



Tyler Dunn, Manager

A Message From Our Center Manager

Hello all,

Welcome back! After a very long and challenging time during the Covid-19 Pandemic, the staff and volunteers here at Bear Canyon are thrilled to welcome many familiar and hopefully some new faces back to the facility. Please check with our front desk staff and volunteers for details about all returning activities and classes. Although we are excited to return to “somewhat normal” circumstances, we are still being safe, following state guidelines and keeping sanitary practices in place. Thank you and we look forward to seeing all of you soon!

Best Regards,

Tyler Dunn, Center Manager

Bear Canyon Senior Center

4645 Pitt NE
Albuquerque, NM 87111

Ph: 505-767-5959

Center Hours starting July 6

M-W: 8a-5p Sat: 9a - 3p
Th: 8a-9p Sun: Closed
F: 8a-5p

Special Dates & Announcements

07/01: Movie Night
07/06: Re-opening
07/06: Moment of Silence 9am
07/15: Lunch Bunch
07/16: 4th Celebration
07/26: Meet the Advisory Council

All Centers Closed

There will be no classes or activities on July 5.



Department of Senior Affairs



Note from Anna

Hello,

We are very excited and pleased to announce a few great updates for the month of July!

A new addition to the Department of Senior Affairs is our new Deputy Director Chris Sanchez. Chris possess an MBA and more than 20 years of executive leadership and strategic management experience in public, private, and non-profit sectors throughout New Mexico. He previously served as the Department Director of Community Services appointed by the Mayor of Santa Fe, has a background in youth corrections and community programming, was the director of the Santa Fe County Youth Development Program and previously worked with State of New Mexico's Family and Community Services. For the past three years, he has served as the Deputy Assessor appointed by the Santa Fe County Assessor. We are pleased to welcome Chris and look forward to him joining us in enhancing our mission of our commitment to providing resources with care and compassion that help our community thrive while embracing aging.

Another eagerly anticipated update is the re-opening of all senior and multigenerational centers on Tuesday, July 6, 2021. The past year has been unlike anything we've ever experienced, and we're working hard to adjust and evaluate how we can continue to provide more programing and activities for community members while still adhering to New Mexico's public health order. As we anticipate many of the state's restrictions to be lifted, we want to continue to bring you the services and connections you need, even if it may look a little different than it has in the past. It really can't be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens.

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Department of Senior Affairs

We want to be sure the approach we're taking to reopen is thoughtful, and that we're creating an environment that's safe for everyone. When we do reopen, more than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness sites. We're looking at how to manage the reopening of our programs and some of those plans will include continuation of increased cleaning and sanitization and continuing to offer virtual services.

We thank you for your continued patience with our staff as we work to resume our dynamic programming, events and activities. You can learn more about our approach to reopening, in-person activities and programs available, or learn more details on how we're making our center sites safe, by calling your center site directly, checking in with our Senior Information Line at 505-764-6400 Monday-Friday between 8am-4:30pm or by visiting our website cabq.gov/seniors.

We are excited to welcome you back and hope to see you again soon.

Sincerely,

**Anna Sanchez, Director
Department of Senior Affairs**



General Information & Assistance



RE-OPENING UPDATE

Beginning July 6, 2021, all sports and fitness, senior and multigenerational centers will re-open for full operations

As we work to phase back regular scheduled programs and activities, it might take time for us to figure out how things might work best for everyone. We do appreciate your patience with our Senior Affairs staff as we navigate this process.

We will say one thing is for sure, and that is that we are excited to welcome everyone back!

Here are some new changes to expect on July 6th:

- **We will phase out our Grab and Go lunch program and resume our dine in only lunch program. This gives you a great opportunity for to visit, get reacquainted and find new activities you might fall in love with!**
 - **We are warming up our griddles and bringing back our low-cost breakfast available at all of our senior and multigenerational centers from 8am-9am.**
 - **Programs and Activities are also coming back, visit with your center staff for a calendar of events and for sign up information.**
 - **50+ Sports and Fitness Centers will continue full operating hours and will now offer group fitness classes. Check centers for schedules.**
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General Information & Assistance

AARP DRIVER SAFETY

Starting in September 16, AARP will be holding in person driver safety classes on the following schedule:

First Saturday of the month, 9:30 am to 1:30 pm
Third Thursday of the month, Noon to 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 and you can register at:
<https://www.aarpdriversafety.org/>

Please check with your insurance agent to see if you're eligible for a discount.

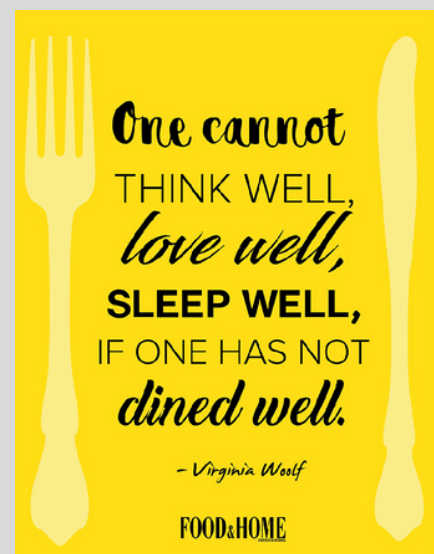
SENIOR INFORMATION LINE

Don't forget about our Senior Information Line! Our knowledgeable team can help connect you to resources throughout Bernalillo County and can answer questions about our services in Senior Affairs. Call 505-764-6400 M-F between 8:15 a.m. and 4:30 p.m. Saturday calls between 9 a.m. to 5 p.m., will be routed to 311.

A Special Thanks

Many thanks to following local restaurants for their support and generosity over the years by participating in our fundraising events. We wish them well and look forward to working with them in the future.

- California Pizza Kitchen
- El Patron
- Papa Felipe's
- Stripes
- Il Vicino
- JR BarBQ
- Scarpas
- Mykonos



Calendar & Special Events



MOVIE NIGHT AT BEAR CANYON

Thursday, July 1, 6 p.m.

We had so much fun at our last movie night, we're going to hold another one! Join us for a movie and snacks! Movie to be announced.

MOMENT OF SILENCE

Please join us for a moment of silence...
For lives lost across the world since the
Covid-19 pandemic began.

July 6, 2021 at 9 a.m.



BINGO

We will be holding virtual BINGO on July 7 and 21 at 1:30 p.m. You can pick up your card at any of our pick-up meal sites. Then join us at [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors) at the right day and time.

THURSDAY NIGHT DANCE

The much anticipated Thursday night dances are back! Starting July 8, 6-8:45 p.m. Join us for a whirl around the dance floor. \$3 will get you in the door for a fun evening of music and dancing.

- July 8 - Swing Shift
- July 15 - Roger Burns
- July 22 - Paul Pino
- July 29 - Latin Soul



Calendar & Special Events



DAYTIME DANCING WITH SENIOR AFFAIRS

You can tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs featuring "Swing Shift" on July 10 at 3 p.m. and 7 p.m.

LUNCH BUNCH

Thursday, July 15 at O'Niell's Pub
3301 Juan Tabo Blvd NE at 11:30 a.m.



Lunch Bunch is back! Please sign in at the Front Desk. You will need your own transportation and can either meet at O'Niell's Pub or meet at the center at 11am and caravan together.



4TH OF JULY CELEBRATION

Please join us for a 4th of July celebration July 16 .
More details to come.

PAINTING WITH SUKI

July 20, 2-4 p.m. and August 24, 2-4 p.m.

Space is limited, please register at the front desk.



July



August



Calendar & Special Events

DSA ADVISORY COUNCIL

Meet the advisory council Monday, July 26 at 11:30am

11:30 a.m. - Meet the Advisory Council

Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

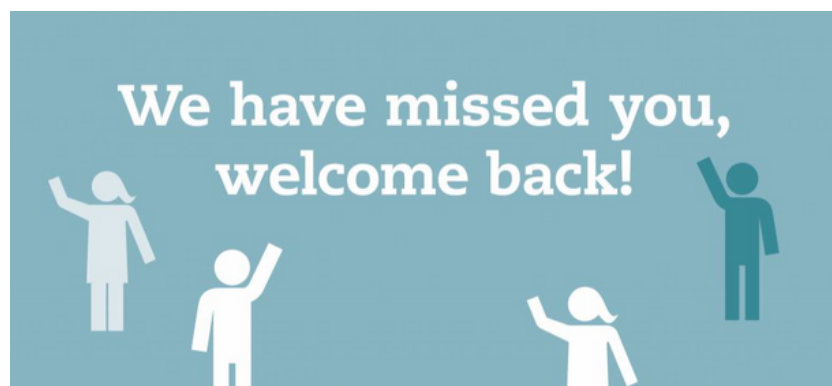
INTRO TO WATER COLOR CLASS



Thursdays, August 5-September 9
9-11 a.m.

Instructor– David Wimsatt

Space is limited, please register at the front desk



Calendar & Special Events

BEAR CANYON'S JUNE OPEN HOUSE



We want to thank everyone who came out to help us celebrate our re-opening "Open House" event! A special thank you to our amazing volunteers who served cookies and ice cream and then snacks during our movie. And thank you to the owners of the all those beautiful classic cars who came to show them off! It was so good to see all the excitement and the smiles on everyone's faces! We are looking forward to seeing everyone again real soon!



BEAR CANYON FRIENDSHIP COFFEE SCHEDULE

July 13 & 27
9:30AM TO 10:30AM

Special thanks to the following sponsors and supporters for June:

- June 8 Wineberg Endowment fund
- June 22 Avista Senior Living

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.

July Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8 to 9 a.m., Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, 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
Coffee or tea30

Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

Milk25
Juice25
Coffee or tea30

Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

July Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

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

Lunch is served from 11:30 a.m. to 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Closed (4th of July Observance)	6 ♦ Lemon Pepper Chicken ♦ Brown Rice ♦ Diced Beets ♦ Dinner Roll W/ Margarine ♦ Vanilla Pudding ♦ 1% Milk 	7 ♦ Frito Pie ♦ Imperial Blend ♦ Corn Chips ♦ Mandarin Orange ♦ 1% Milk 	8 ♦ Steak Fingers W/ White Gravy ♦ Mashed Potatoes ♦ Chuckwagon Blend ♦ Red Apple ♦ 1% Milk 	9 ♦ Garlic Tilapia ♦ Pasta W/ Diced Tomatoes ♦ Green Beans ♦ Yogurt ♦ 1% Milk 
12 ♦ Chicken Parmesan ♦ Butter Spaghetti ♦ Crinkle Cut Carrots ♦ Sliced Peaches ♦ 1% Milk 	13 ♦ Breaded Cod W/ Tartar Sauce ♦ Whole Corn ♦ Normandy Blend ♦ Watermelon ♦ 1% Milk 	14 ♦ Pasta Primavera ♦ Green Beans ♦ Breadstick ♦ Mixed Fruit ♦ 1% Milk 	15 ♦ Beef Fajita ♦ Spanish Rice ♦ Mexi-Corn ♦ Flour Tortilla ♦ Chocolate Pudding ♦ 1% Milk 	16 ♦ Pork Chop ♦ Rosemary Potato ♦ Mixed Vegetables ♦ Pear ♦ 1% Milk 
19 ♦ Carne Adovada ♦ Spanish Rice ♦ Pinto Beans ♦ Flour Tortilla ♦ Cookie ♦ 1% Milk 	20 ♦ Spaghetti W/ Meat Sauce ♦ Imperial Blend ♦ Garlic Breadstick ♦ Banana ♦ 1% Milk 	21 ♦ Oven Fried Chicken W/ White Gravy ♦ Ancient Grain ♦ Sliced Carrots ♦ Green Apple ♦ 1% Milk 	22 ♦ Cheese Omelet ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Mandarin Orange ♦ 1% Milk 	23 ♦ Salisbury Steak W/ Gravy ♦ Mashed Potatoes ♦ Spinach ♦ Peaches ♦ Dinner Roll W/ Margarine ♦ 1% Milk 
26 ♦ Blackened Salmon ♦ Ancient Grain ♦ Green Beans ♦ Red Apple ♦ 1% Milk 	27 ♦ Pork Chop W/ Gravy ♦ Au Gratin Potato ♦ Green Peas ♦ Honeydew ♦ Dinner Roll W/ Margarine ♦ 1% Milk 	28 ♦ Sweet & Sour Chicken ♦ Stir Fry Vegetables ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk 	29 ♦ Mac & Cheese W/ Broccoli ♦ Mixed Vegetables ♦ Biscuit ♦ Vanilla Pudding ♦ 1% Milk 	30 ♦ Red Chili Pork Tamales ♦ Calabacitas ♦ Pinto Beans ♦ Orange ♦ 1% Milk 