

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,

January is a time for fresh beginnings, and we're starting 2026 with plenty of opportunities to stay active, connected, and inspired.

We look forward to you all joining us for another full calendar year of activities and events from our vast variety of offerings. Whether you're setting new goals or simply enjoying familiar favorites, there's something here for everyone.

The Friends of Bear Canyon hosted their annual Holiday Raffle spending numerous hours across their team selling tickets and getting prizes. Thanks as always to the Friends of Bear Canyon for their continued support of the center, to all of the members who attended and congratulations to this year's winners!

We also were able to come together last month for some wonderful group holiday performances and listening from several of our very talented music groups such as guitar, accordion and the Bear Tones.

The start of a new year brings back AARP for tax prep help. You can make an appt. by calling or stopping by our front desk starting Monday January 5, 2026 after 9 am. Time slots and appointments are limited.

We look forward to sharing another wonderful year of friendship, laughter, and community with you all.

Happy New Year!

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 9	Movie Matinee
Jan 15	Lunch Bunch
Jan 16	Pie Social
Jan 19	Closed for Martin Luther King Day
Jan 28	Winter Guitar Concert
Jan 31	DSA 50+ Games- Table Tennis

(See cancellations in newsletter)

JANUARY HOLIDAY CLOSURES

**THURSDAY,
JANUARY 1**



**MONDAY,
JANUARY 19**



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

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 Veteran's Outreach table from 9:30 am to 1 pm to further assist veterans.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Bear Canyon Senior Center
4645 Pitt NE, 87111
Monday, January 26
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

APPLE MAC 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.



PC COMPUTER 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.

- Jan 1 Closed for New Year's Day
- Jan 8 Roger Burns
- Jan 15 Paul Pino
- Jan 22 TBD
- Jan 29 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 2 One Percent Lists NM Realty
- Dec 9 Presbyterian Health Plan
- Dec 16 Oak Street Health
- Dec 23 Beehive Homes
- Dec 30 Bear Canyon Senior Center



LUNCH BUNCH



Thursday, Jan 15

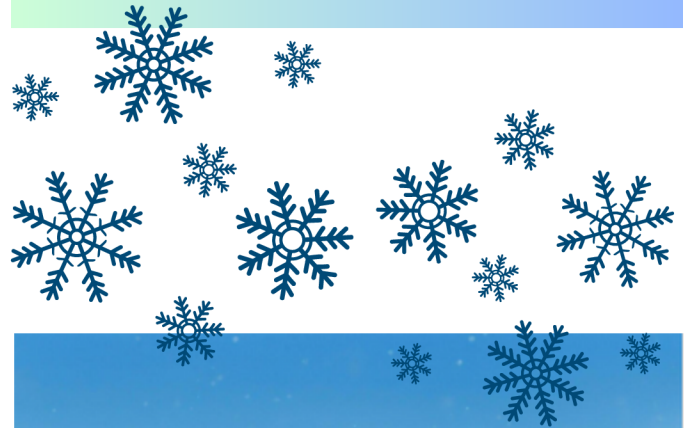
Chicken Salad Chick

2100 Louisiana Blvd. NE

505-581-2442

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



Bear Canyon Senior Center

Winter Guitar Concert

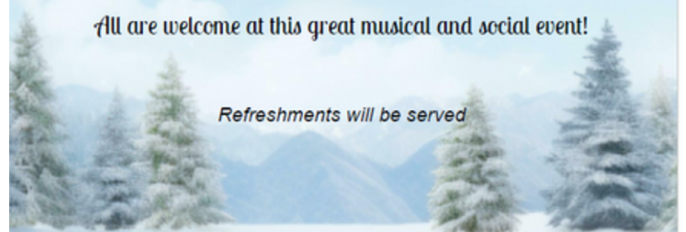
January 28, 2026

2:00-3:30 pm

Join us for an afternoon of musical entertainment featuring our own Bear Canyon musicians performing an inspiring selection of country, bluegrass, folk, jazz, rock, and Spanish performances

All are welcome at this great musical and social event!

Refreshments will be served



FRIENDS OF BEAR CANYON

January Restaurant Fundraiser



Tuesday, January 27, 2026
11 am - 8 pm
Coronado Mall

We would like to thank:



for being the November Restaurant of the Month!

Congratulations to the Friends of Bear Canyon Holiday Raffle Winners 2025

#1 Dasher & Dancer Gift Card Tree
Won by: Willie Haynes

#2 Prancer & Vixen Gift Card Tree
Won by: Betty Laviage

#3 Comet & Cupid Gift Card Tree
Won by: Sharon Dierking

#4 Donner & Blitzen Gift Card Tree
Won by: Dusty Lasswell

#5 Rudolph Money Wreath
Won by: Lloyd Zimmerman

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

November Birthdays



December Birthdays



CALENDAR OF ACTIVITIES & OFF-SITE EVENT



TWISTERS

Movie Matinee
Friday, Jan 9 at 1:30p.m. Rm 5



Pie Social

FRIDAY, JANUARY 16
1:30 - 2:30 pm
Social Hall

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

Sponsored by : Anna Herrera
with Seasons Real Estate



Painting with Suki

Friday, January 23, 2026
Room 5
2:00pm - 4:00pm

Lottery drawing sign up will close
Wednesday, January 14 at 5:00 pm

If drawn you will be notified on
Thursday, January 15



**Bear Canyon Senior Center
Silver Bears
6-Month Fitness Challenge**

Come join a fun group that involves group exercise
combined with laughter and games

All sessions are low-impact, can be done sitting or standing,
and designed for Seniors over 65

**3rd Wednesday of Each Month
Starting January 21, 2026
10-11am
Room 3**

Jan 21- Session 1 **Intro to Challenge** and Guidelines
Research and Challenge sheets

Feb 18- Session 2 Improving Your **Strength**

Mar 18- Session 3 Let's get **Flexible**

Apr 15- Session 4 It's all about **Balance**

May 20- Session 5 **Laughter** Yoga Exercises

Jun 17- Session 6 Success **Party!**

You do not have to attend all sessions, but if you complete all 6 there's a prize!

Group Leader: Irene Newlon
(Certified in Laughter Yoga and Matter of Balance)

Each participant will receive handouts and the exercise tools such as
resistance bands, props, etc. related to each session.

FREE- Limit 15 Participants- Sign up at Desk

CALENDAR OF ACTIVITIES

Presentations

**Muffins & Medicare
with Yvonne Candelaria, FSN, AMDA**

Tuesday, Jan 6
10:30 – 11:30 am
Room 5

**Artificial Intelligence, Real Consequences
How to avoid Becoming a Victim of the Latest
Scams
presented by: Joel Wigelsworth,
with NM Securities Division**

Thursday, Jan 15
10:00 - 11:00 am
Room 3

Space is limited, so please sign up at the front desk

ALBUQUERQUE 50+ GAMES TABLE TENNIS COMPETITION

SATURDAY, JANUARY 31
SOCIAL HALL

Tai Chi Chuan and Open Table Tennis
are cancelled for this date!

TNJ JAZZ LUNCHTIME SERENADE



Tracey (Bass)



Nolan (Guitar)



J. Francis (Guitar)

**WITH TRACEY, NOLAN, & J. FRANCIS
2ND AND 4TH TUESDAYS OF THE MONTH
11:30 AM - 1 PM**

Visit our website:
[www.reverbnation.com/
jfrancisandmigueldeluca](http://www.reverbnation.com/jfrancisandmigueldeluca)



**AT BEAR CANYON SENIOR CENTER
FRIDAY, JAN 2
3 - 5 PM**

**BY APPOINTMENT ONLY
SIGN UP AT THE FRONT DESK**

**CONTACT TEENIORS
teeniors@gmail.com/ (505) 600-1297
Visit our website at teeniors.com**

CENTER HIGHLIGHTS

Annual Tree Trimming Party Tuesday, December 9

Thank you to Presbyterian Health Plan for providing sweet treats and to Mrs Claus for assisting with the backdrop and photography. These were a nice addition to the event! We hope everyone enjoyed the hot chocolate and refreshments. Thanks for coming out to trim the tree.



CENTER HIGHLIGHTS

FOBC Holiday Raffle Tuesday, December 16



Accordion Holiday Concert Wednesday, December 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, 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
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Sandwiches

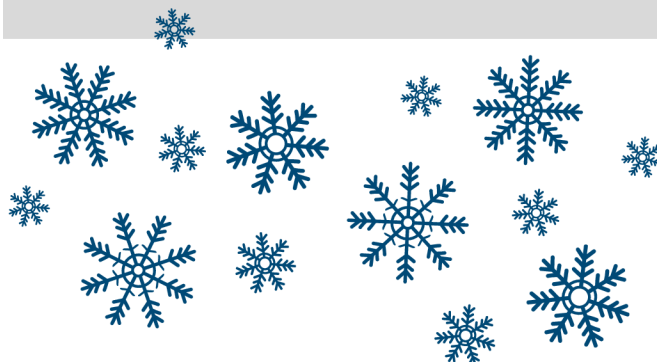
Grilled Cheese	1.25
1/2 Cold Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Hot Tea30

Dessert

Slice of Pie (selection varies)50
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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 2026

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.

**ONE
ALBUQUE
RQUE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	 30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	 31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	 2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz
 5 Baked BBQ Chicken 3oz Sweet Potato Mash 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	 6 Meatloaf 3oz Tomato Sauce 1oz Pinto Beans 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 7 Turkey Pot Pie 4oz Steamed Broccoli 4oz Breadstick 1ea Baked Pears 4oz 1% Milk 8oz	 8 Cheese Omelet 4oz Peppers & Red Chile 4oz Diced Potatoes 4oz Ranch Beans 4oz Peach 4oz 1% Milk 8oz	 9 Pork Chop 3oz Gravy 1oz Brown Rice 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz
 12 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Green Beans with 4oz Diced Tomatoes 4oz Cupped Pears 4oz 1% Milk 8oz	 13 Chicken Alfredo 4oz Peas 1oz Steamed Carrots 4oz Steamed Broccoli 4oz Yogurt 4oz 1% Milk 8oz	 14 Green Chile Cheeseburger 1ea Normandy Blend 4oz Cauliflower w/ 4oz Red Peppers 4oz Jell-O 4oz 1% Milk 8oz	 15 Posole 4oz Diced Potatoes 4oz Calabacitas 4oz Pudding 4oz 1% Milk 8oz	 16 Sweet & Sour Pork Chop 4oz Brown Rice 4oz Stir Fry 4oz Peaches 4oz 1% Milk 8oz
CLOSED 19 	 20 Sloppy Joe 4oz Brussel Sprouts 4oz Diced Potatoes 4oz Applesauce 4oz 1% Milk 8oz	 21 Green Chile Chicken 4oz Posole 4oz Carrots 4oz Broccoli/Cauliflower 4oz Vanilla Pudding 4oz 1% Milk 8oz	 22 Baked Ziti 5oz Green Beans with Diced 4oz Tomatoes 4oz Breadstick 1ea Cupped Pineapple 4oz 1% Milk 8oz	 23 BBQ Pulled Pork with 4oz Baked Beans 4oz Broccoli 4oz Cornbread 1ea Mixed Fruit 4oz 1% Milk 8oz
 26 Rotisserie Chicken 4oz Mashed Potatoes 4oz Stewed Tomatoes 4oz Brownie 1ea 1% Milk 8oz	 27 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz	 28 Lemon Baked Cod 3oz Tarter Sauce 1ea Normandy Blend 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	 29 Green Chile Mac & Cheese w/ Broccoli 5oz Sweet Potatoes 4oz Diced Beets 4oz Banana 4oz 1% Milk 8oz	 30 Chicken Parmesan 4oz Brown Rice 4oz Steamed Carrots 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