

**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,

As we transition into the month of June, let's take a moment to reflect on some of the exciting events and activities that took place in May.

Firstly, thank you to the Friends of Bear Canyon who helped sponsor the Mother's Day Social as well as all those who participated. We're hoping it was a memorable occasion for all of the mothers and wonderful women in our lives.

In addition, we hosted the first Bear Canyon Guitar Recital. This consisted of the many instructors, classes, groups and students from the various sessions held here at our center. It was well attended and we look forward to more in the future. We are very proud to have such talented and compassionate members at our center.

Looking ahead further this month, we will be hosting a Father's Day Social. Mark your calendars to come enjoy refreshments and celebrate with the fathers and father figures in your life.

Lastly, you might be seeing both familiar and new faces at the front desk and around the center starting this month. We are hosting several Job Mentorship students again. They will work with us and gain some professional experience during the summer. Please make them feel welcomed and comfortable.

As always, we appreciate your continued support and participation!

Respectfully,

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**

- Jun 1 Teeniors
- Jun 5 Out to Dinner
- Jun 9 Movie Matinee
- Jun 13 GEHM Clinic
- Jun 14 Father's Day Social
- Jun 15 Lunch Bunch
- Jun 16 Dessert Social
- Jun 19 Closed for Juneteenth holiday
- Jun 23 Painting with Suki  
Albuquerque Little Theatre Trip
- Jun 29 Isotopes Game Trip

**HAPPY JUNETEENTH**

**WE WILL BE CLOSED ON MONDAY,  
JUNE 19**

Juneteenth is a holiday commemorating the end of slavery in the United States. It was not until Union soldiers arrived in Galveston, Texas, on June 19, 1865, that the state's residents learned that slavery had been abolished. June 19th was first celebrated as a state holiday and became a federal holiday in 2021.

Accredited by   
National Institute of  
Senior Centers

## Department of Senior Affairs

### PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

**In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:**

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 email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center 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 program.**

### CITY OF ALBUQUERQUE



Mayor Timothy M. Keller

### Department of Senior Affairs

Anna M. Sanchez, Director  
Chris Sanchez, 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  
Casey Blaisdell, Kitchen Aid  
Kelly Trujillo, General Services  
Isaiah Poole, General Services



## Department of Senior Affairs

### NOTE FROM ANNA



Hello!

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,

Anna Sanchez, Director  
Department of Senior Affairs

**GENERAL INFORMATION & ASSISTANCE**

**DEPT. OF SENIOR AFFAIRS  
ADVISORY COUNCIL MEETING**

**Bear Canyon Senior Center  
Monday, June 26  
12 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.



**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.

**LITTLE FREE LIBRARY  
BOOK DONATIONS**



The Little Free Library promotes literacy, the love of reading, and builds a sense of community as we share skills, creativity, and wisdom across generations. Throughout the month of June, help us fill our shelves by donating a book! Donations accepted at the front desk.

**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 Activity 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

**Navigating Medicare Assistance**

**First Monday of each month**

**Lobby**

**10 am – 1 pm**

Provided by NM Aging and Long-Term Services SHIP Counselors.

## GENERAL INFORMATION & ASSISTANCE

### SUGGESTION BOX



Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **Move the City vans to the other side of the divider from where they are currently parked and use those spaces for possibly 2 additional handicapped parking spaces. The center is busy and sometimes there are not enough handicapped spots to park.**

Thank you so much for your suggestion. We understand that parking can become difficult for those in need of a handicapped space, especially during peak hours. We will look into adding additional handicap parking and review how this can be done. We attempt to keep city vehicles in highly visible areas in order to deter vandalism.

### AARP DRIVER SAFETY CLASSES

**1st Saturday of the month, 9:30 am - 1:30 pm**  
**3rd Thursday of the month, 12 - 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>



Teeniors\* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, their goal is to empower you to connect with your loved ones, engage with your community, and the world through technology, while providing paid, meaningful jobs for youth in N.M.

**1st Friday of the Month**  
**3 - 5 pm**

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

## GENERAL INFORMATION & ASSISTANCE

### COMPUTER ROOM INFORMATION



#### OPEN COMPUTER LAB

**Monday, Wednesday, and Friday**  
**9 - 11 am**  
**iMac, PC, and iPad available**



#### APPLE MAC WORKSHOP

Fourth Saturday of the month  
9:30 am - 12:30 pm  
Rooms 3 & 4  
Activity Leader: Bo Keith  
Email: bnkeith@comcast.net

Anyone with an iMac, iPhone or iPad is welcome to attend. A presentation will be followed by an open question and answer period.

Volunteers with website experience, please contact Bo Keith.

#### APPLE USERS

Drop In Assistance  
Mondays 9 - 11 am  
Contact person: Jean Maka  
Email: huntgen@gmail.com

### 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 with varied professional experiences ranging from emergency room, surgical, case management, oncology, public health including infectious diseases and overall health promotion and disease prevention. To join us call 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.

- Jun 1 - Long Drink of Water
- Jun 8 - Desert Springs
- Jun 15 - Paul Pino
- Jun 22 - Roger Burns
- Jun 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:

- May 2 - Bear Canyon Senior Center
- May 9 - Bear Canyon Senior Center
- May 16 - Sandia Vista
- May 23 - The VFW
- May 30 - Nuclear Care Partners

## Dessert Social

Our monthly Dessert Social is Back!!!

Friday, June 16 -- 1:15 - 2:15 p.m.

Social Hall

Stop by for free dessert.  
Enjoy Fun, Fellowship and Friends.

Sponsored by The Lynn Johnson Group



### DESSERT AND REAL ESTATE!

Hi, I'm Venessa Johnson your Senior Real Estate Specialist. I'm the person that brings the goodies for the Bear Canyon Dessert Socials.

As a Senior Real Estate Specialist, I offer a free Comparative Analysis on homes. If you or someone you know is thinking about selling and want to know what the home is worth in today's market, give me a call and I will be more than happy to sit down with you and review your home value.

Venessa Johnson  
The Lynn Johnson Group  
Keller Williams  
505-220-5099  
vj@lynnjohnson.com



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*Luxury*  
INTERNATIONAL



## PROGRAM HIGHLIGHTS

### FRIENDS OF BEAR CANYON NEWS

#### FOBC Spotlight

In the Spotlight for the month of June is Friends' member Dottie Otto.

Dottie was born and grew up in Queens, NY. She grew up with 2 sisters and 4 half siblings. Dottie worked as a New York City telephone operator and took retirement after 34 years. She married and moved to Albuquerque, NM, where her husband had family.

In her younger years Dottie loved to ice skate. She was a member of the Albuquerque Skating Club, where she was an ice dancer and ice figure skater.

Dottie has won numerous ribbons including Best of Show for a knitted afghan at the State Fair. Presently, her hobbies include crocheting and knitting as part of the Linus Club. She plays and instructs new members of table tennis here at the center. She is also assisting with Friday's Cornhole game. Dottie is a longstanding RSVP volunteer who has served more than 8000 hours over a 38 year period and has been recognized as RSVP Volunteer of the Year.

In the past, Dottie was an active line dancer. She is a member of the Civitan Club and has volunteered at the Balloon Fiesta for many years.

Dottie has traveled extensively, including to Greece, China, Switzerland and Germany. A highlight of her China trip was walking the Great Wall.

Dottie readily admits that she is 93 years old and says that she recently passed her eye exam test for her driver's license. Her goal in life is to be kind, happy and helpful. Dottie is an animal lover; her dog Peaches is a Puggle, a Pug and Beagle mix.

#### ==== JUNE FUNDRAISING ====



Tuesday, June 20

11 am - 8 pm

11225 Montgomery Blvd NE

505-271-0882

Tickets will be available at the front desk.

Many thanks to  
for being the  
May Restaurant  
of the Month!



#### Signs and bumper stickers...

On a plumber's truck: "Don't sleep with a drip. Call your plumber."

On a tire shop in Milwaukee: "Invite us to your next blowout."

In a non-smoking area: "If we see smoke, we will assume you are on fire and will take appropriate action."

In a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"



## CALENDAR OF ACTIVITIES

# Upcoming Trips

Space is limited.  
Sign up at the front desk.

### Friday, June 23 - Albuquerque Little Theatre The Wizard of Oz

Check in: 4:45 pm      Return: 10 pm  
Cost: Free      Dinner: At own expense

Tickets are sponsored by the Nathan Wineberg  
Endowment Fund and we will have a lottery  
drawing for the tickets on June 13.

### Thursday, June 29 - Isotopes Game

Check in: 10:45 am      Return: 4 pm  
Cost: \$14 at BCSC      Lunch: At own expense

# Latest classes

See class flyers for additional information.

### Filipino Mahjong Refresher Course

Saturday, June 3 - 24 (4 weeks)

10 am - 12 pm

Multipurpose Room

Continued...

Classes continued...

### Ukulele Club

Mondays beginning June 19

2 - 4 pm

Room 1

# Presentations

Sign up at the front desk.

### BE BRAVE: with HEART

#### Fall Recovery Class

Tuesday, June 13

9:30 - 11 am

Room 5

### Beltone Hearing Screenings

Wednesday, June 14

1 - 4 pm

Room 5

### Scam and Identity Theft

Tuesday, June 20

9:15 - 10:30 am

Room 5

### Paint by Number/Medicare 101

Tuesday, June 27

10 am - 12 pm

Room 5



**CALENDAR OF ACTIVITIES**



**for  
Father's Day!**

**Wednesday, June 14th**

2:00pm - 3:00pm


Social Hall

*Sponsored by Humana  
Entertainment provided by  
Norio Hayakawa*

**OUT TO DINNER**

**Monday, June 5**  
**at Bawarchi Biryani**  
3305 Juan Tabo Blvd NE  
505-933-9889

Check in: 4:45 pm    Return: 8:30 pm



**LUNCH BUNCH**

**Thursday, June 15**  
**at Farino Alto Pizzeria & Wine Bar**  
10721 Montgomery Blvd NE  
505-298-0035

Check in: 10:45 am    Return: 3 pm


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

**PAINTING WITH SUKI**

**Friday, June 23**

**2 - 4 pm      Room 5**

Sign up at the front desk for the lottery.  
Lottery drawing is June 16. You do not need to be present for drawing. Staff will contact members that are drawn.



FALL IN LOVE WITH THE GRUMPIEST MAN IN AMERICA

**TOM HANKS IS  
A MAN  
CALLED  
OTTO**

BASED ON THE INTERNATIONAL BESTSELLER

**Movie Matinee**  
**Friday, June 9 at 1:30 pm**  
**Room 5**



## CENTER HIGHLIGHTS

### MOTHER'S DAY SOCIAL

May 10, 2023

We would like to thank Ryan Bridwell, on piano, and Scott Lafon, on saxophone, for sharing their musical talents and time with us. In addition, thank you to the Friends of Bear Canyon for providing the pies and sponsoring the Mother's Day Social.



### GUITAR CONCERT

May 19, 2023



### --- ELDORADO STUDENT VOLUNTEERS ---



We would like to thank all of the students who have helped clean our center this past school year. Best wishes to the seniors on their future endeavors. We look forward to seeing the returning and new students next fall. Have a great summer!

# June 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.



## June 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
29 ♦ CLOSED	30 ♦ Baked Potato Broccoli/ Cheese/Sour Cream ♦ Fajita Blend Vegetables ♦ Garlic Mushrooms ♦ Granola Bar ♦ 1% Milk	31 ♦ Soft Tacos-Beef/ Cheese ♦ Pinto Beans/Green Chile/Onion ♦ Warm Sliced Apples ♦ Lettuce/Tomatoes ♦ Flour Tortilla/Salsa ♦ 1% Milk	1 ♦ Cheese Omelet ♦ Hash Browns ♦ Spinach ♦ Pineapple ♦ 1% Milk	2 ♦ Greek Pasta Salad: Diced Ham ♦ Creamy Cucumber/ Red Onion Salad ♦ Wheat Crackers ♦ Strawberries ♦ 1% Milk
5 ♦ Salisbury Steak ♦ Scalloped Potatoes ♦ Green Beans ♦ Orange ♦ 1% Milk	6 ♦ BBQ Chicken Sandwich ♦ Roasted Potatoes ♦ Cherry Cobbler ♦ Hamburger Bun ♦ 1% Milk	7 ♦ Spinach Lasagna ♦ Italian Blend ♦ Breadstick ♦ Pineapple ♦ 1% Milk	8 ♦ Tilapia w/Garlic Sauce ♦ Ancient Grains ♦ Carrots ♦ Peaches ♦ 1% Milk	9 ♦ Green Chile Stew: Diced Pork ♦ Pinto Beans ♦ Baked Apples ♦ 1% Milk
12 ♦ Beef Tips/Gravy/ Bowtie Pasta ♦ Green Beans ♦ Peach Cobbler ♦ 1% Milk	13 ♦ Baked Chicken Thigh ♦ Collard Greens ♦ Brown Rice ♦ Yogurt ♦ Dinner Roll/Margarine ♦ 1% Milk	*Cold Meal* 14 ♦ Tuna Salad ♦ Romaine Spinach Red Onion Salad ♦ Croissant/Dressing ♦ Grapes ♦ 1% Milk	15 ♦ Beef Fajita ♦ Pinto Beans ♦ Flour Tortilla ♦ Baked Apples ♦ 1% Milk	16 ♦ Pork Roast w/Creamy Onion Gravy ♦ Steamed Broccoli ♦ Mashed Sweet Potatoes ♦ Dinner Roll/Margarine ♦ Pears ♦ 1% Milk
19 <b>CLOSED</b> In Observance of Juneteenth	20 ♦ Cajun Chicken & Sausage Jambalaya ♦ Okra ♦ Cornbread ♦ Peaches ♦ 1% Milk	21 ♦ Baked Garlic Lemon Pepper Salmon ♦ Ancient Grain ♦ Carrot ♦ Cantaloupe ♦ 1% Milk	22 ♦ Pasta Primavera ♦ Steamed Broccoli ♦ Breadstick ♦ Vanilla Pudding ♦ 1% Milk	23 ♦ Carne Adovada ♦ Pinto Beans ♦ Spanish Rice ♦ Jell-O ♦ Flour Tortilla ♦ 1% Milk
26 ♦ Baked Pork Chop w/ Gravy ♦ Mashed Sweet Potatoes ♦ Broccoli/Cauliflower ♦ Yogurt ♦ Dinner Roll w/ margarine ♦ 1% Milk	27 ♦ Meatballs w/Marinara ♦ Roasted Potatoes ♦ Seasonal Vegetable ♦ Seasonal Fruit ♦ Whole Grain Hoagie Roll ♦ 1% Milk	*Cold Meal* 28 ♦ Turkey Salad ♦ Carrot Raisin Salad ♦ Wheat Crackers ♦ Pineapple ♦ 1% Milk	29 ♦ Garlic Tilapia ♦ Roasted Potatoes ♦ Collard Greens ♦ Dinner Roll w/ margarine ♦ Strawberries ♦ 1% Milk	30 ♦ Baked Cheese Ziti ♦ Steamed Green Beans and Mushrooms ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk