

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!

Spring is just around the corner; the official date is Friday, March 20!

Also, this month, don't forget daylight savings time and springing forward 1 hour on Sunday, March 8. Even though we lose an hour of sleep, we look forward to welcoming longer days and brighter afternoons. This change can help make March bloom with activities and be vibrant!

Join us during lunch on St. Patrick's Day (March 17) for a traditional Irish dish/meal, along with special entertainment and other light refreshments! P.S. don't forget to wear green!

Since Easter is earlier than usual this year, the Senior Easter Party will be on Wednesday, April 1 from 2-4 pm. There will be goodies, prizes, refreshments, games and more! (No, this is not an April Fool's joke.)

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

As always, we thank you for your continued support!

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 6 Teeniors Visit
- Mar 13 Movie Matinee
- Mar 17 St Patrick's Day Social
- Mar 19 Lunch Bunch
- Mar 20 Pie Social
- Mar 24 FOBC Restaurant Fundraiser
- Mar 25 Bear Tones Choir Concert
- Apr 1 Senior Easter Party



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



Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.

As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly “Coffee with Constituents” sessions and advisory council meetings throughout our network. This month's “Coffee with Constituents” will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!

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

Palo Duro Senior Center
5221 Palo Duro NE, 87110
Monday, March 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
- DSA Sports & Fitness 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

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)



**Second Tuesday and Wednesday
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 5 DJ- Jim's Night Train
- Mar 12 Roger Burns
- Mar 19 Paul Pino
- Mar 26 Recorded with 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 3 Roadrunner Home Health
- Feb 10 Bear Canyon Senior Center
- Feb 17 Friends of Bear Canyon
- Feb 24 VFW Post 10763



LUNCH BUNCH



Thursday, March 19

Joe's Pasta House

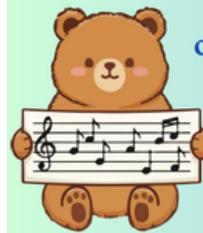
6850 Holly Ave NE

505-808-2993

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

Choir Concert



BEAR TONES OF BEAR CANYON SENIOR CENTER

WEDNESDAY, MARCH 25, 2026
2:30 - 3:30 PM
DINING HALL

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

COOKIES WILL BE SERVED



AT BEAR CANYON SENIOR CENTER

Friday, March 6

3 - 5 PM

BY APPOINTMENT ONLY

Sign up at the front desk

BUCKET OF LOVE CRAFT WORKSHOP

Monday, April 20

9 - 11 am

Room 4

\$5 Supply fee / See flyer for details

Sign up at the front desk

CALENDAR OF ACTIVITIES & OFF-SITE OPPORTUNITIES

Upcoming Trips

WHEELS MUSEUM

Wednesday, March 25

Check in: 9:15 am Return: 4 pm

Cost: \$5

Lunch: Monroe's at own expense

Lottery sign up ends Tues, Mar 17

SANTUARIO DE CHIMAYO

Wednesday, April 1

Check in: 8 am Return: 4 pm

Cost: Free

Lunch: Rancho de Chimayo at own expense

Lottery sign up ends Sat, Mar 21

SENIOR WALKING GROUP

at the ABQ BioPark Zoo

Tuesday, April 14

Check in: 8 am Return: 1 pm

Cost: Free

Lunch: Pack or purchase at own expense

Lottery sign up ends Wed, Apr 1

TRIP NOTES

The trips listed here are open for sign up. Please be sure to note the lottery dates as occasionally trips will close shortly after publication.

There may be additional pop-up trips this month. Be sure to watch the trip board at the center for announcements.

Class Interest

Do you have an interest in:

- learning the Hebrew language,
- taking a refresher or learning to bowl,
- discovering the beauty of drawing with colored pencils,
- being part of a Car & Motorcycle Club, sharing stories, pictures, & knowledge with others.

We have instructors / leaders who would like to share with you.

See the detailed flyers on the Class board.

Please sign up at the front desk.

Class/Club dates and times will be determined when a class is filled.

2026

Free Ride to the Santa Fe National Cemetery

Trips available Wednesdays on the following dates:

April 8, 2026

Deadline - March 31

May 13, 2026

Deadline - May 5

June 10, 2026

Deadline - June 2

Please sign up at the front desk. First come first serve.

Participation is limited to the first 7 that sign up.

All transportation and lunch is provided.

FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES

March Restaurant Fundraiser



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

We would like to thank:



for being the February 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**

February Birthdays



February Birthdays

ONE ALBUQUE RQUE

TAI CHI FOR ARTHRITIS EVIDENCE BASED PROGRAM

Recommended by the Centers for Disease Control and Prevention: this evidence-based falls prevention exercise program improves muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness. Studies have shown the program relieves arthritis pain, prevents falls in older adults and improves overall health.

Bear Canyon Senior Center

- 8 week program
- Wednesday's / 10:00 am to 11:00 am / Room 4
- March 11 to April 29, 2026
- Instructor: Lucy Salazar

NO Registration required for class. The classroom holds 12-15 participants.
Must have a current Senior Affairs membership to participate.

Contact: Bear Canyon Senior Center at
505-767-5959 for more information!

senior affairs cabq.gov/seniors

BULLOCK BLANCHETT HATHAWAY KALING PAULSON ANKWAJINA w/ RIHANNA by BONHAM CARTER

OCEAN'S 8

Movie Matinee
Friday, March 13 at 1:30 p.m. Room 5

CALENDAR OF ACTIVITIES

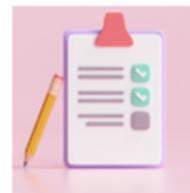


We are accepting donations of prefilled Easter eggs or small wrapped Easter candy for the Senior Easter Party. Please drop off at the front desk. Thank you!

We're pleased to announce that our Department of Senior Affairs [Annual Survey](#) will be launching in the coming weeks!

Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey [online](#)!

Thank you in advance for your participation!



CALENDAR OF ACTIVITIES & OFF-SITE EVENT

COFFEE WITH CONSTITUENTS



OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ

ON

THURSDAY, MARCH 26, 8:30 - 9:30 AM
AT MANZANO MESA MULTIGENERATIONAL
CENTER

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

Innerseed Clothing and Personal Hygiene Drive

Drive will be from
March 1st - March 31st

Items needed

- New underwear (male & female)
- Hygiene products (including razors)
- Feminine hygiene products
- Used towels
- Blankets (new or used)
- Hoodies/jackets (new or used)



Bear Canyon Senior Center in partnership with innerseed ministries and the Friends of Bear Canyon is hosting a clothing and necessities drive to collect and donate to innerseed ministries. Please bring any of the items listed to Bear Canyon Senior Center during regular business hours.

Hope for the Hopeless
Providing Love, Encouragement
and Dignity Through Music,
Meals, Hygiene, Necessities
and Spiritual Care

PRESENTED BY:
AURORA
CRAIG-MCBRIDE

1 on 1 Basic Tech Support

Bear Canyon Senior Center

March 13th & 27th

Drop-in Hours

1:00 - 3:00pm

Both Days

In Room 1

GET 1-ON-1 BASIC TECH SUPPORT WITH ANDROID CELL PHONES, LAPTOPS, TABLETS, INTERNET QUESTIONS, AND MORE! AS A LICENSED HEALTH INSURANCE AGENT, I CAN ALSO PROVIDE HEALTHCARE TECH SUPPORT, SUCH AS ACCESSING YOUR "MYCHART" AND HEALTH INSURANCE PORTALS, FINDING IN-NETWORK DOCTORS, AND CHECKING ON INSURANCE BENEFITS.

PRE-REGISTRATION WITH THE
BEAR CANYON
FRONT DESK IS APPRECIATED.

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
------------------	-----

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
--------------------------------------	-----



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.



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 Sweet & Sour Pork 3oz Stir Fry 3oz Edamame 4oz Brown Rice 4oz Applesauce 4oz 1% Milk 8oz	3 Meatloaf 3oz Gravy 1oz Stuffing 4oz Normandy Blend 4oz Pudding 1ea 1% Milk 8oz	4 Green Chile Chicken 3oz Posole 4oz Pinto Beans 4oz Calabacitas 4oz Orange 1ea 1% Milk 8oz	5 Red Chile Omelet w/ Peppers 4oz Rosemary Potatoes 4oz Spinach 4oz Jell-O 4oz 1% Milk 8oz	6 Breaded Pollack 3oz Tartar Sauce 1pc Green Beans 4oz Sliced Carrots 4oz Brownie 1ea 1% Milk 8oz
9 Beef Fajitas 3oz Fajita Mix 2oz Pinto Beans/Spinach 4oz Spanish Rice 4oz Flour Tortilla 2ea Diced Peaches 4oz 1% Milk 8oz	10 Chicken Patty 3oz White Gravy 1oz Green Beans & Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 1ea 1% Milk 8oz	11 Beef Stew 3oz Mixed Vegetables 2oz Mashed Potatoes 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	12 Green Chile Cheese Veggie Burger 1ea Corn & Red Peppers 4oz Stewed Tomatoes 4oz Diced Pears 4oz 1% Milk 8oz	13 Tuna Casserole w/ Mixed Vegetables 4oz Edamame 4oz Brussel Sprouts 4oz Jell-O 1ea 1% Milk 8oz
16 Rotisserie Chicken 4oz Mash Potatoes/Gravy 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz	17 Corned Beef & Cabbage 4oz Rosemary Potatoes 3oz Dinner Roll 1ea Margarine 1pc Green Jell-O 4oz 1% Milk 8oz	18 BBQ Pulled Pork 4oz Diced Beets 4oz Corn & Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Peaches 4oz 1% Milk 8oz	19 Minestrone Soup 4oz Steamed Broccoli 4oz Cornbread 1ea Watermelon 1ea 1% Milk 8oz	20 Breaded Pollock 3oz Tarter Sauce 1ea Green Beans 4oz Warm Cucumber Salad 4oz Yogurt 4oz 1% Milk 8oz
23 Baked Chicken 4oz Diced Tomato & Cucumber Salad 4oz Corn 4oz Dinner Roll 1ea Margarine 1pc Orange 4oz 1% Milk 8oz	24 Meatball Sub 1ea Cauliflower 4oz Green Beans w/ Mushrooms 4oz Vanilla Pudding 4oz 1% Milk 8oz	25 Pork Chop 3oz Green Chile Gravy 2oz Brown Rice 4oz Normandy Blend 4oz Applesauce 4oz 1% Milk 8oz	26 Mac & Cheese w/ Broccoli 3oz 1oz Brussel Sprouts 4oz Sliced Peppers 4oz Watermelon 4oz 1% Milk 8oz	27 Cajun Tilapia 3oz Pasta w/ Garlic Butter & Diced Tomatoes 4oz Green Peas/Carrots 4oz Banana 1ea 1% Milk 8oz
30 Green Chile Chicken Posole 4oz Green Beans & Mushrooms 4oz Stewed Tomatoes 4oz Jell-O 1ea 1% Milk 8oz	31 Salisbury Steak 4oz Gravy 2oz Mashed Potatoes 4oz Roasted Vegetables 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	1 Chicken Tetrizzini 4oz Diced Beets 4oz Breadstick 1ea Pears 4oz 1% Milk 8oz	2 Cheese Omelet 3oz Fajita Blend 2oz Spinach 4oz Sweet Potato Mash 4oz Orange 1ea 1% Milk 8oz	3 Baked Tilapia 3oz Diced Tomatoes 1oz Brown Rice 4oz Steamed Broccoli 4oz Apple Slices 4oz 1% Milk 8oz

CENTER HIGHLIGHTS



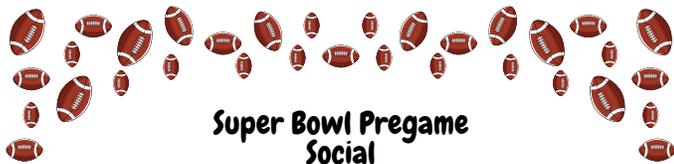
**Winter Guitar Concert
January 28**



**Valentine's Day Social
February 13**



Thank you to Nycole from Oak St. Health for bringing cookies and the raffle prize for the event.



**Super Bowl Pregame
Social
February 6**



Department of Senior Affairs Love Story Feature

Our Journey of Life Begins

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell, New Mexico. My roommate asked if I could be part of a double date. Didn't excite me in the slightest. He would provide the car and tickets to the drive-in theatre. "No thanks," was my quick response. His response was, "How about I include the soda pop and POPCORN?" Bingo, we had a deal.

A few days later, we drove to pick up our dates. When she opened the screen door, our eyes met, and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date, her father showed me his pistol and explained that if I had any funny ideas about his daughter, he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store, I said, "Let's look in the window." She replied, "What for?" My reply was, "You're going to marry me. You might as well pick out the ring." That was early July, and we were married November 13, 1965.

Our travels have taken us from California to Turkey and points in between. We've been blessed with two children, Tom and Jennifer, 5 grandchildren (3 granddaughters and 2 grandsons), and 4 great-grandsons. On November 13, 2025, we celebrated 60 years together.

Life is an amazing journey packed full of ups and downs, mostly UPS. Enjoy the ride.

– Jim & Joyce –



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