

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 and Happy March!

Spring is just about here with the first official day being Tuesday, March 19.

Before that though, don't forget we spring forward 1 hour on Sunday, March 10 for daylight savings.

As in years past we will have a St Patrick's Day Social on Wednesday, March 13 with special entertainment from 2 to 4 pm.

Also, with the season change an outdoor event to look forward to is our annual Senior Easter Day on Wednesday, March 27. Please come join us for fun, games, entertainment, food & refreshments, along with a special visitor! More details and information to follow in this month's edition.

Hope everyone enjoys the start of spring and has a wonderful month.

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

- Mar 1 Teeniors
- Mar 7 State Capitol Guided Tour Trip
- Mar 8 Movie Matinee
- Mar 10 Spring forward 1 hour- Daylight Savings
- Mar 13 St. Patrick's Day Social
- Mar 21 Lunch Bunch
- Mar 22 Dessert Social (4th week this month)
Painting with Suki
- Mar 27 Annual Senior Easter Day
- Mar 28 Sanctuario de Chimayo Trip
- Apr 9 VLA Very Large Array Guided Tour Trip



Accredited by 
National Institute of
Senior Centers

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121
Monday, Mar 18
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.



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.

The AARP Smart Driver™ online course is still an option!

You can register at:

<https://www.aarpdriversafety.org>

Navigating Medicare Assistance

First Monday of the Month

Lobby

10 am – 1 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 Activity Catalog
- List of Ongoing Activities at Bear Canyon
- 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

Department of Senior Affairs

NOTE FROM ANNA



Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelás Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director

GENERAL INFORMATION & ASSISTANCE

COMPUTER ROOM INFORMATION



OPEN COMPUTER LAB

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



PC COMPUTER WORKSHOP

Third Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@q.com



APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am - 12:30 pm
Computer Lab
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.

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.

- Mar 7 - Long Drink of Water
- Mar 14 - Roger Burns
- Mar 21 - Paul Pino
- Mar 28 - Recorded Music w/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:

- Feb 6 - Bear Canyon Senior Center
- Feb 13 - Sandia Vista
- Feb 20 - Bear Canyon Senior Center
- Feb 27 - Bear Canyon Senior Center

Dessert Social

Friday, March 22

1:30 – 2:30 pm

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



KELLERWILLIAMS
Luxury
INTERNATIONAL

CALENDAR OF ACTIVITIES

Upcoming Trips

Due to the limited space on trips a member may only sign up for 3 per month.

Thursday, Mar 7 - State Capitol Guided Tour

Check in: 8:30 am Return: by 4 pm
Cost: Free Lunch: At own expense

Thursday, Mar 28 - Sanctuario de Chimayo

Check in: 8:00 am Return: by 4 pm
Cost: Free Lunch: at own expense

Tuesday, Apr 9 - (VLA) Very Large Array Guided Tour

Check in: 8 am Return: by 4:30 pm
Cost: \$5 Lunch: At own expense

Watch the bulletin board and front desk display for

“Pop Up Trips.”

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.

Presentations

Sign up at the front desk.

What’s and Why’s of Funeral Planning

Tuesday, May 7
9:30 - 10:30 am Room 5

Tax Advantage Investing

Tuesday, May 14
9- 10 am Room 5

Information Tables

UNM CHWI Mental Health Outreach

Tuesday, Mar 5 9 - 11 am

Natural History Museum

Tuesday, Mar 5 11:30 am - 1:30 pm

VFW & Veterans Outreach

Thursday, Mar 7 8 - 9:30 am
9 - 1 pm

High Desert Hospice Blood Pressure Clinic

Thursday, Mar 14 11:30 am - 1 pm

Medicare - Jane Oberg Insurance

Tuesday, Mar 19 9 - 11 am

Workshops

Space is limited, sign up at front desk.

Altered Book Bird House

Thursday, Mar 28
9:30 - 11:30 am Room 1

Come join us for a fun 2-hour workshop. Make a decorative birdhouse from an old book. Supplies provided.

CALENDAR OF ACTIVITIES & PROGRAM HIGHLIGHTS

televēda



BEYOND WALLS 2024

Learn how to log onto Facebook, save and share posts, and find online groups & local events to attend. Come with all your Facebook questions!

SOCIAL MEDIA: FACEBOOK GROUPS

THURSDAY, MARCH 28 @10-11AM

TECH THURSDAY + OPEN Q&A

MONTHLY EVENTS WITH RAFFLES
Televēda hosts Bingo on every last Tuesday of the month (with \$10 gift cards for winners) and Tech Thursdays on every last Thursday of the month. Raffle prizes are given away at each event!

GET HELP FROM A VOLUNTEER
Applicable centers have the opportunity to get help from an in-person volunteer for 1 or both events each month! Centers will be matched with a volunteer where possible.

TECH THURSDAY CENTER AWARDS
 Earn Digital Literacy badges for your community, display your technology prowess, and earn points toward Televēda hosted ice cream socials and parties!

- 3 TELEVEDA TECHIE**
Attend 3 classes and earn "Televēda Techie" status and \$ towards an ice cream social at the end of the year!
- 5 TELEVEDA TECH GURU**
Attend 5 classes and earn "Televēda Tech Guru" status and \$ towards an ice cream social at the end of the year!
- 10 TELEVEDA TECH SUPERSTAR**
Attend 10 classes and earn "Televēda Tech Superstar" status and \$ towards an ice cream social at the end of the year!

NEW DIGITAL LITERACY CLASSES LAST THURSDAY OF THE MONTH
 10 - 11 am Room 3

www.televēda.com

FRIENDS OF BEAR CANYON NEWS

The Friends recently elected their new board of directors. They serve for a 2-year term.

2024 Board Members

- Jan Caron, Chairperson
- Gary Day, Co-Chairperson
- Linda Lentz, Secretary
- Dixie Prowell, Treasurer

March Restaurant Fundraiser



Tuesday, March 5

Details will be available at the front desk.



LUNCH BUNCH

Thursday, Mar 21
Scarpa's Brick Oven Pizza
5500 Academy NE
505-821-1885

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



Happy St. Patrick's Day!

Join us for a St. Patrick's Day Social

Wednesday, March 13th
 2:00pm - 4:00pm

Goodies Sponsored by:
 Beehive Homes

Entertainment by:
 Jug o' Punch

CALENDAR OF ACTIVITIES

ONE ALBUQUERQUE senior affairs

Senior Easter Day

Wednesday, March 27th
2:00 - 4:00 pm
At Bear Canyon Senior Center/Ernie Taylor Park



Come join us for fun, games, music, a photo booth, Good Dawg Hotdogs & other refreshments, along with a special visitor!

Sponsors:
Giving Home Healthcare
Beehive Homes
Friends of Bear Canyon
Rio Metro
Amada Senior Care



Decorated Bonnet Contest
(Submit your decorated Easter Bonnet the day of the event - Prize for Winner)

PAINTING WITH SUKI Friday, March 22 2 - 4 pm Room 5

Lottery drawing will be on March 14. 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



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.

CALENDAR OF ACTIVITIES & CENTER HIGHLIGHTS

Need a Ride to Visit Your Loved One?
SANTA FE NATIONAL CEMETERY
2024 VISITATION OPPORTUNITY

Check-In: 8:45 am Depart: 9:00 am
Sack lunch will be provided.
Cost: Free



Sign up at the front desk
for one of these dates:

Wed, Apr 10 - Sign up by April 1
Wed, May 15 - Sign up by May 6
Wed, Jun 12 - Sign up by June 3

INVITATION TO JOIN THE FISHING CLUB

The Fishing Club meets on Monday afternoons at 1 pm, goes fishing on Tuesdays and has four overnight fishing trips a year. Yearly dues are only \$5.00. All that is needed is a current fishing license and a current Senior Center membership. No fishing experience is necessary. Members are always glad to help newcomers.

**Come to a Monday meeting
and check us out.**

**Feel free to visit our Blog at
<https://bcscfc.blogspot.com>**



VALENTINE'S DAY DANCE



Bear Canyon Senior Center

SPRING GUITAR CONCERT

April 10, 2024
3:00-4:30pm

Country-Folk Bluegrass-Jazz
Blues-Gospel



Free and Everyone is Welcome!

Special thanks to our
sponsor, Amada Senior
Care and our entertainers,
The Roger Burns Band.



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

HAPPY
ST. PATRICK'S
DAY

March 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.

**ONE
ALBUQUE
RQUE**

March 2024

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
26 ♦ Carne adovada, red chile ♦ Flour tortilla ♦ Collard greens ♦ Spanish rice ♦ Orange ♦ 1% milk 	27 ♦ Chicken soft tacos ♦ Spanish rice ♦ Corn w/red peppers ♦ Cookie ♦ 1% milk 	28 ♦ Cheeseburger ♦ Baked beans ♦ Steamed carrots ♦ Peaches ♦ 1% milk 	29 ♦ Swedish meatballs w/ gravy ♦ Steamed green beans ♦ Blueberry cobbler ♦ 1% milk 	1 ♦ Salmon w/garlic sauce ♦ Angel hair pasta w/ diced tomatoes ♦ Spinach ♦ Jell-O ♦ 1% milk 
4 ♦ Diced pork over rice ♦ Yams ♦ Imperial blend vegetables ♦ Orange ♦ 1% milk 	5 ♦ Turkey w/gravy ♦ Stuffing ♦ Peas and carrots ♦ Chocolate chip cookie ♦ 1% milk 	6 ♦ Beef steak w/grilled onions ♦ Roasted red potatoes ♦ Brussel sprouts ♦ Sugar cookie ♦ 1% milk 	7 ♦ Breaded cod w/tartar sauce ♦ Steak fries w/ketchup ♦ Peas ♦ Brownie ♦ 1% milk 	8 ♦ Green chile posole ♦ Black beans ♦ Calabacitas ♦ Pears cupped ♦ 1% milk 
11 ♦ Beef fajitas ♦ Pinto beans ♦ Collard greens ♦ Flour tortilla ♦ Mixed fruit cup ♦ 1% milk 	12 ♦ Chicken alfredo w/ penne pasta ♦ Green beans w/ mushrooms ♦ Garlic bread stick ♦ Orange ♦ 1% milk 	13 ♦ Baked ham w/ pineapple sauce ♦ Rice pilaf ♦ Baby carrots ♦ Yogurt ♦ 1% milk 	14 ♦ Red chile omelet ♦ Rosemary potatoes ♦ Spinach ♦ Pineapples cupped ♦ 1% milk 	15 ♦ Minestrone soup w/ navy beans ♦ Cornbread ♦ Malibu vegetable blend ♦ Banana ♦ 1% milk 
18 ♦ Corned beef ♦ Cornbread ♦ Rosemary potatoes ♦ Cabbage ♦ Sugar cookie ♦ 1% milk 	19 ♦ Rotisserie chicken ♦ Mashed potato w/gravy ♦ Steamed carrots ♦ Dinner roll w/margarine ♦ Peaches ♦ 1% milk 	20 ♦ BBQ pulled pork ♦ Tater tots w/ketchup ♦ Corn w/red peppers ♦ Mandarin oranges cupped ♦ 1% milk 	21 ♦ Red chile cheese enchiladas ♦ Pinto beans ♦ Spanish rice ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	22 ♦ Baked siti ♦ Mixed vegetables ♦ Garlic bread stick ♦ Red apple ♦ 1% milk 
25 ♦ BBQ chicken thigh ♦ Baked beans ♦ Mashed potatoes ♦ Dinner roll w/ margarine ♦ Orange ♦ 1% milk 	26 ♦ Red chile pork posole ♦ Corn w/red peppers ♦ Blueberry cobbler ♦ Flour tortilla ♦ 1% milk 	27 ♦ Turkey pot pie ♦ Au gratin potatoes ♦ Imperial blend vegetables ♦ Applesauce ♦ 1% milk 	28 ♦ Loaded baked potato w/green chile cheese ♦ Oriental blend vegetables ♦ Apple crisp ♦ 1% milk 	29 ♦ Cajun tilapia over rice ♦ Pasta w/garlic butter ♦ Italian vegetable blend ♦ Granny Smith apple ♦ 1% milk 

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 all participants may have a pleasant and safe experience.

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Failure to observe the Participant Code of Conduct and rules prescribed by Albuquerque Department of Senior Affairs may result in disciplinary action being taken against me, up to and including, suspension from the program.

CITY OF ALBUQUERQUE



Mayor Timothy M. Keller



Department of Senior Affairs

Anna M. Sanchez, Director

Department of Senior Affairs

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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services