

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!

Although we were able to reflect on many accomplishments and wonderful events and memories from 2024, we would also like to highlight a few from last month that wrapped up the year.

First, the very talented choir of The Beartones put on a great performance for our members to help get in the holiday spirit.

Also, the Friends of Bear Canyon hosted their annual Holiday Raffle. There were numerous hours spent on this across their team to sell tickets, make and put together many thoughtful and great gifts/prizes, as well as plan the holiday social. Thank you to everyone involved for making this an ongoing success each year and congratulations to all of this year's winners!

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 6, 2025 after 9 am. Time slots and appointments are limited.

Now is the perfect time to reflect on the past year both for the challenges and achievements experienced. The new year gives everyone a fresh start and opportunities for growth and fulfillment. We are able to embrace this by setting meaningful (but manageable) goals or resolutions. If you are one who tries new year resolutions, just remember each small step counts in the long run to meet your goals and aspirations!

Wishing everyone a great start to 2025 and to a year of resilience, achievement and overall success!

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 6 Tax Aide Appt scheduling begins
- Jan 10 Movie Matinee
- Jan 16 Lunch Bunch
- Jan 20 Closed for MLK Day
- Jan 22 Accordion Concert
- Jan 28 FOBC Restaurant Fundraiser

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



**MARTIN LUTHER KING DAY
CLOSURE**

Monday, January 20, 2025

Accredited by 
National Institute of
Senior Centers

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.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

SB Martineztown MG Center
1825 Edith NE, 87102
Monday, January 27
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
- 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

GENERAL INFORMATION & ASSISTANCE



Our department contracts with Teeniors to provide our members assistance with their phones, computers, or tablets.

You must schedule an appointment at the front desk. On the day of your appointment you will be assigned a teenior to assist you during your scheduled time.

FIRST FRIDAY OF MONTH 3 to 5 pm

Teeniors are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching.

If you need additional assistance you can make arrangements to receive further coaching. To learn more visit the website at www.teeniors.com or call 505-600-1297.

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.

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.

- Jan 2 DJ- Jim's Night Train
- Jan 9 Roger Burns
- Jan 16 Paul Pino
- Jan 23 Recorded Music w/Josie
- Jan 30 Recorded



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 3 Coldwell Banker
- Dec 10 Yvonne Candelaria
- Dec 17 Friends of Bear Canyon
- Dec 26 Sam's Club
- Dec 31 Bear Canyon Senior Center

Pie Social

Monthly on the 3rd Friday

1:30 - 2:30 pm

Social Hall

Stop by for free pie and ice cream.
Enjoy Fun, Fellowship and Friends.

Sponsored by: Anna with
SEASONS Real Estate



PIE AND REAL ESTATE!

Hi! I'm Anna, your Senior Real Estate Specialist. I'm the positive person that brings the pie and ice cream for the monthly Pie Socials. I am on a mission to help people get to the next chapter in their lives. If you or a loved one is curious about the real estate market, let's chat! Let me know if any of the following information would be helpful to you: value of your current home, real estate market data and neighborhood trends, current inventory review, tips for selling in the future, downsizing, organizing, senior living, relocating, etc. Thank you for having me!



Anna Herrera, SRES
(505) 508-9805 | O: (505) 828-1000
anna.nmrealty@gmail.com
SEASONS Real Estate powered by Coldwell Banker Legacy
6767 Academy Rd NE, Abq, NM 87109



CALENDAR OF ACTIVITIES & TOY COLLECTION

Upcoming Trips

Trip sign ups are using a lottery process now.
See trip flyer for all the details.

Tomasita's Santa Fe

WED, JANUARY 8

Check in: 10 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Sat, Jan 4

Atrisco Cafe at DeVargas Center Santa Fe

WED, JANUARY 23

Check in: 10 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Wed, Jan 15

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.

New Class

Sign up at the front desk. Space is limited.

Expressive Arts Collage Class

Mon, Jan 13

9:30 - 11:30 am Room 4

Cost: \$10 to instructor

Create collage cards using images on 8 X 8 cardstock, with the method created by Seena B. Frost, called SoulCollage®.



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senior affairs
Bear Canyon Senior Center

Clothing and Necessities Drive



Bear Canyon Senior Center in partnership with innerseed ministries and the Friends of Bear Canyon is hosting a clothing and necessities drive to collect and donate to innerseed ministries. Please bring any of the items listed to Bear Canyon Senior Center JAN 2 through JAN 31 during regular business hours.

NEW OR GENTLY USED

- warm winter clothing & shoes
- blankets & sleeping bags

NEW

- socks & underwear
- hygiene supplies

Monetary gifts are also welcomed. Please contact the Friends of Bear Canyon if you would like to give a monetary gift.



FRIENDS OF BEAR CANYON

Holiday Raffle Winners

#1 Cooking for Two

Winner: Belinda Martorelli

Included Cookbook, Calendar, Shopping bag, Dental cleaning, and 6 Gift cards

#2 Screen Time

Winner: Richard Finhorn

Included TV, Amazon Fire, Quilt, Gift Basket, Movie Tickets and Dental cleaning

#3 Out to Dinner Gift Cards

Winner: S. Fleming

Included Ten gift cards and Dental Cleaning

#4 Out to Dinner Gift Cards

Winner: Sharon Latimer

Included Ten gift cards and Dental Cleaning

#5 At Home

Winner: Phyllis Lusader

Included Indoor Grill, Planter, Clock, 2 gift cards, 3 hour House cleaning, and Dental cleaning

#6 Trains and More

Winner: Vangie Saavedra

Included Train Set, Interior/Exterior Car Wash, Owl Picture, Gift card, and Dental cleaning

#7 Handmade for You

Winner: Ray Oklahoma

Included King Size Quilt, Quilted table runner, 2 quilted Christmas stockings, Gift Card, Sterling silver bracelets, and Dental cleaning

#8 Cozy Time

Winner: Robert Holden

Included Faye Kellerman and Rita Mae Brown signed Books, Watercolor, Hand painted cards, Crochet blanket, 2 Gifts.cards, and Dental cleaning

#9 Relaxation

Winner: David Williams

Included Cannabis basket, Raising Cane basket, Painting, 3 hour House cleaning, Gift card, and Dental Cleaning

#10 Pampering

Winner: Martha Bufford

Included Facial, Haircut Gift card, Watercolor, 2nd Painting, Hand blown glass, 2 Gift cards, and Dental Cleaning

Congratulations to each of the raffle winners. Next month, we will be recognizing all the fine restaurants, breweries, businesses and individuals who donated the amazing prizes that made up each of the holiday prizes.

FRIENDS OF BEAR CANYON January Restaurant Fundraiser



Mario's Pizzeria

Tuesday, January 28

11 am - 7 pm

11500 Menaul Blvd NE

We would like to thank:



for being the
November Restaurant of the Month!

CALENDAR OF ACTIVITIES



LUNCH BUNCH

Thursday, January 16
at Cocina Azul Mexican Restaurant
4243 Montgomery Blvd. NE
505-831-2600

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



Accordion Concert

Featuring the Albuquerque Accordion Club
Starts at 2:00pm
Wednesday, January 22nd, 2025
In the Social Hall
Hope to See You There!



Bear Canyon Senior Center

WINTER GUITAR CONCERT

WEDNESDAY,
FEBRUARY 12, 2025
2 PM
SOCIAL HALL

Country Bluegrass Western Folk Gospel Jazz

Free and all members welcome!

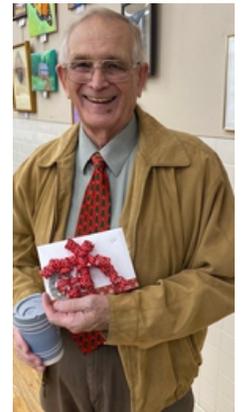


CENTER HIGHLIGHTS

Beartones Concert on Dec 4



FOBC Holiday Raffle on Dec 17



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

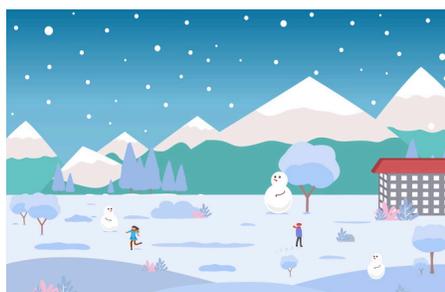
Sandwiches

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



JANUARY 2025

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
<p>30</p> <ul style="list-style-type: none"> ♦ Texas Chili ♦ Cornbread/Margarine ♦ Succotash ♦ Diced Pears ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Asian Diced Pork/Peppers ♦ Rice Pilaf ♦ Oriental Blend ♦ Fortune Cookie ♦ 1% milk 	<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Peppers ♦ Sweet Potatoes ♦ Blackeye Peas ♦ Dinner Roll/Margarine ♦ Pudding ♦ 1% milk 	<p>3</p> <ul style="list-style-type: none"> ♦ Breaded Cod/Tarter Sauce ♦ Crinkle Cut Fries ♦ Peas & Carrots ♦ Brownies ♦ 1% milk 
<p>6</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Sweet Potato Mash ♦ Cauliflower w/ Pepitas ♦ Diner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>7</p> <ul style="list-style-type: none"> ♦ Turkey Tetrazzini ♦ Corn & Edamame ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>8</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Mixed Berries ♦ 1% milk 	<p>9</p> <ul style="list-style-type: none"> ♦ Omelet w/ Red Chile & Popitas ♦ Pinto Beans w/ Spinach & Bell Peppers ♦ Dinner Roll/Margarine ♦ Apple Slices ♦ 1% milk 	<p>10</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Dinner Roll/Margarine ♦ Pear Slices ♦ 1% milk 
<p>13</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy Over Bowtie Pasta ♦ Brussel Sprouts ♦ Diner Roll/ Margarine ♦ Yogurt ♦ 1% milk 	<p>14</p> <ul style="list-style-type: none"> ♦ Lemon Baked Tilapia w/ Tartar Sauce ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Mixed Berries ♦ 1% milk 	<p>15</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Popitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	<p>16</p> <ul style="list-style-type: none"> ♦ Cheese Lasagna ♦ Roasted Fall Veggies ♦ Dinner Roll/Margarine ♦ Jell-O ♦ 1% milk 	<p>17</p> <ul style="list-style-type: none"> ♦ Chicken Posole ♦ Steamed Mushroom ♦ Sautéed Spinach ♦ Diner Roll/ Margarine ♦ Orange ♦ 1% milk 
<p>20</p> 	<p>21</p> <ul style="list-style-type: none"> ♦ Baked Chicken ♦ Sweet Potato Mash ♦ Sautéed Spinach ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk 	<p>22</p> <ul style="list-style-type: none"> ♦ Lemon Pepper Salmon ♦ Mashed Potatoes ♦ Steamed Broccoli ♦ Diner Roll/ Margarine ♦ Apple Slices ♦ 1% milk 	<p>23</p> <ul style="list-style-type: none"> ♦ Macaroni & Broccoli ♦ Brussel Sprouts ♦ Diner Roll/ Margarine ♦ Pineapple ♦ 1% milk 	<p>24</p> <ul style="list-style-type: none"> ♦ Salisbury Steak w/ Green Chile Gravy ♦ Mashed Potatoes ♦ Roasted Fall Veggies ♦ Diner Roll/ Margarine ♦ Pear Slices ♦ 1% milk 
<p>27</p> <ul style="list-style-type: none"> ♦ Lemon Baked Tilapia w/ Tartar Suca ♦ Mashed Potatoes ♦ Corn & Edamame ♦ Diner Roll/ Margarine ♦ Apple Slices ♦ 1% milk 	<p>28</p> <ul style="list-style-type: none"> ♦ Chicken Tamales w/ Red Chile & Popitas ♦ Steamed Mushroom ♦ Berry Compote ♦ 1% milk 	<p>29</p> <ul style="list-style-type: none"> ♦ Diced Pork w/ Gravy ♦ Sweet Potato Mash ♦ Green Beans ♦ Diner Roll/ Margarine ♦ Jell-O ♦ 1% milk 	<p>30</p> <ul style="list-style-type: none"> ♦ Spaghetti w/ Tomato Sauce & Mushrooms ♦ Cauliflower w/ Pepitas ♦ Dinner Roll/Margarine ♦ Orange ♦ 1% milk 	<p>31</p> <ul style="list-style-type: none"> ♦ Beef Tips w/ Gravy ♦ Brown Rice ♦ Roasted Fall Veggies ♦ Diner Roll/Margarine ♦ Mixed Berries ♦ 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

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

Ryan Espinda, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services