

Department of Senior Affairs



**A Message From Our Center
Manager**

Hello all!

The sunny days of June and summer are upon us! June 21st is the first official day. With Summer blossoming around us, we are looking forward to welcoming you all to some joyous activities for the month.

First off, a quick reminder that the following centers will be closed from June 1 – June 5 for staff & department training: Manzano Mesa, North Domingo Baca, Santa Barbara/Martinez Town, Los Volcanes and Palo Duro. The remainder of the centers will be open for regular services.

Two of our wonderful music groups, Bear Tones and Accordion Club, will be performing concerts this month; see dates and times in this newsletter.

Happy Father's Day to all the wonderful fathers, grandfathers, and father figures in our lives. We celebrate and honor your strength, kindness, wisdom, and the many ways you make a difference every day. Wishing you a joyful and relaxing Father's Day filled with love and appreciation.

The center will be closed on Friday, June 19, for the Juneteenth federal holiday. That bumps the pie social and the Father's Day social which have been rescheduled as one event on Monday, June 22.

As always, we thank you for your continued support and participation!

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 Out to Dinner
Jun 3 Bear Tones Concert
Jun 12 Movie Matinee
Jun 18 Lunch Bunch
Jun 19 Closed for Juneteenth
Jun 22 Father's Day Pie Social
Jun 24 Accordion Concert
 FOBC Restaurant Fundraiser
Jun 26 Painting with Suki



**IN CELEBRATION
OF JUNETEENTH
ALL CENTERS WILL BE
CLOSED ON JUNE 19**

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

Department of Senior Affairs



Here Comes Summer!

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

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

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121
Monday, Jun 15
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

- List of Ongoing Activities at BCSC
- DSA Transportation Pamphlet
- DSA Guide to Senior Services
- DSA Sports & Fitness Catalog

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

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 4 Cancelled
- Jun 11 Cancelled
- Jun 18 Paul Pino
- Jun 25 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 5 Peacock Agency
- May 12 Presbyterian HealthPlan
- May 19 VFW Post 10763
- May 26 Rio Grande Hospice

IMPORTANT NOTICE

Please be informed that our Thursday evening dance is moving to a new monthly schedule. Starting Wednesday, July 15, 2026, the dance will be held on the 3rd Wednesday of each month from 2:00 PM to 4:30 PM.

This decision was made after carefully considering budget constraints and attendance patterns. Our goal is to ensure the dance remains sustainable and accessible, and we hope this new timeframe will better serve our community.

We understand that schedule changes may be inconvenient, and we sincerely appreciate your understanding and continued support. We look forward to seeing you at our new time as we work to improve this experience for everyone.

Thank you for your cooperation and flexibility.



OUT TO DINNER

Monday, Jun 1

El Patron New Mexican Restaurant

10551 Montgomery Blvd. NE

505-275-0223

No Van provided Meet at Restaurant

LUNCH BUNCH

Thursday, Jun 18

The Homestead Cafe

40 Tramway Road NE

505-339-7142



Check in: 10:45 am Return: 3 pm


Please sign up at the front desk.

CALENDAR OF ACTIVITIES

BEAR CANYON SENIOR CENTER

NM Museum of Natural History

FRIDAY, JUNE 12TH
 CHECK-IN: 8:30AM DEPART: 8:45AM
 ADMISSION FEE - \$7.00 PER PERSON
 (PLUS TAX AND FEES)
 GROUP LUNCH AT GARDUNO'S AT YOUR EXPENSE



SIGN UP CLOSSES WEDNESDAY JUNE 3RD
 LOTTERY WILL BE THURSDAY, JUNE 4TH
 THOSE SELECTED WILL BE NOTIFIED BY STAFF

Presentations

Please register at the front desk

**Scan & Oak Street Health
Community Health Fair**
 Tue, Jun 2
 10:00am Room 5

**Senior Citizen's Law Office
Power of Attorney Clinic**
 Tue, Jun 23
 9:00am to 11:00am Room 5

**UNM Office for Community Health
Technology Help Class**
 Tue, Jun 30
 10:00am Room 5


**Senior Citizen's Law Office
Be a Smart Shopper**
 Tue, Jul 7
 9:00am Room 5

Father's Day

PIE SOCIAL


MONDAY, JUNE 22
 SOCIAL HALL
 1:30PM - 2:30PM

Sponsored by:



To the father figures who protect, inspire, support, and love their families unconditionally every single day.

Happy Father's Day



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 2
 6:00pm - 6:45pm
 East Social Hall
 \$5 per class

Bring a water bottle, and comfortable clothing.

FRIENDS OF BEAR CANYON, CALENDAR ACTIVITY & CLOSURE NOTICE

June Restaurant Fundraiser



1950 Juan Tabo Blvd, Suite H, 87112
Wednesday, Jun 24
11 am - 7 pm

We would like to thank:



for being the May 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**

May Birthdays



ONE ALBUQUE RQUE

IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training

June 1 to June 5, 2026:

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center
Palo Duro Senior Center

Normal business hours will resume on June 6, 2026 for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on June 8, 2026 for Santa Barbara Martineztown.

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

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

Thank you for your cooperation!

CALENDAR OF ACTIVITIES & OFF-SITE EVENT

**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.



COFFEE WITH CONSTITUENTS



**YOUR OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ
ON
THURSDAY, JUN 25, 8:30 - 9:30 AM
AT NORTH DOMINGO BACA MGC**



Please ask at the front desk
if you need directions.

TNJ JAZZ LUNCHTIME SERENADE



**WITH TRACEY, NOLAN, & J. FRANCIS
TUESDAYS
11:30 AM - 1 PM**

Visit our website:
[www.reverbnation.com/
jfrancisandmigueldeluca](http://www.reverbnation.com/jfrancisandmigueldeluca)



**PAINTING
WITH SUKI**

**FRIDAY, JUNE 26
ROOM 5
2 - 4 PM**

Lottery sign up at the front desk by
Wednesday, June 17

Drawing on Thursday, June 18

**Bear Canyon
Gear Heads**



Monthly on the 1st Monday
9:00am - 10:00am
Room 4

For those interested in sharing
stories, pictures, and your
knowledge about Classic, Antique,
and Muscle Cars and Motorcycles.



Cornhole

**Fridays in the Park
10:00am - 12:00pm**



CENTER CONCERTS & HIGHLIGHTS



Choir Concert

BEAR TONES
OF BEAR CANYON SENIOR CENTER

WEDNESDAY, JUNE 3
2:30 - 3:30 PM
SOCIAL HALL

DIRECTOR: LINDA THOMAS
ACCOMPANIST: NANCY LEWIS



WE SERVE COOKIES



Accordion Concert

Wednesday, June 24th

2:00 - 3:00 PM
IN SOCIAL HALL



WE APPRECIATE YOU!



BEAR CANYON SENIOR CENTER

Thank you
Eldorado High School Students
for spending part of your Thursday
polishing up Bear Canyon Senior Center.
We enjoy the energy you bring to our
center. Have a great summer!

**THE CITY GREENHOUSE
PROVIDED EARTH DAY GOODIES**



Thanks to the City Greenhouse, we were
able to give away plants and seeds
in celebration of Earth Day 2026.

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, and 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
Instant Oatmeal70
Side of Chile25

Specials

Plain Waffle (Wednesday)	1.00
Biscuits & Gravy (Thursday)	1.00
Huevos Rancheros (Friday)	1.50

Drinks

Milk25
Juice25
Hot Tea30

Lunch A-la-Carte

Lunch is served from 11:30 am to 1 pm
NO reservation is required for A-la-Carte

Salads

Small Garden Salad	1.00
Large Chef's Salad	2.00

Soup

Of the Day50
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Sandwiches

Grilled Cheese	1.25
1/2 Cold Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Hot Tea30

Dessert

Slice of Pie (selection varies)50
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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.



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
1 BBQ Chicken Sandwich 1ea Sweet Potato Mash 4oz Spinach w/ Onions 4oz Applesauce 4oz 1% Milk 8oz	2 Greek Pasta Salad 4oz Cucumber/Red Onion Salad w/ Ranch 4oz Dinner Roll 1ea Margarine 1pc Oranges 4oz 1% Milk 8oz	3 Pork Tamale 3oz Red Chile 1oz Spanish Rice 4oz Pinto Beans 4oz Jell-O 1ea 1% Milk 8oz	4 Mushroom Swiss Veggie Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Wheat Bun 1ea Diced Peaches 4oz 1% Milk 8oz	5 Beef Steak /Onions 3oz Gravy 1oz Mashed Potatoes 4oz Green Beans 4oz Banana 4oz 1% Milk 8oz
8 Bake Ham 3oz Pineapple Sauce 1oz Rice Pilaf 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	9 Egg Salad Sandwich 1ea Potato Salad 4oz Coleslaw 4oz Yogurt 4oz 1% Milk 8oz	10 Salisbury Steak 3oz Mushroom & Onion Gravy 1oz Green Beans 4oz Mashed Potatoes 4oz Brownie 1ea 1% Milk 8oz	11 Whole Wheat Rotini Pasta 4oz Spinach w/ Onions 4oz Breadstick 1ea Strawberries 3oz 1% Milk 8oz	12 Teriyaki Pork 3oz Peppers 1oz Brown Rice 4oz Normandy Blend 4oz Watermelon 4oz 1% Milk 8oz
15 Meatloaf 3oz Tomato Sauce 1oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	16 Baked Chicken Thigh 3oz Diced Beets 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	17 Pork Roast 3oz Gravy 1oz Spinach/Mushrooms 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	18 Elbow Mac & Cheese w/ Broccoli 4oz Steamed Carrots 4oz Purple Cabbage w/ Apples 4oz Honeydew 1ea 1% Milk 8oz	CLOSED 19
22 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 1ea 1% Milk 8oz	23 Chicken Salad 4oz Coleslaw 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 1ea 1% Milk 8oz	24 Baked Pollok 3oz Black Beans 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz	25 Baked Ziti 5oz Corn, Peppers & Lima Beans 4oz Breadstick 1ea Orange 4oz 1% Milk 8oz	26 Carne Adovada 4oz Calabacitas 4oz Green Beans 4oz Flour Tortilla 2ea Jell-O 4oz 1% Milk 8oz
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	CLOSED 3

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