

**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 in full effect as we are seeing warmer weather with summer approaching quickly, which is a great time of the year for socials and events! We would like to point out that we will be having a Cinco de Mayo Social on May 3rd. More information can be found in this newsletter.

Last month, the AARP Tax Prep help wrapped up their season. There was a total of approximately 650 tax returns filed, which is amazing! As always, we appreciate working with AARP and all they do for our center and community. Thank you to Dixie Prowell and all of the AARP team of volunteers who helped make the 2024 tax season smooth and successful. We look forward to working side by side again next year!

Wanting to wish a very Happy Mother's Day to all of the mothers and invite you to the Mother's Day social on Wednesday, May 8.

Lastly, we would like to honor and mourn all of the U.S. Military Personnel who have passed while serving the U.S. Armed Forces this Memorial Day. Thank you for your dedication, your sacrifice and your service.

Have a wonderful month and see you in summer!

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**

- May 3    Cinco de Mayo Social  
          Teeniors
- May 6    Out to Dinner
- May 7    Drawing for May Flea Market tables
- May 8    Mother's Day Social
- May 9    Tarde de Oro at the Kimo Trip
- May 10    Movie Matinee
- May 14    Flea Market begins  
          Abq Biopark Zoo Trip
- May 16    Lunch Bunch
- May 21    Salinas Pueblo Missions Trip
- May 22    Lunch at El Bruno's with Mr. Ron Trip
- May 24    Painting with Suki
- May 27    Closed for Memorial Day
- May 29    Sandia Peak Tramway Trip



**We will be  
closed on  
Monday, May 27  
to remember  
and honor all  
who have  
served.**

Accredited by   
National Institute of  
Senior Centers

## GENERAL INFORMATION & ASSISTANCE

### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

DSA Administrative Offices  
1 Civic Plaza NW  
6th Floor, Suite 6007  
Monday, May 20  
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 Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## 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.

- **May 2** Long Drink of Water
- **May 9** Recorded Music w/Josie
- **May 16** Paul Pino
- **May 23** Paul Pino
- **May 30** 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:

- **Apr 2** Bear Canyon Senior Center
- **Apr 9** Amada Senior Care
- **Apr 16** Keller Williams
- **Apr 23** Beehive Homes
- **Apr 30** People Works NM

## Pie Social

Monthly on the 3rd Friday

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 monthly 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



## CALENDAR OF ACTIVITIES

### Upcoming Trips

Due to the limited space on trips, a member may only sign up for 3 per month including Pop Up Trips.

**Tue, May 14 - Abq BioPark- ZOO**

Check in: 8:30 am      Return: 3 pm  
Cost: \$5.50 -\$10      Lunch: Pack or purchase

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**Tue, May 21 - Salinas Pueblo Missions**

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

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**Thu, May 23 - Lunch at El Bruno's w/ Mr. Ron**

Check in: 9:45 am      Return: 4 pm  
Cost: Free      Lunch: At own expense

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**Wed, May 29 - Sandia Peak Tramway**

Check in: 8:15 am      Return: 2 pm  
Cost: \$30 - \$36      Lunch: At own expense

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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

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**Tax Advantage Investing**

Tuesday, May 14  
9- 10 am      Room 5

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**Bank CD's and Treasury Alternatives**

Tuesday, May 21  
9- 10 am      Room 5

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**Tax Exempt NM Investments**

Tuesday, May 28  
9- 10 am      Room 5

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**Landlord-Tenant Law**

Tuesday, Jun 4  
10-11 am      Room 5

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**Estate Planning**

Tuesday, Jun 11  
10-11 am      Room 5

## CALENDAR OF ACTIVITIES & PROGRAM HIGHLIGHTS

### **Bear Canyon Grief Support Group:**

*Interested in working with others to help support those dealing with grief?*

*The B.C.G.S.G is in need of a caring and compassionate facilitator to help assist and support the much-needed group!*

#### ***Healing the Broken Heart:***

This is a support group for those who are grieving the losses of people, places, things, lonely, or facing other life challenges.

Objectives are not only to assist those who are grieving or suffering but also at the same time to provide a friendly, caring and often cheerful and enjoyable environment to heal the heart and give one peace of mind as they heal during their journey through the grieving process.

*Those interested please contact the center at (505) 767-5959 or ask at the front desk. No previous experience required.*

Meets: Mondays - 3:00 - 4:00 pm  
Classroom 2

### **FRIENDS OF BEAR CANYON May Restaurant Fundraiser**



Wednesday, May 29  
11 am - 4 pm  
2004 Wyoming Blvd. NE

### **PAPA FELIPE'S MEXICAN RESTAURANT**



We would like to thank Papa Felipe's for being the April Restaurant of the Month!

## **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.

- **Trip to the zoo, aquarium, and/or botanical gardens**

Thank you for the recommendations for new/more trips. We are always open to look at adding trips and these are a possibility. Feel free to keep letting us know where you might want to visit. Be on the lookout in newsletters and posted advertisements on the "trip board" for upcoming trips.

## CALENDAR OF ACTIVITIES



### LUNCH BUNCH

**Thursday, May 16**  
**at Basil Leaf Vietnamese Restaurant**  
1225 Eubank NE  
505-323-2594

Check in: 10:45 am    Return: 3 pm

### OUT TO DINNER

**Monday, May 6**  
**at Black Angus Steakhouse**  
2290 Wyoming Blvd NE  
505-292-1911

Check in: 10:45 am    Return: 3 pm

**Please sign up at the front desk.**

## CINCO DE MAYO SOCIAL

**Friday, May 3rd**  
**In the Multipurpose Room**  
**2:00pm - 3:00pm**



**Join Us for Refreshments  
and Music!**

### PAINTING WITH SUKI

**Friday, May 24**  
**2 - 4 pm      Room 5**

Lottery drawing will be on Thursday, May 16 and the class will be limited to 12 students.. 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**



**2nd & 4th Tuesdays**  
**10 am -- 1 pm**

### June Lottery Information

If you are interested in selling items, tables are \$2.00 and will be issued by a lottery process. The June lottery will be held on June 4th. Those selected will be notified (need not be present). To sign up or ask questions, please contact the front desk.

## CALENDAR OF ACTIVITIES

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, May 15 - Sign up by May 6  
Wed, Jun 12 - Sign up by June 3



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.



## TECH THURSDAY

wellcare

- WHEN: THU, MAY 30 @10-11AM
- WHAT: TABLET TIPS & TRICKS
- WHO: ALL LEVELS WELCOME!

LEARN HOW TO USE YOUR TABLET THE RIGHT WAY.  
BRING YOUR TECH QUESTIONS AND GET THEM  
ANSWERED HERE LIVE!

televēda



## 2ND ANNUAL EASTER DAY HIGHLIGHTS

A very special thank you to Giving Home Healthcare, Beehive Homes, the Friends of Bear Canyon, Wellcare and Rio Metro for sponsoring this event. Thank you to Good Dawg Hotdogs for stopping by to sell hotdogs and ABQ Amusements/Photo Booth Rentals of NM for the props and photographs. And of course, thank you to our members and visitors who came out and had a good time.



## 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 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
Tea .....	.30

#### **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 Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

Milk .....	.25
Juice .....	.25
Tea .....	.30

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

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



## May 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**

# May 2024

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
29 <ul style="list-style-type: none"> <li>♦ Chicken tender w/ BBQ sauce</li> <li>♦ Green beans</li> <li>♦ Sweet potatoes</li> <li>♦ Diced peaches</li> <li>♦ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>♦ Salmon w/ garlic butter</li> <li>♦ Fajita blend vegetables</li> <li>♦ Brown rice</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul> 	1 <ul style="list-style-type: none"> <li>♦ Beef stir fry</li> <li>♦ Steamed carrots</li> <li>♦ Orzo</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	2 <ul style="list-style-type: none"> <li>♦ Southwest omelet w/ red chile</li> <li>♦ Diced potatoes</li> <li>♦ Stewed tomatoes</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 	3 <ul style="list-style-type: none"> <li>♦ Turkey pot pie</li> <li>♦ Diced beets</li> <li>♦ Baked cinnamon apples</li> <li>♦ 1% milk</li> </ul> 
6 <ul style="list-style-type: none"> <li>♦ Beef tips w/ bowtie pasta</li> <li>♦ Normandy blend vegetables</li> <li>♦ Cherry cobbler</li> <li>♦ Dinner roll w/ margarine</li> <li>♦ 1% milk</li> </ul> 	7 <ul style="list-style-type: none"> <li>♦ Red chile beef enchilada</li> <li>♦ Spanish rice</li> <li>♦ Pinto beans</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	8 <ul style="list-style-type: none"> <li>♦ Teriyaki chicken</li> <li>♦ White rice</li> <li>♦ Green beans</li> <li>♦ Apple slices</li> <li>♦ 1% milk</li> </ul> 	9 <ul style="list-style-type: none"> <li>♦ Tilapia over brown rice w/ lemon sauce</li> <li>♦ Cauliflower</li> <li>♦ Green beans</li> <li>♦ Banana</li> <li>♦ 1% milk</li> </ul> 	10 <ul style="list-style-type: none"> <li>♦ Pork chop w/ brown gravy</li> <li>♦ Mashed potatoes</li> <li>♦ Roasted Brussel sprouts</li> <li>♦ Vanilla pudding</li> <li>♦ 1% milk</li> </ul> 
13 <ul style="list-style-type: none"> <li>♦ Ground beef w/ diced tomato &amp; cheese</li> <li>♦ Calabacitas</li> <li>♦ Pinto beans</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	14 <ul style="list-style-type: none"> <li>♦ Cajun tilapia</li> <li>♦ Brussel sprouts</li> <li>♦ Cornbread</li> <li>♦ Strawberries</li> <li>♦ 1% milk</li> </ul> 	15 <ul style="list-style-type: none"> <li>♦ Sweet and sour pork w/ pineapple</li> <li>♦ Brown rice</li> <li>♦ Steamed carrots</li> <li>♦ Honeydew</li> <li>♦ 1% milk</li> </ul> 	16 <ul style="list-style-type: none"> <li>♦ Cheese tortellini</li> <li>♦ Breadstick</li> <li>♦ Steamed green beans</li> <li>♦ Apple</li> <li>♦ 1% milk</li> </ul> 	17 <ul style="list-style-type: none"> <li>♦ Chicken breaded patty w/ white gravy</li> <li>♦ Mashed potatoes</li> <li>♦ Beets</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 
20 <ul style="list-style-type: none"> <li>♦ Red chile beans w/ beef, cheese, onions</li> <li>♦ Corn bread</li> <li>♦ Peach cobbler</li> <li>♦ 1% milk</li> </ul> 	21 <ul style="list-style-type: none"> <li>♦ Baked cod w/ tartar sauce</li> <li>♦ Brown rice</li> <li>♦ Steamed carrots</li> <li>♦ Pear</li> <li>♦ 1% milk</li> </ul> 	22 <ul style="list-style-type: none"> <li>♦ Baked chicken thigh</li> <li>♦ Collard greens</li> <li>♦ Suocotash</li> <li>♦ Pineapple chunks</li> <li>♦ 1% milk</li> </ul> 	23 <ul style="list-style-type: none"> <li>♦ Cauliflower curry soup</li> <li>♦ Steamed broccoli</li> <li>♦ Corn bread</li> <li>♦ Chocolate pudding cup</li> <li>♦ 1% milk</li> </ul> 	24 <ul style="list-style-type: none"> <li>♦ BBQ pulled pork</li> <li>♦ Sweet potato</li> <li>♦ Peas and carrots</li> <li>♦ Watermelon</li> <li>♦ 1% milk</li> </ul> 
27 	28 <ul style="list-style-type: none"> <li>♦ Sliced turkey w/ gravy</li> <li>♦ Stuffing</li> <li>♦ Beets</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	29 <ul style="list-style-type: none"> <li>♦ Carne adovada</li> <li>♦ Corn w/ peppers</li> <li>♦ Broccoli, cauliflower, carrots</li> <li>♦ Honeydew</li> <li>♦ 1% milk</li> </ul> 	30 <ul style="list-style-type: none"> <li>♦ Rotini pasta w/ sauce</li> <li>♦ Spinach w/ onions</li> <li>♦ Warm cinnamon apples</li> <li>♦ 1% milk</li> </ul> 	31 <ul style="list-style-type: none"> <li>♦ Chicken tender w/ BBQ sauce</li> <li>♦ Steamed potato</li> <li>♦ Green beans</li> <li>♦ Cantaloupe</li> <li>♦ 1% milk</li> </ul> 

## 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