

BEAR CANYON SENIOR CENTER

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

cabq.gov/seniors



**A Message From Our Center
Manager**

Hello all!

Summer is in full swing, and 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.

Remember we will be closed on Friday, July 3 and Saturday, July 4, in observance of Independence Day.

Our center will be closed August 3–7 for staff/department training and will resume normal business hours on Saturday, August 8.

During this time, meal services and lunch reservations will be available at our other locations.

North Domingo Baca MGC at 505-764-6475

Manzano Mesa MGC at 505-275-8731

Palo Duro SC 505-888-8102

SB-Martineztown MGC at 505-767-5671

Los Volcanes SC at 505-767-5999

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 3-4 Closed for Independence Day

Jul 6 Out to Dinner

Jul 10 Movie Matinee

Jul 15 First Monthly Day Dance

Jul 16 Lunch Bunch

Jul 28 FOBC Restaurant Fundraiser

USA

250th



HAPPY INDEPENDENCE DAY!

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 Veterans Outreach table from 9:30 am to 1 pm to further assist veterans.



DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Highland Senior Center
131 Monroe NE, 87108
Monday, Jul 20
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 for City of Albuquerque residents and \$50 for non-City residents. Membership is valid at all City Senior (50+) and Multigenerational centers.

HANDOUTS AVAILABLE AT FRONT DESK

- List of Ongoing Activities at BCSC
- DSA Transportation Pamphlet
- 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

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.

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)



2nd 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

MONTHLY AFTERNOON DANCE

Beginning Wednesday, July 15
Continuing every 3rd Wednesday
2 - 4:30 pm
\$3 per person

Current membership card & ticket required.



The band this month:
Paul Pino



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 2 Safe Moving Company
- Jun 9 High Desert Hospice
- Jun 16 Bear Canyon Estates
- Jun 23 BeeHive Homes
- Jun 30 Senior Sidekicks



BEAR CANYON
SENIOR CENTER

Chair Yoga

Take a break from the stress and hustle of daily life and join us for a rejuvenating evening chair yoga class.



Thursdays
starting July 9
6:00pm - 6:45pm
Social Hall

\$5 per class
suggested
donation

Bring a water bottle, and comfortable clothing.



OUT TO DINNER

Monday, Jul 6

Scarpas Brick Oven Pizza

5500 Academy Road NE

505-821-1885

Check in: 4:45 pm Return: 8:30 pm

LUNCH BUNCH



Thursday, Jul 16

66 Diner

1405 Central Ave NE

505-247-1421

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

Notice of Closure & Calendar of Activities



IMPORTANT NOTICE

SOME SENIOR CENTERS AND FITNESS FACILITIES WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training August 3 to August 7, 2026:

- Barelas Senior Center
- North Valley Senior Center
- Highland Senior Center
- Bear Canyon Senior Center

Normal business hours will resume on August 10, 2026 for Barelas and Highland facilities.

Normal business hours will resume on August 9, 2026 for North Valley.

Normal business hours will resume on August 8, 2026 for Bear Canyon.

During this time, meal services will be available at our other locations:

- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Santa Barbara Martineztown Multigenerational Center
- Los Volcanes Senior Center & Fitness Facilities
- Palo Duro Senior Center & Fitness Facilities

Thank you for your cooperation!

Join the Senior Citizens' Law Office for a presentation on how to **BE A SMART SHOPPER**

- Handling Debt Collectors
 - Recognizing Scams
 - Buying a Used Car
 - Online Shopping and Product Safety
 - Errors on Credit Card Bills
- ...and more!
- 

Tuesday, July 7th, 2026
Starting at 9:00 AM
at Bear Canyon Senior Center
(please sign up in advance)

Join the Senior Citizens' Law Office for a presentation on **Estate Planning** **August 25th at 9:00 AM**



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the Bear Canyon Senior Center front desk.

LADIES ONLY EVENT

Women deserve control, not constant trips to the bathroom

Join our FREE seminar, designed specifically for women, and take the first step toward freedom and confidence.

Tuesday, July 14
10:30 am
Room 5

Speaker: Dr. Alana Williams

Co-sponsored by

Medtronic



Friends of Bear Canyon & Calendar of Activities

July Restaurant Fundraiser



2401 San Pedro NE, 87110
Tuesday, July 28
11 am - 8 pm

We would like to thank:



for being the June Restaurant of the Month!



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**

June Birthdays



COFFEE WITH CONSTITUENTS



**YOUR OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ
ON
THURSDAY, JUL 23, 8:30 - 9:30 AM
AT S. BARBARA MARTINEZ TOWN MGC**



Please ask at the front desk
if you need directions.

Bear Canyon Senior Center Flea Market

The market takes place every 2nd and 4th Tuesday of the month from May through September in our Multipurpose room.

Please join us between
10:00 AM and 1:00 PM
to browse the various items available.

If you are interested in a table at an upcoming Flea Market please contact the front desk to register.



Calendar of Activities

POP UP TRIP LAST DAY TO SIGN UP



Ojo Caliente Mineral Springs

Wednesday, July 8th

Check-in: 8:00am Depart: 8:15am

Return by 5:00pm

Arrive around 10:00 am

Cost: \$45.00 per person at the door (Plus tax/fees)

For additional Spa services such as massages or wraps are not included and you will need to make your own reservations

Lunch on Your Own at OJO Caliente

Space is Limited, please Sign up at the Front Desk



Monastery of Christ in the Desert

THURSDAY, JULY 30TH

CHECK-IN: 8:00AM DEPART: 8:15AM

RETURN: 4:40PM

GROUP LUNCH AT YOUR EXPENSE TBD

SIGN UP CLOSES WEDNESDAY JULY 22ND

LOTTERY DRAW WILL BE JULY 23RD

THOSE SELECTED WILL BE NOTIFIED BY STAFF

Bear Canyon Senior Center Amazon Fulfillment Center Tour



Tour duration is 60 min. On the tour you may walk up and down at least 1 flight of stairs and walk approximately 1 mile. For safety reasons around equipment, please wear closed toed shoes. Long hair must be pulled back at or above shoulder length. No filming or photography. Guests may only bring keys, a wallet and a clear bottle. NO handbags, backpacks, food, or weapons.

Wednesday, July 22nd

Check-in: 8:30am Depart: 8:45am

Tour Time at 9:30am Return by 4:00pm

Cost: Free

Group Lunch at Your Expense TBD

Lottery Sign Up closes Wednesday, July 15th

Drawing will be July 16th - Those selected will be notified by staff

Pie Social

FRIDAY, JULY 17
1:30PM - 2:30PM

SOCIAL HALL
STOP BY FOR FREE PIE AND ICE CREAM!
ENJOY FUN AND FELLOWSHIP WITH FRIENDS

SPONSORED BY:
ANNA HERRERA WITH SEASONS REAL ESTATE



Breakfast Announcement

BIG ANNOUNCEMENT

NEW BREAKFAST MENU COMING!



The Department of Senior Affairs will continue to offer breakfast service at participating City of Albuquerque senior and multigenerational centers. Beginning Monday, July 6, guests can enjoy a refreshed breakfast menu featuring delicious, daily options.

To ensure the long-term sustainability of this valued program, we have made thoughtful updates to our breakfast menu, still featuring our popular plates with a focus on this service for our seniors only.

We are proud to be the only municipally operated senior breakfast program of its kind in New Mexico. More than a meal, breakfast is an opportunity for seniors to connect with friends, build community, and start the day together. Through our programming, there will also be renewed opportunities to bring seasonal and holiday breakfast specials to support those connections.

Below is the revamped breakfast menu that will be offered consistently across the Department of Senior Affairs.

Full Breakfast – \$4.00

Mini Breakfast – \$3.00

Breakfast Burrito – \$4.00

English Muffin Sandwich – \$3.00

Huevos Rancheros – \$5.00

(ONLY offered on Tuesdays and Fridays)

Beverages: Orange Juice, Milk, or Tea – \$0.50

Coffee – FREE!



We look forward to serving you at breakfast!

New Breakfast Menu- Effective Monday, July 6, 2026

MENU

MONDAY - FRIDAY

BREAKFAST

8:00AM - 9:00AM

Full Breakfast	\$4.00
2 Eggs, 2 Bacon Strips or 2 Sausage Links, Hash Browns, 2 Slices of Toast with Butter or Jelly	
Mini Breakfast	\$3.00
1 Egg, 1 Bacon Strip or 1 Sausage Link, Hash Browns, 1 Slice of Toast with Butter or Jelly	
Breakfast Burrito	\$4.00
Eggs, Hash Browns, Bacon or Sausage, Cheese, Red or Green Chile, Tortilla	
English Muffin Sandwich	\$3.00
1 Egg, 1 Bacon Strip or 1 Sausage Link, Cheese, Muffin	
Huevos Rancheros	\$5.00
2 Eggs, Beans, Corn Tortillas, Cheese, Choice of Red or Green Chile (<i>Tuesdays and Fridays Only</i>)	
Beverages	\$0.50
Orange Juice, Milk, or Tea (<i>Coffee is Complimentary</i>)	

Please Note: Breakfast is available to adults aged 50 and older.
Limit two of the same menu item per person to ensure availability for all.

Thank you.

ONE ALBUQUE RQUE

CABQ.GOV/SENIORS

July Lunch Menu

Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$5.00

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.

**ONE
ALBUQUE
RQUE**

JULY 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	30 Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	1 BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	2 Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	3 CLOSED 4TH OF JULY WEEKEND
6 Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	7 Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	8 Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	9 Pasta Primavera w/ 5 Way Veggies 3oz Alfredo Sauce 2oz Spinach/Mushrooms 1oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	10 Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
13 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	14 Teriyaki Chicken w/ 3oz Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	15 Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	16 Cheese Omelet w/ 3oz Peppers & Red Chile 2oz Stewed Tomatoes 4oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	17 Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
20 Beef w/ Peppers & Onions 3oz Normandy Blend 2oz Potato Chips 4oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	21 Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	22 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	23 Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	24 Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
27 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	28 Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	29 Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	30 Anti-Inflammatory Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	31 Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz

Calendar, Information & Center Highlight



New Stop Signs at Gutierrez Rd and Pitt St.

You have probably already noticed the new stop signs at the corner intersecting with our two parking lot entrances. Please be sure to pay close attention to what others are doing at this location.

Occasionally, someone misses seeing the signs and rushes right through the corner. There have been near misses on several occasions. There may be DSA members who don't frequent our location who miss this change when they are visiting the center. For all these reasons, we just want to urge caution when you are navigating through this area.

Thank you for keeping yourselves and others safe.

TNJ JAZZ LUNCHTIME SERENADE



THANK YOU TRACEY, NOLAN, & J. FRANCIS
For sharing your music with us
each Tuesday at lunchtime!

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