

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!

Summer is on its way with the first official day being on June 20th. With summer blossoming around us, we are excited to welcome you all to a joyful and active June.

This month, we have a variety of fun events:

- First on our rotation of wonderful musical groups here at the center, the Beartones will be performing a concert on June 4.
- Looking ahead further this month, we will be hosting a Father's Day Social on Friday June 13. Mark your calendars and come enjoy refreshments and celebrate the fatherly/male figures in our lives.
- The center will be closed on Thursday June 19 for the recognized federal holiday of Juneteenth.
- Don't forget to check the calendar for upcoming trips as well as additional classes and presentations.
- Last but not least, our department and center has supported as well as utilized the City of Albuquerque's Job Mentorship Program for many years, and this year will be no different. We will be a host site for 2 new interns this summer! This is a wonderful program that helps students to gain some professional/work experience as well as gain some credits for school. Please make them feel welcomed and comfortable in our center.

Let's make this month full of smiles and sunshine!

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

- Jun 2 Out to Dinner
- Jun 4 Bear Tones Concert
- Jun 10 Open office hours with DSA Admin
- Jun 11 Santa Fe National Cemetery
- Jun 13 Father's Day Social
FOBC Shred Event
Movie Matinee
- Jun 19 Closed for Juneteenth
Lunch Bunch
- Jun 20 Pie Social
- Jun 24 FOBC Restaurant Fundraiser

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



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

Los Volcanes Senior Center
6500 Los Volcanes Rd NW, 87121

Monday, Jun 16
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 Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

Department of Senior Affairs

NOTE FROM ANNA



Hello Summer!

As we welcome the start of summer, I'm filled with excitement for the months ahead and all that they hold for our community. This season is a time of renewal and opportunity, and here at the Department of Senior Affairs, we're embracing it with enthusiasm and forward-thinking as we continue to evolve to meet the growing demand for services.

First, we're kicking off a new campaign for the Department, entitled "Engage", to reflect all of our core initiatives committed to community, wellness, and advocacy for our city's older adults. Through "Engage," we aim to highlight the importance of staying active and involved in every stage of life. You'll start to see this messaging across our centers, programs, and events, and we invite you share this movement with the greater community.

Speaking of events, this month kicks off some new Engage offerings, such as Self-Check Health Days at our centers, providing easy access to tools that will help you Engage with Wellness. Then, on June 11th, we invite you to Engage with Community at the 1-Year Anniversary Celebration of the Santa Barbara Martineztown Multigenerational Center, a milestone we're proud to share with all of our DSA family. And don't miss the Pride Masquerade Ball at Highland Senior Center on June 26th, a day of joy, inclusion, and connection.

Our new fiscal year begins July 1st, and as a department, we are continuing to take a deep-dive on our budget, to continue our essential services and also evolve for the changing and growing constituency we serve. You may notice our efforts to ensure operational consistency across our centers, all in an effort to continue to manage costs, while focused on serving you with dignity and care. I encourage each of you to continue supporting the Department of Senior Affairs, reaching out to your elected officials and raising our collective voice for our older adults! Together, we can keep strengthening the programs and services that matter most.

Finally, thank you to all those who filled out our recent annual survey – we had more than 800 participants provide feedback. The raffle winners from the survey participants attend Highland Senior Center, Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, and one recipient receives our Home Delivered Meals. With your input and support, you will help us advance our services to meet the needs of the community in the coming year and I am grateful!

Sincerely,

Anna M. Sanchez, Director

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 10 am to 12 pm

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 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

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.

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

WAITING ON EMAIL WITH NEW INFORMATION

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 5 DJ- Jim's Night Train
- Jun 12 Paul Pino
- Jun 19 Closed for Juneteenth
- Jun 26 Roger Burns



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 6 Brookdale Senior Living
- May 13 Abode Hospice
- May 20 VFW Post 10763
- May 27 Beehive Homes

A top-down view of a table setting for a 'Pie Social' event. It includes a white coffee cup, a plate with a slice of pie, a fork, and a napkin. The text 'Pie Social' is overlaid in a large, blue, stylized font.

FRIDAY, JUNE 20
1:30 - 2:30 pm
Social Hall

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

Sponsor:

The logo for 'THE MONTEBELLO ON ACADEMY' with the tagline 'A FIVE STAR SENIOR LIVING COMMUNITY' below it.A poster for 'Root Beer Floats for Father's Day'. It features a large mug of root beer float with ice cream and a straw. The text is in a mix of serif and sans-serif fonts.

JOIN US FOR ROOT BEER FLOATS FOR FATHER'S DAY!

Friday, June 13th
2:00pm - 3:00pm
In the Multipurpose Room

Join Us for Fellowship, Root Bear Floats, and a little something for the Father's.

Sponsored by:
Oak Street Health

The logo for 'Oak St. Health' featuring a green circular icon and the text 'Oak St. Health'.

FRIENDS OF BEAR CANYON AND CITY OF ALBUQUERQUE INVITATION



**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 Restaurant
Fundraiser**



GRASSBURGER

Tuesday, June 24, 2025
11 am - 9 pm
11225 Montgomery Blvd NE

We would like to thank:



for being the May Restaurant of the Month!

FRIDAY, JUNE 13, 2025
9:00AM - 11:00AM
WEST PARKING LOT

**Drive Thru
Shredding
Event**

Hosted by the
**Friends of Bear
Canyon**

About Items

Acceptable Items
Office paper, newspaper, envelopes, file folders, magazines, junk mail, sticky notes, brochures. (staples & paper clips are OK)

Unacceptable Items
Batteries, trash, plastic, binders, hanging folders, metal, cardboard, x-rays, tyvek, hard drives, hazardous materials, food containers, medical waste

**Additional
Information**

Refreshments available
Limited to 6 bankers' boxes/bags per person
Assistance available to unload boxes
Enter in the south parking lot, follow the signs and stay in your vehicle

For Bear Canyon Senior Center members only, you will be asked to present your DSA membership card

**BOARDS & COMMISSIONS
NEEDS YOU**

JOIN ONE OF OUR 50 BOARDS & COMMISSIONS

Shape the future of our city! No matter your subject matter expertise, there's a board or commission that needs you.

CABQ.GOV/BOARDS

APPLY TODAY



**ONE
ALBUQUERQUE
CITY
CLERK**

CALENDAR OF ACTIVITIES & OFF-SITE OPPORTUNITY

 **LUNCH BUNCH** 

Thursday, Jun 19
BJ's Restaurant & Brewhouse
2100 Louisiana Blvd. NE, Bldg 213
505-872-9600

Check in: 10:45 am Return 3 pm

OUT TO DINNER

Monday, Jun 2
M'Tucci's Twenty-Five
4939 Pan American West Fwy
505-554-2660

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

Please sign up at the front desk.

Choir Concert  

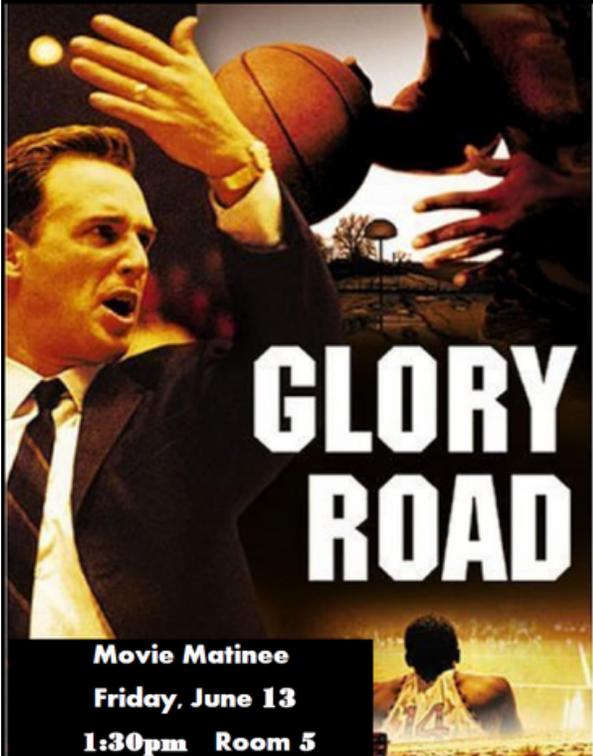
BEAR TONES
OF BEAR CANYON SENIOR CENTER

WEDNESDAY, JUNE 4, 2025
2:30 - 3:30 PM
DINING HALL

DIRECTOR: LINDA THOMAS
ACCOMPANIST: NANCY LEWIS
INSTRUMENTALISTS: BERNIE ON CLARINET
DAVID ON CORONET

COOKIES & COFFEE WILL BE SERVED



GLORY ROAD

Movie Matinee
Friday, June 13
1:30pm Room 5



DANCE WITH PRIDE

THURSDAY JUNE 26TH
2:00PM-4:00PM
Highland Senior Center

LIVE MUSIC / PHOTO BOOTH / TABLING

Celebrate LGBTQ Pride Month-All Are Welcome



CALENDAR OF ACTIVITIES

Upcoming Trips

Trip sign ups are using a lottery process now.
See trip flyer for all the details.

Ojo Caliente Mineral Springs & Spa Tuesday, Jun 17

Check in: 8 am Return: 4 pm

Lunch: On your own at Ojo Caliente

Lottery sign up ends at close of day Mon, Jun 9

Lunch w/ Mr Ron at Pizza Barn- Edgewood Wednesday, Jun 18

Check in: 10 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day Tue, Jun 10

Valle de Oro National Wildlife Refuge Tuesday, Jun 24

Check in: 8 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day Mon, Jun 16

Lunch w/ Mr Ron at El Bruno's- Cuba Wednesday, Jun 25

Check in: 9:45 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day Tue, Jun 17

Watch the bulletin board and front desk display for

“Pop Up Trips.”

These trips are confirmed between newsletter publishing dates and will be advertised as soon as they are available.

Bear Canyon
Rehab Center

HARMONY IN HEALTH

Tuesday, July 1st, 2025
9:00am - 11:00am

Location: Bear Canyon Senior Center
Room 5

Please Register at the Front Desk

Empowering seniors with
simple, practical knowledge
to prevent falls, improve
nutrition and manage
medication.



Creating Harmony in
Health and
independence in
daily living.

MOBILE EYE CARE EVENT



Casey Optical Too will be at
Bear Canyon Senior Center to
provide repairs & adjustments
to glasses and to answer
questions on eye health!

Tuesday, June 3, 2025
11 am - 3 pm
In the Lobby



CENTER HIGHLIGHTS



Cinco De Mayo Social

Special thanks to Ryan and the kitchen staff!



Mother's Day Social

Courtesy of Sam's Club, Blaze Pizza and Bear Canyon Senior Center, with assistance from the Friends of Bear Canyon.



Lunchtime Jazz Serenade

Courtesy of J. Francis, Miguel, and friend



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 (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
Tea30

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 Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Tea30

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

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



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. Please arrive by 12:30 p.m. for reserved meal.



JUNE 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	
2 BBQ Chicken Sandwich 3oz Sweet Potato Mash 4oz Spinach/Onions 4oz Apple Slices 4oz 1% Milk 8oz 	3 Greek Pasta Salad w/ Diced Ham 4oz Cucumber Salad 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz 	4 Pork Tamale 3oz Red Chili 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz 	5 Mushroom Swiss Veggie Burger 4oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	6 Beef Steak 3oz Grilled Onions 1oz Mash Potatoes 4oz Green Beans 4oz Pudding 4oz 1% Milk 8oz 	
9 Baked Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Sliced Carrots 4oz Yogurt 4oz 1% Milk 8oz 	10 Egg Salad Sandwich 4oz Potato Salad 4oz Coleslaw 4oz Oranges 4oz 1% Milk 8oz 	11 Salisbury Steak 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Mixed Berries 4oz 1% Milk 8oz 	12 Rotini Pasta 4oz Parmesan Cheese 1oz Spinach/Onions 4oz Corn 4oz Jell-O 4oz 1% Milk 8oz 	13 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Watermelon 4oz 1% Milk 8oz 	
16 Meatloaf 4oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	17 Baked Chicken Thigh 3oz Spinach/Peppers 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz 	18 Cheese Macaroni 3oz Broccoli/ Ham 2oz Normandy Mix 4oz Brussel Sprouts 4oz Honeydew 4oz 1% Milk 8oz 	19 CLOSED 		20 Pork Roast 3oz Gravy 1oz Broccoli/Carrots 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
23 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz 	24 Chicken Salad 4oz <small>*May Contain Nuts</small> Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Mixed Berries 4oz 1% Milk 8oz 	25 Baked Pollok 3oz Roasted Peppers 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz 	26 Cheese Omelet 3oz Red Chili/Peppers 3oz Diced Potatoes 4oz Stewed Tomatoes 4oz Applesauce 4oz 1% Milk 8oz 	27 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea 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

Ryan Espinda, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services