue to live on in the center after all her contributions. Thank you.

INNERSEED CLOTHING & NECESSITIES DRIVE

Bear Canyon Senior Center in partnership with innerseed ministries and the Friends of Bear Canyon is hosting a clothing drive to collect and donate to innerseed ministries. Please bring any of the items listed below to the center in January during regular business hours. There will be a box in the lobby.

NEW OR GENTLY USED

- cold weather gear, clothing, and shoes
- blankets & sleeping bags

NEW

- socks & underwear
- hygiene supplies

Monetary gifts may be processed through the Friends of Bear Canyon if you would like to do so.



AARP Foundation Tax-Aide Program



FREE
TAX ASSISTANCE
& PREPARATION

Bear Canyon Senior Center will begin accepting tax appointments on Monday, January 8, 2024 at 9 am. Appointments will be available from Tuesday, February 6 through Tuesday, April 9. Once you have scheduled your appointment, please pick up a tax packet to prepare for your appt.

We are lucky to have Dixie Prowell back leading the tax preparers at our center. Thank you Dixie!



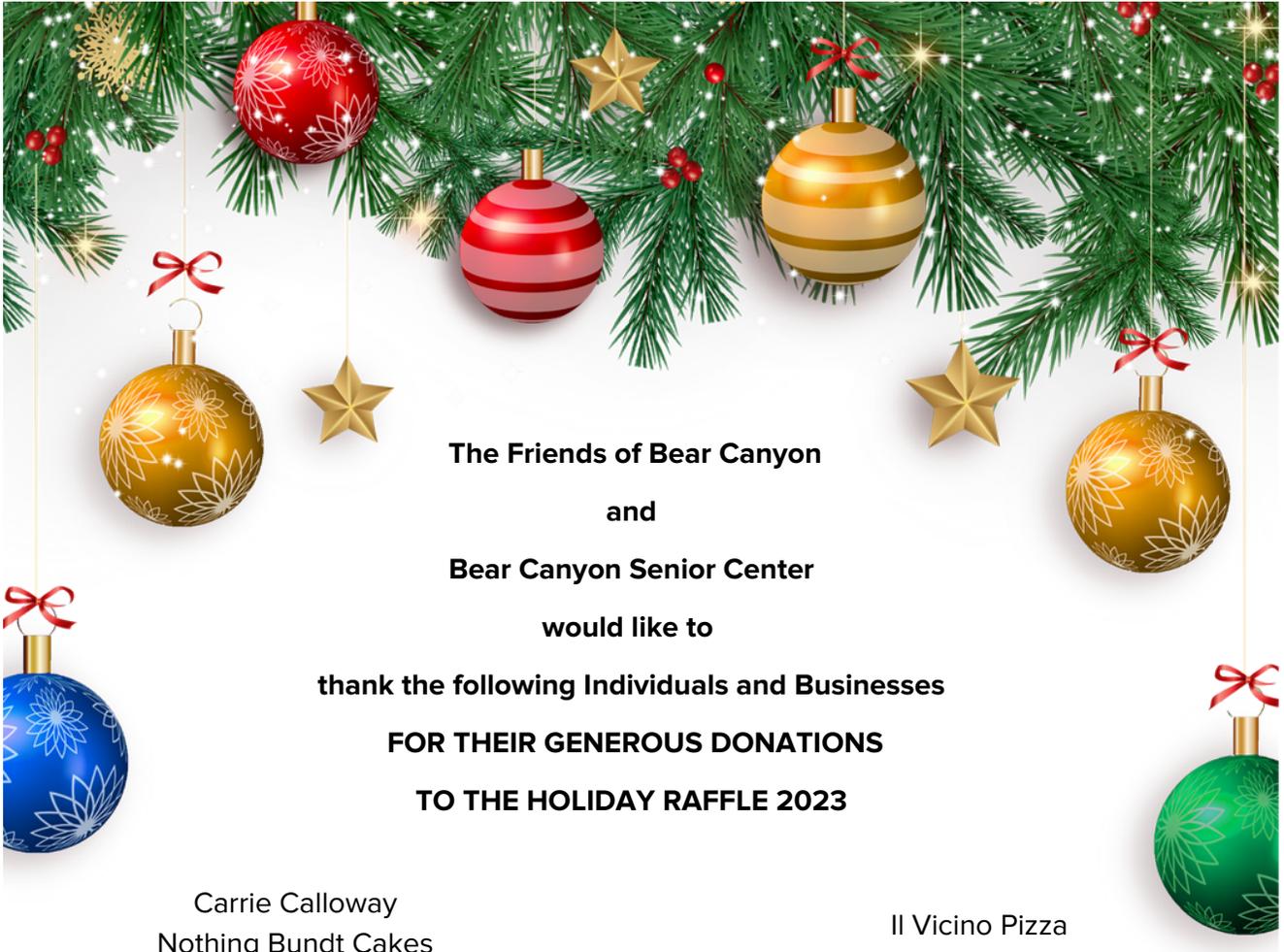
Teeniors* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, their goal is to empower you to connect with your loved ones, engage with your community, and the world through 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



**The Friends of Bear Canyon
and
Bear Canyon Senior Center
would like to**

thank the following Individuals and Businesses

FOR THEIR GENEROUS DONATIONS

TO THE HOLIDAY RAFFLE 2023

Carrie Calloway
Nothing Bundt Cakes
Rudy's
Duran's Central Pharmacy
Grassburger
Range Café
California Pizza Kitchen
Santa Fe Brewing
LongHorn Steakhouse
Mrs. Clean LLC
Bosque Brewing Restoration Pizza
Renaissance Hair, Skin & Nails- Lu Pohl
Sunshine Dental
David Cuellar

Il Vicino Pizza
Trader Joe's on Holly Avenue
Boxing Bear Brewery
Eddie Castoria
Pizza Barn
Sadie's
Ruth's Chris Steak House
Trader Joe's on Uptown Loop
O'Niell's
Village Inn
Eldorado Barber Shop
Renaissance Hair, Skin & Nails- Becky Nguyen
Melida Collymore



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.

- Jan 4 - Long Drink of Water
- Jan 11 - Roger Burns
- Jan 18- Paul Pino
- Jan 25 - 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:

- Dec 5 - Gentiva Hospice
- Dec 12 - The Montebello
- Dec 19 - Friends of Bear Canyon
- Dec 26 - Amada Senior Care

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.

Wednesday, Jan 10 - NM Museum of Art & the Vladem Contemporary Museum

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

Wednesday, Jan 17 - NM History Museum

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

Wednesday, Jan 24 - Nuclear Museum

Check in: 9 am Return: by 3 pm
Cost: \$17 +tax & fees per person at the door
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.

Interested?

Learn how to Bowl

Sign up on the interest sheet at the front desk. You will be notified when a new class starts.

Presentations

Sign up at the front desk.

How to Make your Android Cellphone work for you

Tuesday, Jan 17
1 - 3 pm Room 5

Information Tables

VFW

Thursday, Jan 4 8 - 9:30 am

Veteran's Outreach

Thursday, Jan 4 9 am - 1 pm

Medicare with Erin Haslam

Tuesday, Jan 16 9 - 10:30 am

New Classes

Greeting Card/Paper Craft Group

Monthly 2nd Thursday (starting Jan 11, 2024)
10 - 11:30 am Room 1

CALENDAR OF ACTIVITIES

PAINTING WITH SUKI

Friday, Jan 26

2 - 4 pm Room 5

Lottery drawing will be January 18. Members DO NOT need to be present for the raffle. Staff will draw names and call members that are drawn.

Sign up at the front desk



LUNCH BUNCH

Thursday, Jan 18

Royal Buffet

6111 San Mateo Blvd. NE

505-886-6030

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

CENTER HIGHLIGHTS

Thanksgiving Luncheon November 23, 2023

Big thank you, as always, to the Friends of Bear Canyon for sponsoring the Thanksgiving luncheon. They provided decorations and goodies that contributed to the event's success.



Holiday Guitar and Accordion Concerts December 6 and 13, 2023



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



January 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**

January 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
1 	2 ♦ Beef tip w/ bowtie pasta ♦ Breadstick ♦ Steamed broccoli ♦ Yogurt ♦ 1% milk 	3 ♦ Turkey pot pie ♦ Steamed broccoli ♦ Sliced beets ♦ Apple ♦ 1% milk 	4 ♦ Omelet w/ cheese, mushroom, spinach ♦ Diced potatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 	5 ♦ Pork chop w/ gravy ♦ Brown rice ♦ Peas ♦ Mixed fruit ♦ 1% milk 
8 ♦ Hot dog w/ bun ♦ Steak fries w/ ketchup ♦ Green beans ♦ Applesauce ♦ 1% milk 	9 ♦ Chicken alfredo w/ green chile ♦ Steamed carrots ♦ Steamed broccoli ♦ Orange ♦ 1% milk 	10 ♦ Baked cod w/ tartar sauce ♦ Peas ♦ Corn bread ♦ Chocolate chip cookie ♦ 1% milk 	11 ♦ Meatloaf w/ tomato gravy ♦ Diced red potato ♦ Collard greens ♦ Vanilla pudding ♦ 1% milk 	12 ♦ Pork chop over brown rice w/ sweet & sour sauce ♦ Stir fry vegetables ♦ Peach cobbler ♦ 1% milk 
15 	16 ♦ Sloppy joe w/ hamburger bun ♦ Brussel sprouts ♦ Cinnamon apples ♦ 1% milk 	17 ♦ Green chile chicken posole w/ flour tortilla ♦ Corn ♦ Roasted carrots ♦ Chocolate pudding ♦ 1% milk 	18 ♦ Baked Ziti ♦ Breadstick ♦ Green beans w/ tomatoes ♦ Pineapple ♦ 1% milk 	19 ♦ BBQ pulled pork ♦ Carrots ♦ Broccoli ♦ Grapes ♦ 1% milk 
22 ♦ Ground beef w/ onions and mushrooms ♦ Mashed potatoes ♦ Blackeyed peas ♦ Chocolate chip cookie ♦ 1% milk 	23 ♦ Carne adovada (pork, red chile) ♦ Pinto beans ♦ Spanish rice ♦ Applesauce ♦ 1% milk 	24 ♦ Baked cod over brown rice w/ tartar sauce ♦ Cauliflower ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	25 ♦ Ham mac & cheese w/ broccoli ♦ Sweet potatoes ♦ Cherry cobbler ♦ Mixed fruit ♦ 1% milk 	26 ♦ Chicken parmesan w/ marinara and cheese ♦ Brown rice ♦ Steamed carrots ♦ Yogurt ♦ 1% milk 
29 ♦ Texas chili: ground beef, kidney beans ♦ Corn bread ♦ Succotash ♦ Diced peas ♦ 1% milk 	30 ♦ Pork egg rolls w/ sweet & sour sauce ♦ Rice pilaf ♦ Oriental vegetable blend ♦ Fortune cookie ♦ 1% milk 	31 ♦ Omelet w/ bell pepper and onion ♦ Diced potatoes ♦ Stewed tomatoes ♦ Jell-O ♦ 1% milk 	1 ♦ Roasted lemon chicken ♦ Sweet potato ♦ Steamed broccoli ♦ Tapioca pudding ♦ 1% milk 	2 ♦ Baked Cajun salmon over brown rice ♦ Brussel sprouts ♦ Steamed carrots ♦ Pineapple ♦ 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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services