

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!

Welcome to March with springtime just about here and the official first day on March 20th.

Before that though, don't forget we spring forward 1 hour on Sunday, March 9 for daylight savings.

St. Patrick's Day is always a fun event and time of the year for us to be silly, eat the traditional Irish Meal. Join us on Monday, March 17 just as in years past for a St. Patrick's Day Social with special festive entertainment during lunch. And don't forget to wear green!

Our center has been very lucky to have such wonderful talents within our groups/activities on everything from Arts, Language all the way to music. Over the past year, the center has been able to host many concerts showcasing these talents from the various music groups and classes. This month's musical concert will be a piano concert on March 26.

Lastly, we would like to recognize some of our member volunteers in RSVP! Several volunteers were recently awarded service pins: Woody Simpson 10-year and Pauline Brummel 20-year. To top this off, one in particular was awarded a 40-year service pin, which is remarkable! Congratulations to Dottie Otto on this magnificent achievement as well as all of our volunteers for their continued selfless service!

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 4 Mardi Gras Friendship Coffee
- Mar 12 March Birthday Celebration
- Mar 14 Movie Matinee
- Mar 17 St. Patrick's Day Fun
- Mar 20 Lunch Bunch
- Mar 21 Pie Social
- Mar 25 FOBC Restaurant Fundraiser
- Mar 26 Piano Concert

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



Accredited by



National Institute of
Senior Centers

Department of Senior Affairs

NOTE FROM ANNA



Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together!

There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director

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

Palo Duro Senior Center
5221 Palo Duro Ave NE, 87110
Monday, March 17
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

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 3 to 5 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

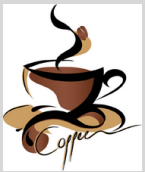
THURSDAY NIGHT DANCE

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 6 DJ- Jim's Night Train
- Mar 13 Roger Burns
- Mar 20 Paul Pino
- Mar 27 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 4 Abode Hospice
- Feb 11 Sandia Vista Senior Living
- Feb 18 Amada Senior Care
- Feb 25 Beehive Homes

Pie Social

Friday, March 21

1:30 - 2:30 pm

Social Hall

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

Sponsored by: Anna with
SEASONS Real Estate



PIE AND REAL ESTATE!

Hi! I'm Anna, your Senior Real Estate Specialist. I'm the positive person that brings the pie and ice cream for the Pie Socials. I am on a mission to help people get to the next chapter in their lives. If you or a loved one is curious about the real estate market, let's chat! Let me know if any of the following information would be helpful to you: value of your current home, real estate market data and neighborhood trends, current inventory review, tips for selling in the future, downsizing, organizing, senior living, relocating, etc. Thank you for having me!




Anna Herrera, SRES
(505) 508-9805 | O: (505) 828-1000
anna.nmrealty@gmail.com
SEASONS Real Estate powered by Coldwell Banker Legacy
6767 Academy Rd NE, Abq, NM 87109



FRIENDS OF BEAR CANYON & OFF-SITE OPPORTUNITY




March Restaurant Fundraiser



Tuesday, March 25, 2025
11 am - 8 pm
Coronado Mall

We would like to thank:



for being the February Restaurant of the Month!



NEW ARTWORK FOR CENTER



A very special thank you to Suki

for painting the center's benches, just outside of Room 5.

The artwork was paid for by **The Friends of Bear Canyon**, using funds raised through their many efforts.



Free Ride!
Santa Fe National Cemetery





Sign Up at Front Desk



April 9, 2025 | May 14, 2025 | June 11, 2025

CALENDAR OF ACTIVITIES AND OFF-SITE OPPORTUNITY



LUNCH BUNCH

Thursday, March 20
at O’Niells Pub
3301 Juan Tabo Blvd. NE
505-293-1122

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



PIANO CONCERT

Wednesday, March 26
2 PM
Dining Hall



Featuring: Bear Canyon Piano Students



Join us on

ST. PATRICK'S DAY

11:30 AM - 1 PM
DURING LUNCH

ENTERTAINMENT
PROVIDED BY
JUG O’PUNCH

Treats provided by
Oak St. Health

50+ SENIOR TECH CONNECT

SAVE THE DATE!
APRIL 11, 2025

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER



MARCH 4, 2025

MARDI GRAS

Friendship Coffee

TREATS SPONSORED BY
ENCHANTED SKY HOSPICE

DURING FRIENDSHIP COFFEE
9:30AM - 10:30AM

CALENDAR OF ACTIVITIES & INFORMATION

Upcoming Trips

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

Downtown Ruidoso, NM

Thursday, March 13

Check in: 8 am Return: 6 pm

Lunch: (Group) At own expense

Lottery sign up ends at close of day, Thu, Mar 6

The Teahouse Santa Fe Lunch & Cruisin'

Wednesday, March 19

Check in: 9:45 am Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day, Thu, Mar 12

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.

Lost & Found Information

Beginning Wednesday, March 12
- and continuing -
the 2nd Wednesday of each month

Lost & Found items will be put out on a table in the lobby for you to claim any of your own belongings.

Any unclaimed items will be donated to local thrift stores in the area. We do not have enough storage space to hold items indefinitely. Thank you for your understanding!

Classes

See class flyer for more details.

Expressive Arts Collage

Monday, March 10

9:30 - 11:30 am

Room 4

Cost \$10

Register at the front desk. Space is limited.

Literature and Medicine

Monthly on 2nd & 4th Friday

10 - 11 am

Room 4

No registration required.

Beginning Spanish - The Basics

Wed, Apr 2 through Wed, June 4 (10 weeks)

10 - 11 am

Room 4

Register at the front desk. Space is limited.

Class will repeat.

Presentations

Sign up at the front desk.

Bank on Burque presents:

Frauds & Scams Seminar

Wednesday, March 5

10 -11 am

Room 3

CENTER HIGHLIGHTS, RECOGNITION & MOVIE MATINEE

Fishing Club

Mildred Giffey was recognized for the largest trout of 2024 at a recent meeting. The Fishing Club meets each Monday at 1 pm.



Sweetheart Dance

February 14

We couldn't have done it without:

- Oak Street Health sponsoring the dance,
- Roger Burns for providing the music,
- and volunteers: Millie, Sue, & Gloria for time & help serving, and Chris for providing and serving the delicious chocolate covered strawberries.

Thank you everyone for a wonderful event!

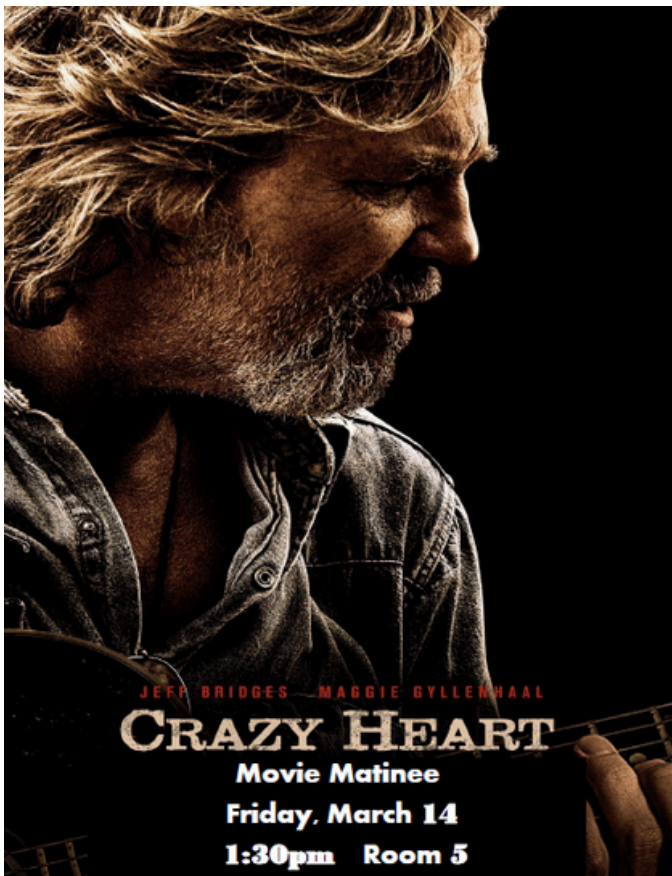


RSVP Pinning Ceremony

February 21



Honoree's from BCSC included Dottie Otto, Woody Simpson & Pauline Brummel pictured here.



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

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.



MARCH 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
<p>3</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Sweet Potato Mash 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>4</p> <p>Diced Pork 3oz Gravy 2oz Mashed Potatoes 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>5</p> <p>Green Chile Posole 4oz Black Beans 4oz Calabacitas 4oz Pears Cupped 4oz 1% Milk 8oz</p> 	<p>6</p> <p>Red Chile Omelet 4oz Rosemary Potatoes 4oz Spinach 4oz Pineapples Cupped 4oz 1% Milk 8oz</p> 	<p>7</p> <p>Breaded Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Roasted Veggies 4oz Brownie 1ea 1% Milk 8oz</p> 
<p>10</p> <p>Beef Tips w/Gravy 3oz Bowtie Pasta 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Yogurt 6oz 1% Milk 8oz</p> 	<p>11</p> <p>Chicken Tamales 4oz Mushrooms 4oz Pinto Beans, Spinach & Bell Peppers 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>12</p> <p>Baked Ham 3oz Pineapple Sauce 1oz Brown Rice 4oz Green Beans 4oz Yogurt 4oz 1% Milk 8oz</p> 	<p>13</p> <p>Cheese Lasagna 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>14</p> <p>Lemon Pepper Salmon 4oz Roasted Potatoes 4oz Brussel Sprouts 4oz Peaches 4oz 1% Milk 8oz</p> 
<p>17</p> <p>Corned Beef 4oz Corn Bread 1ea Rosemary Potatoes 4oz Cabbage 4oz Green Jell-O 4oz 1% Milk 8oz</p> 	<p>18</p> <p>Baked Chicken 3oz Sweet Potato Mash 4oz Sauteed Spinach 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>19</p> <p>Diced Pork 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Jell-O 4oz 1% Milk 8oz</p> 	<p>20</p> <p>Spaghetti 4oz Mushrooms 2oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz</p> 	<p>21</p> <p>Breaded Cod 3oz Tartar Sauce 1ea Green Beans 4oz Brown Rice 4oz Yogurt 4oz 1% Milk 8oz</p> 
<p>24</p> <p>Chicken Posole 4oz Mushrooms 4oz Sauteed Spinach 4oz Mixed Berries 4oz 1% Milk 8oz</p> 	<p>25</p> <p>Salisbury Steak 4oz Green Chile Gravy 2oz Mashed Potatoes 4oz Roasted Veggies 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz</p> 	<p>26</p> <p>Turkey Tetrazzini 8oz Corn 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz</p> 	<p>27</p> <p>Macaroni & Broccoli 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Pineapple Cupped 4oz 1% Milk 8oz</p> 	<p>28</p> <p>Lemon Baked Tilapia 4oz Tartar Sauce 1pc Mashed Potatoes 4oz Steamed Broccoli 4oz Apple 4oz 1% Milk 8oz</p> 

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

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

Isaiah Poole, General Services