

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hi all,

May is here and summer is closing in fast with many different themes to look forward to this month. There is Cinco De Mayo (May 5th), Mother's Day (May 8th) and also Memorial Day (May 30th). A big event being put on by the department is the first "Ageless Artisan Craft Fair." It will be held on Saturday, May 21st at North Domingo Baca (more details found in this newsletter). Also, we look forward to our monthly special luncheon on May 27th. Thanks so much to all who were involved in the special luncheon back in April; their help contributed to its success!

Another Covid-19 Vaccine Clinic has been scheduled for Friday, May 20th between 1:00 p.m. & 4:00 p.m.

Lastly, I would like to welcome our team's newest member, Isaiah Poole. Isaiah has taken the role of our part time General Service Worker and comes with many years of City experience from community centers and even the Airport! We are excited to have Isaiah on board and he has hit the ground running so to speak.

Happy Mother's Day to all of the Moms out there and I hope that everyone has a great month!

Respectfully,  
Tyler Dunn

**Center Hours**

M-W: 8a-5p      Sat: 9a - 3p  
Th: 8a-9p      Sun: Closed  
F: 8a-5p

**Special Dates & Announcements**

- May 6: FOBC Pie Social
- May 10: Abq Police Museum Trip
- May 12: Tarde De Oro
- May 13: Movie Matinee
- May 19: Lunch Bunch
- May 20: Vaccine Clinic
- May 21: Ageless Artisan Craft Fair
- May 25: Health & Fitness Day
- May 27: Painting with Suki
- May 27: Special Luncheon
- May 30: Closed for Memorial Day

**Resuming this month**

- Bear Canyon Hiking Group
- Senior Law Office Presentations

**Coming in June**

- Out to Dinner

**See Inside for more details**

Accredited by   
National Institute of  
Senior Centers



## GENERAL INFORMATION & ASSISTANCE

### DSA ADVISORY COUNCIL

Meet the Advisory Council  
Los Duranes Community Center  
**MONDAY, MAY 16**

11:30 a.m. - Meet the Advisory Council  
Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

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### V.F.W. ROADRUNNER POST 10763

Everyone is invited to participate in the following activities sponsored by our post:

We will be assisting in Clean up Day at the Historic Fairview Cemetery, 700 Yale Blvd SE, on May 7. Clean up begins at 9 am. Bring your rake, shovel, and gloves.

Placement of 700 American flags at 9 am on May 21. Bring a cordless electric drill with a spade drill bit. A small mallet and sunscreen are also a good idea. Refreshments provided.

A Memorial Day Program will be held at the Cemetery on May 30. Flags will be retrieved at 9 am on June 4.

Hope to see lots of volunteers from Bear Canyon Senior Center and VFW Post 10763. For more info, contact Jim Berdine, [berdinejim@msn.com](mailto:berdinejim@msn.com).

### NEW MEMBER ORIENTATION

An informative new member orientation and tour takes place every month on the 2nd Friday, 10:30 a.m. to 11:30 a.m.

### 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 Information Catalog
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

### HELPFUL NUMBERS

Department of Senior Affairs .....764-6400  
City of Albuquerque General Info .....311  
Non-emergency Police .....242-COPS (2677)  
Emergencies .....911

## Department of Senior Affairs



### NOTE FROM ANNA

Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual “A Senior I Know” Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year’s celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars “May the Fourth Be With You” Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque’s senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque’s older adults and the impact they have made on our community!

Best,  
Anna Sanchez, Director  
Department of Senior Affairs

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## GENERAL INFORMATION & ASSISTANCE

### SUGGESTION BOX

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Place your written comments in the suggestion box located at the front desk. We ask that more personal matters be brought directly to the management's attention.

- **"Keep 'em coming! Kudos to the staff for a wonderful special luncheon. The decorations and music were lovely. The food delicious, thank you."**

Thank you so much for the words of encouragement. We are delighted to have had a very successful first special luncheon back. Thank you to all involved including the staff, volunteers, sponsor and band that made it so successful. We look forward to many more in the future.

- **"The waffles are too hard to cut and chew. They are on the waffle iron too long and the 3 compartment paper plates make it difficult to cut and fork up to eat!"**

We appreciate you bringing this to our attention. The kitchen staff are aware of the concern and are making their best attempts to find the best setting on the new waffle iron. Also, we recently received plastic hard plates and began using silverware again. We are hoping this will help!



### COMPUTER CLASSES

Gone Phishing: Avoiding Scams  
Barelas Senior Center  
May 5, 2022 | 10am-12pm

Making Social Media Work For You!  
Palo Duro Senior Center  
May 11, 2022 | 9-11am

Fact vs. Fiction: What's Real on the Internet  
Barelas Senior Center  
May 12, 2022 | 10am-12pm

Unsubscribe Me  
Barelas Senior Center  
May 19, 2022 | 10am-12pm



Teeniors\* are a 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.

First Friday of each month  
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

## Department of Senior Affairs

### PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

**In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:**

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 email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center 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 program.**

### CITY OF ALBUQUERQUE



**Mayor Timothy M. Keller**

### Department of Senior Affairs

Anna M. Sanchez, Director  
Chris Sanchez, Associate Director

### Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager  
Ya Vette Bailey, Program  
Coordinator  
Brenda Carroll, Office Assistant  
Isaiah Barton, Program Assistant  
Vacant, Program Assistant  
Ryan Espinda, Cook  
Casey Blaisdell, Kitchen Aid  
Kelly Trujillo, General Services  
Isaiah Poole, General Services





## PROGRAM HIGHLIGHTS

### Friends of Bear Canyon Spotlight

In the spotlight for the month of May is Gary Day.

A bit about me -- I was born and raised in the Midwest, not far from Kansas City. Was one of five boys; we spent lots of time in the outdoors, and between us, we could curl your hair with stories of some of the episodes in which we were involved. But, we learned a lot about hard work and what maintaining focus could lead to.

The time spent outdoors led to my love of fishing, hunting, and most sports. As I was growing up my dream was to be an aeronautical engineer at Boeing. Before completing my college degree, I joined the U.S. Navy and along with five months of training served two cruises to the Gulf of Tonkin, one on a carrier and the second aboard a destroyer.

Returning to the states, I went to work for Boeing in Seattle. While there I met my bride-to-be, Phyllis. I returned to school and modified my dream to be a software engineer. With my B.S. in Computer Science in hand, we got married and I started out on a very successful career. My wife and I have been happily married for almost 54 years, raised three children and have six grandchildren. We have enjoyed RVing for many years and have thoroughly enjoyed the sight-seeing that goes along with that.

Since retiring, I have enjoyed working/volunteering with numerous organizations. My two favorite are each part of Bear Canyon Senior Center; Friends and the Computer Room (BCCIC). It is very rewarding to work with other seniors and help support them. And probably the best benefit of all is that you make friends doing what you enjoy.

### Join us for Pie and Ice Cream

A Pie and Ice Cream Social is planned for May 6, at 1:30pm, in the Social Hall. The event is being sponsored by the Friends of Bear Canyon. The pies were donated by Sergio's Bakery and Café. The ice cream was donated by David Wesley, member of Friends of Bear Canyon. A very heartfelt thank you to those who donated for our enjoyment.

### Car Wash Update

Friends of Bear Canyon would like to thank each and every person who participated, by either selling or buying tickets, in the second car wash fundraising event. It was another successful activity, surpassing what was expected. The proceeds of the car wash will continue to benefit and support the Bear Canyon Senior Center.

Again, Thank You!

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## CALENDAR & ACTIVITIES

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### COMPUTER LAB INFORMATION



#### Windows User Group

Third Wednesday of the month

Starting April 20

1:30 pm to 3:30 pm

Contact person: Harold Gottlieb

Email: hbgottl2@q.com



#### Chromebook User Group

Fourth Wednesday of the month

Starting April 27

1:30 pm to 3:30 pm

Contact person: Bill Miller

Email: bearcanyonclasses@gmail.com

Please contact the user group leaders to share subjects of interest, and to address concerns or questions.

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#### Apple Users

Drop In Assistance

Mondays 9:00 am to 11:00 am

Contact person: Jean Maka

Email: huntgen@gmail.com

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### OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00–11:00 am

iMac, PC, and iPad available

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### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month

8:30 a.m. to 12:00 p.m.

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.

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#### BLOOD PRESSURE SCREENING

Wednesdays

9:00 a.m. to 11:00 a.m.

Room 2

RN volunteers needed to perform the blood pressure screenings. If you are interested in volunteering, please contact Patricia at (505) 401-3529.







## PRESENTATIONS & ACTIVITIES



**MEMORIAL DAY**

**SPECIAL LUNCHEON**

May 27<sup>th</sup>  
11:30 am

**Menu**

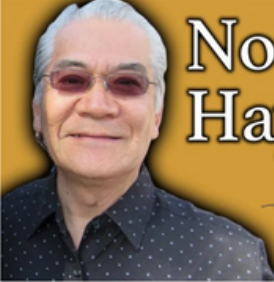
- ◊ Pulled Pork Sandwich
- ◊ Baked Beans
- ◊ Potato Salad
- ◊ Watermelon

Special Performance by the Beartones  
Dessert Sponsored by Madison Insurance Group


★★★★★

Membership and Reservations are Required  
Fee \$4.00 per person  
**No REFUNDS**

# Mystery of the UFO Phenomenon



**Norio Hayakawa**  
UFO INVESTIGATOR




**Tuesday,  
May 10th  
9 - 10:30 am  
In Room 5**

### PAINTING WITH SUKI

**Friday, May 27  
2:00 p.m. to 4:00 p.m. Room 5**

Space is limited!  
Please register at the front desk.



Transportation to this event will be available. Sign up at the front desk.

DEPARTMENT OF SENIOR AFFAIRS PRESENTS:



**AGELESS ARTISAN CRAFT FAIR**  
FEATURING WORKS FROM SENIOR CENTER ARTISANS

MAY 21, 2022 9AM-1PM  
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER  
7521 CARMEL AVE. NE 87113 505-764-6475

**ONE ALBUQUE**  
ROQUE  
cabq.gov/seniors



## CALENDAR & SPECIAL EVENTS

### THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



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.

- **May 5 - Swing Shift**
- **May 12 - Roger Burns**
- **May 19 - Paul Pino**
- **May 26 - Latin Soul**



### FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

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 our sponsors and supporters.

#### Last month's sponsors:

- **Apr 5 - MedCare**
- **Apr 19 - MedCare**
- **Apr 26 - Railrunner**



### LUNCH BUNCH

Thursday, May 19, at Mario's Pizzeria & Restaurant

7501 Paseo Del Norte Blvd NE, at 11:30 a.m.

Please sign up at the front desk and let us know if you'll be riding on the van or taking your own vehicle.

## ACTIVITIES & SPECIAL EVENTS

### BCSC HIKING GROUP

Every other Thursday, the Bear Canyon Hiking Group will meet at 8:00 am in the lobby to sign in, get membership cards scanned and set out for a hike.

#### SPACE IS LIMITED.

You must pre-register for the hike at the front desk and make sure your membership is current. Registration begins two weeks before the scheduled hike.

### CLASSIC & GREAT BOOKS DISCUSSION GROUP

MAY 13- Sons and Lovers, DH  
Lawrence 2nd half

MAY 27 - The American  
Transcendentalists- ed Lawrence  
Buell

JUNE 10 - Letters - Pliny the  
Younger

### SENIOR LAW OFFICE PRESENTATIONS

**Estate Planning Presentation**  
Tuesday, May 24, 9 - 10:30 am

**Power of Attorney Workshop**  
Tuesday, June 14, 9 - 11 am

City of Albuquerque Department of Senior Affairs

## NATIONAL SENIOR HEALTH & FITNESS DAY 2022

PRESENTED WITH EXCLUSIVE SPONSOR  
BLUE CROSS AND BLUE SHIELD OF NEW MEXICO

Join us for an interactive day  
focused on health and wellness for older adults

Join us on **May 25, 2022 from 9am-12pm**  
at the **ABQ Bio Park Botanic Gardens** for  
group exercise demonstrations, mini-  
health fair, health screenings, fun, low-  
impact walking events, and Tai Chi in the  
Bio Park's Japanese Garden.

Pre-Registration for this event is strongly  
recommended. Assistance available through  
311 City Info Line or at the front desk.

We will be providing transportation to this  
event. Sign up at the front desk.

### SPRING IS IN THE AIR SPECIAL LUNCHEON



## Breakfast and Lunch Menu

### Oso Canyon Café

#### ***Breakfast Menu***

Served 8:00 a.m. to 9:00 a.m.  
Monday through Friday

Full Breakfast .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast .....	.75
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

Egg .....	.25
2 Pieces of bacon or sausage .....	.50
Pancake .....	.25
French Toast .....	.25
Egg Muffin Sandwich .....	1.00
Toast or Tortilla .....	.20
Hash Browns .....	.30
Hot Cereal w/milk .....	.70
Side of Chile .....	.25

#### Waffle Wednesday:

Plain .....	1.00
With Strawberries & Cream .....	1.50
Biscuits & Gravy (Thursdays) .....	1.00
Huevos Rancheros (Fridays) .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Coffee or tea .....	.30

#### ***Lunch A-la-Carte***

Lunch is served from 11:30 a.m. to 1 p.m.

**NO reservation is required**

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Cold Turkey .....	1.50
Turkey Melt .....	1.50
Sandwich of the day .....	1.50
Grilled Cheese .....	1.25
½ Sandwich .....	.75

#### Drinks

Milk .....	.25
Juice .....	.25
Coffee or tea .....	.30

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

## May Lunch Menu





















Oso Canyon Café - Lunch Daily Specials - \$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.

**ONE  
ALBUQUE  
RQUE**

# May 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 <ul style="list-style-type: none"> <li>◆ Chicken Tender with BBQ Sauce</li> <li>◆ Green Beans</li> <li>◆ Sweet Potatoes</li> <li>◆ Diced Peaches</li> <li>◆ 1% Milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>◆ Salmon with Garlic Butter Sauce</li> <li>◆ Vegetables</li> <li>◆ Brown Rice</li> <li>◆ Vanilla Pudding</li> <li>◆ 1% Milk</li> </ul> 	4 <ul style="list-style-type: none"> <li>◆ Stir Fry: Beef/ Broccoli/Pepper/ Onions</li> <li>◆ Steamed Carrots</li> <li>◆ Orzo</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	5 <ul style="list-style-type: none"> <li>◆ Turkey Pot Pie: Turkey/Mixed Vegetables</li> <li>◆ Diced Beets with Onions</li> <li>◆ Biscuit</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	6 <ul style="list-style-type: none"> <li>◆ Southwest Omelet with Red Chile</li> <li>◆ Diced Potatoes</li> <li>◆ Stewed Tomatoes</li> <li>◆ Applesauce</li> <li>◆ 1% Milk</li> </ul> 
9 <ul style="list-style-type: none"> <li>◆ Ground Beef/Diced Tomato/Cheese</li> <li>◆ Calabacitas</li> <li>◆ Pinto Beans</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>◆ Cheese Tortellini with Meat Sauce</li> <li>◆ Breadstick</li> <li>◆ Vegetables</li> <li>◆ Apple</li> <li>◆ 1% Milk</li> </ul> 	11 <ul style="list-style-type: none"> <li>◆ Sweet and Sour Pork with Pineapple</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	12 <ul style="list-style-type: none"> <li>◆ Cajun Tilapia</li> <li>◆ Vegetables</li> <li>◆ Cornbread</li> <li>◆ Strawberries</li> <li>◆ 1% Milk</li> </ul> 	13 <ul style="list-style-type: none"> <li>◆ Chicken Breaded Patty with White Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Vegetables</li> <li>◆ Orange</li> <li>◆ 1% Milk</li> </ul> 
16 <ul style="list-style-type: none"> <li>◆ Red Chile Beans with Beef</li> <li>◆ Cornbread</li> <li>◆ Peach Cobbler</li> <li>◆ 1% Milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>◆ Baked Cod with Tartar Sauce</li> <li>◆ Brown Rice</li> <li>◆ Vegetables</li> <li>◆ Pear</li> <li>◆ 1% Milk</li> </ul> 	18 <ul style="list-style-type: none"> <li>◆ Salisbury Steak with Mushroom/Gravy</li> <li>◆ Vegetables</li> <li>◆ Mashed Potatoes</li> <li>◆ Chocolate Pudding</li> <li>◆ 1% Milk</li> </ul> 	19 <ul style="list-style-type: none"> <li>◆ Baked Chicken Thigh</li> <li>◆ Collard Greens</li> <li>◆ Succotash</li> <li>◆ Pineapple Chunks</li> <li>◆ 1% Milk</li> </ul> 	20 <ul style="list-style-type: none"> <li>◆ Mini Corn Dog with Mustard</li> <li>◆ Steamed Potato</li> <li>◆ Vegetables</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 
23 <ul style="list-style-type: none"> <li>◆ Garlic Tilapia</li> <li>◆ Stewed Tomatoes</li> <li>◆ Green Beans</li> <li>◆ Jell-O</li> <li>◆ 1% Milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>◆ Spaghetti with Meat Sauce</li> <li>◆ Spinach with Onions</li> <li>◆ Warm Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	25 <ul style="list-style-type: none"> <li>◆ Carne Adovada</li> <li>◆ Corn with Peppers</li> <li>◆ Vegetables</li> <li>◆ Honeydew</li> <li>◆ 1% Milk</li> </ul> 	26 <ul style="list-style-type: none"> <li>◆ Sliced Turkey and Gravy</li> <li>◆ Stuffing</li> <li>◆ Vegetables</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	27 <p><b>Special Luncheon</b></p> <ul style="list-style-type: none"> <li>◆ BBQ Pulled Pork</li> <li>◆ Potato Salad</li> <li>◆ Baked Beans</li> </ul> 



The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.