

**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 July!

Summer is in full swing, and we're bringing the heat with a month packed full of fun! One of the best ways to stay cool in this extreme heat is to stay active by attending a number of our wonderful indoor activities.

Join us for a patriotic Independence Day Social Hour on July 2, with music and refreshments. Be sure to wear your best red, white and blue patriotic outfit!

Remember we will be closed on the 4<sup>th</sup> of July in observance of Independence Day. However, we will resume regular hours on July 5.

Our center will be closed from August 4 through August 8 for staff/department training. Furthermore, Barelvas SC, Highland SC and Palo Duro SC will be closed for training at the same time. Reservation meals will be available at:

- North Domingo Baca MGC at 505-764-6475,
- Manzano Mesa MGC at 505-275-8731,
- SB-Martineztown MGC at 505-767-5671,
- North Valley SC at 505-761-4025,
- Los Volcanes SC at 505-767-5999.

Mark your calendars for two concerts in August. There will be a guitar concert on Wed, August 20 at 2 pm and an accordion concert on Wed, August 27 at 2 pm.

Stay cool and have a wonderful month.

As always, we appreciate your continued support and participation!

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**

- Jul 2 Independence Day Social
- Jul 4 Closed for Independence Day
- Jul 7 Out to Dinner
- Jul 11 Movie Matinee
- Jul 17 Lunch Bunch
- Jul 18 Pie Social
- Jul 25 Painting with Suki
- Jul 29 FOBC Restaurant Fundraiser

**OPEN COMPUTER LAB**

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices

**WE WILL BE CLOSED**

**4<sup>th</sup> of July**

**THE CENTER  
WILL BE OPEN  
SATURDAY, JULY 5**



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

North Valley Senior Center  
3825 4<sup>th</sup> Street NW, 87107  
Monday, Jul 21  
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 Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## 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 Next Date & Time To Be Determined

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](http://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](mailto: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](mailto: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.

- Jul 3 DJ- Jim's Night Train
- Jul 10 Roger Burns
- Jul 17 Paul Pino
- Jul 24 DJ- Jim's Night Train
- Jul 31 Recorded Music 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:

- Jun 3 Brookdale Senior Living
- Jun 10 Presbyterian HealthPlan
- Jun 17 Village Caregiving
- Jun 24 Beehive Homes

A top-down view of a table setting for a pie social. It includes a white coffee cup, a white napkin with a grid pattern, a white plate with a slice of pie, and a white plate with a slice of pie on a yellow and white checkered pattern. The text "Pie Social" is written in blue. Below the image, the text reads: "FRIDAY, JULY 18", "1:30 - 2:30 pm", "Social Hall", "Stop by for free pie and ice cream! Enjoy Fun, Fellowship and Friends.", and "Sponsored by: Anna Herrera with Seasons Real Estate".

**Pie Social**

**FRIDAY, JULY 18**  
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



### LUNCH BUNCH



Thursday, Jul 17

**Hello Deli**

7600 Jefferson St NE  
505797-3354

Check in: 10:45 am      Return 3 pm

### OUT TO DINNER

Monday, Jul 7

**Los Cuates Mexican Restaurant**

8700 Menaul Blvd. NE  
505-237-2800

Check in: 4:45 pm      Return 8:30 pm

**Please sign up at the front desk.**

## FRIENDS OF BEAR CANYON & AUGUST CLOSURE



### **June Drive Thru Shredding Event**

The Friends of Bear Canyon shredding event was held on June 13 from 9 to 11 am. It was sponsored by the Friends as a way to give back to the members. All the volunteers you saw working at the event were members of the Friends group. They manned the entrance, provided refreshments and kept things running smoothly.

There were 85 participants at this event, which was double the number of the first shred event. The service provider was Scintilla Shredding. It is owned and operated by Randy Tenorio. He and his son Nick took great care of our members. We were pleased with the outcome and look forward to doing it again. Information provided by Jeannie Brayman, event chair.

### **July Restaurant Fundraiser**



**Tuesday, July 29, 2025**  
3 - 8 pm  
5900 Pan American Fwy

We would like to thank:



for being the June Restaurant of the Month!

### **Reminder**

The following centers will be closed Mon, Aug 4 thru Fri, Aug 8 for training

Bear Canyon Senior Center  
Highland Senior Center  
Palo Duro Senior Center  
Barelas Senior Center

## CALENDAR OF ACTIVITIES & SCHOOL SUPPLY DRIVE

### Upcoming Trips (by Lottery)

See trip flyer for all the details.

#### Los Alamos Farmers Market

Thursday, Jul 24

Check in: 8 am      Return: 4 pm

Lunch: At own expense

Lottery sign up ends Tue, Jul 15

#### FOBC Fundraiser - Texas Roadhouse

Tuesday, Jul 29

Check in: 3:15 pm    Return: 7 pm

Meal: At own expense

Lottery sign up ends Fri, Jul 18

Watch the Trip bulletin board display for  
"Pop Up Trips."

★ ★ BEAR CANYON SENIOR CENTER ★ ★

**INDEPENDENCE DAY**

**SOCIAL HOUR**

WEDNESDAY  
JULY 2  
2PM- 3PM  
SOCIAL HALL

JOIN US FOR  
**REFRESHMENTS AND MUSIC**

Refreshments sponsored by  
**Oak St. Health**

Recorded music provided by Josie

ROBERT DENIRO  
**EVERYBODY'S FINE**  
DREW BARRYMORE  
KATE BECKINSALE  
SAM ROCKWELL

"Terrific"  
"A Winner"  
"First-Rate Performances"

Movie Matinee  
Friday, July 11  
1:30pm Room 5

ONE ALBUQUERQUE volunteers in action

**Back To School Supply Drive**

Help students succeed this fall by donating school supplies today!

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.

**Items Needed**

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils
- Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils

Scan to see our registry on Amazon

Bring Donations to your local senior or multigenerational center before July 31, 2025

For more information call 505.764.1009

## CALENDAR OF ACTIVITIES

### Painting with Suki

Friday, Jul 25

2 - 4 pm Room 5

Lottery drawing will be on Thursday, Jul 17 and the class will be limited to 12 students. 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.**



## TNJ Jazz



Tracey (bass)



Nolan (guitar)



J. Francis (guitar)

Performing at Bear Canyon Senior Center during lunch  
July 1, July 15 & July 29  
11:30am – 1:00pm



### Coming in August - Flow Painting

Led by artist Judith Shaw

4 Classes of Painting Fun & Discovery

4 week session \$65/per person (non-refundable)

All supplies included

Space is limited.

Please pre-register at the front desk.



# 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 Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

Plain .....	1.00
With Strawberries & Cream .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Huevos Rancheros (Fridays) .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

### **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 Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

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

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



# July 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.



# JULY 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
30 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Chocolate Pudding 4oz 1% Milk 8oz	1 Egg Salad Sandwich 4oz Coleslaw 4oz Cucumber & Onion Salad 4oz Orange 1ea 1% Milk 8oz	2 Chicken Fajita 3oz Brown Rice 3oz Calabacitas 4oz Tortilla 2ea Yogurt 4oz 1% Milk 8oz	3 Veggie Green Chile Cheeseburger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	4 CLOSED
7 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 1ea Sliced Apples 4oz 1% Milk 8oz	8 Greek Pasta Salad 5oz Broccoli Salad 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	9 Pork Chop 4oz Brown Gravy 1oz Rice Pilaf 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	10 Veggie Pasta Primavera w/ Alfredo Sauce 5oz Spinach w/ Onions 4oz Corn & Edamame 4oz Yogurt 4oz 1% Milk 8oz	11 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Jell-O 4oz 1% Milk 8oz
14 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz	15 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	16 Meatball Sandwich w/ Cheese 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	17 Cheese Omelet w/ Fajita Blend 4oz Stewed Tomatoes 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	18 Sliced Ham 3oz Pineapple Glaze 1oz Sweet Potato Mash 4oz Cut Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
21 Spaghetti w/ Meat Sauce 5oz Breadstick 1ea Broccoli 4oz Grapes 4oz 1% Milk 8oz	22 Chicken Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Honeydew 4oz 1% Milk 8oz	23 Turkey Pot Pie 4oz Green Beans w/ Mushrooms 4oz Peach Cobbler 4oz 1% Milk 8oz	24 Green Chile Mac & Cheese 4oz Corn & Edamame 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	25 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz
28 Red Chile Tamales 4oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	29 Green Chile Chicken Enchilada 4oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Meatloaf 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	31 Spaghetti w/ Pesto 4oz Broccoli w/ Peppers 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	1 Lemon Dill Salmon 4oz Brussel Sprouts 4oz Mashed Potatoes 4oz Honeydew 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

Ryan Espinda, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services