

**BEAR CANYON SENIOR CENTER**

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

[cabq.gov/seniors](http://cabq.gov/seniors)

**Department of Senior Affairs**



**A Message From Our Center  
Manager**

Hello all and happy spring time!

We would like to take a minute to call attention to last month's 3<sup>rd</sup> Annual Senior Affairs Easter Party. It was yet another successful event with goodies, prizes, refreshments, music, games, a photobooth and a visit from the Easter Bunny. This event grew from last year where we anticipated close to 300 attendees. Thanks to everyone on the DSA staff, both from here and from other centers in the department. Thank you, as well to the many volunteers, vendors, sponsors and of course all of the participants. It would not be a successful event without the collaboration from all. We at Bear Canyon hope to continue the tradition for years to come!

Last month, AARP Tax Prep wrapped up yet another successful season. They were able to help more than 600 members prepare their taxes. Thank you to Dixie Prowell and the rest of the AARP team of volunteers who helped make the 2025 tax season smooth and successful.

May will be blooming with some fun activities:

- We will be hosting our Cinco de Mayo Social on May 5. Join us for a social hour with refreshments.
- We want to wish a very Happy Mother's Day to all of the mothers and motherly figures in our lives and don't miss out on our Mother's Day Social on May 9.

Lastly, we would like to honor all of the U.S. Military Personnel who have passed while serving the U.S. Armed Forces for Memorial Day. Thank you for your dedication, your sacrifice and your service. The center will be closed in observance on May 26.

Looking forward to seeing everyone this summer for even more fun activities!

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**

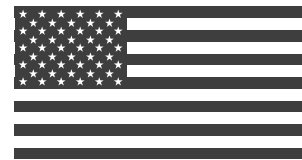
May 5	Cinco de Mayo Out to Dinner
May 9	Movie Matinee Mother's Day Social
May 14	Santa Fe National Cemetery
May 15	Lunch Bunch
May 16	Pie Social
May 19	Lunch time Jazz Serenade
May 26	Closed for Memorial Day
May 27	FOBC Restaurant Fundraiser

**OPEN COMPUTER LAB**

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



**Memorial Day**

\*\*\* HONORING ALL WHO SERVED \*\*\*

Accredited by   
National Institute of  
Senior Centers

## 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

**CASA Kitchen**  
**2540 Karsten Ct SE, 87102**  
**Monday, May 19**  
**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 Affairs .....764-6400  
City of Albuquerque Information .....311  
Non-emergency Police .... 242-COPS (2677)  
Emergencies .....911

## GENERAL INFORMATION & ASSISTANCE



### FIRST FRIDAY OF MONTH 3 to 5 pm

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.

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](http://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](mailto: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](mailto: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.

- May 1 DJ- Jim's Night Train
- May 8 Roger Burns
- May 15 Paul Pino
- May 22 Recorded Music w/Josie
- May 29 Recorded



### 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 1 Enchanted Sky Hospice
- Apr 8 Friends of Bear Canyon
- Apr 15 Corus Health
- Apr 22 Bear Canyon Senior Center
- Apr 29 Village Caregiving



## FRIENDS OF BEAR CANYON AND OFF-SITE OPPORTUNITY



### **May Restaurant Fundraiser**



**Tuesday, May 27, 2025**  
11 am - 9 pm  
11225 Montgomery Blvd NE

We would like to thank:



for being the April Restaurant of the Month!

**FRIDAY, JUNE 13, 2025**  
**9:00AM - 11:00AM**  
**WEST PARKING LOT**

# Drive Thru Shredding Event

Hosted by the Friends of Bear Canyon

### About Items

Acceptable Items  
Office paper, newspaper, envelopes, file folders, magazines, junk mail, sticky notes, brochures. (staples & paper clips are OK)

Unacceptable Items  
Batteries, trash, plastic, binders, hanging folders, metal, cardboard, x-rays, tyvek, hard drives, hazardous materials, food containers, medical waste

### Additional Information

Refreshments available  
Limited to 6 bankers' boxes/bags per person  
Assistance available to unload boxes  
Enter in the south parking lot, follow the signs and stay in your vehicle

**For Bear Canyon Senior Center members only, you will be asked to present your DSA membership card**

## Free Ride!

Santa Fe National Cemetery

A photograph of a woman with short grey hair, wearing sunglasses and a necklace, looking down at a train engine. The train engine is white with red and yellow accents, and the words "SANTA FE" and "104" are visible. The background shows a cemetery with many white headstones.

## Sign Up at Front Desk

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



## CALENDAR OF ACTIVITIES



### LUNCH BUNCH



Thursday, May 15

**Jimmie's Cafe**

7007 Jefferson St NE

505-341-2546

Check in: 10:45 am    Return 3 pm

### OUT TO DINNER

Monday, May 5

**Azuma Sushi and Teppan**

8104 Wyoming Blvd NE, Ste. B

505-821-3583

Check in: 4:45 pm    Return 8:30 pm

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



**Movie Matinee**

**Friday, May 9**

**1:30pm Room 5**



### Watercolor & More Art Time

**Tuesdays, 1 - 4 pm  
Room 3**

Watercolor    Pencils  
Pastels    Acrylic

All solvent free art forms are welcome! Bring your own supplies.  
Mini-lessons with watercolor Tuesdays at 1 pm.  
Supply list for mini-lessons available at the front desk.

This class is expanding it's scope.  
Previously, it was Intermediate Watercolor.

### LUNCH TIME JAZZ SERENADE

**JAZZ DUETS WITH J. FRANCIS AND MIGUEL**

**Monday, May 19 | 11:30-12:30**



Visit our website:

[www.reverbnation.com/jfrancisandmigueldeluca](http://www.reverbnation.com/jfrancisandmigueldeluca)

## CALENDAR OF ACTIVITIES

### Upcoming Trips

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

#### **Chaco Culture National Historical Park**

**Thursday, May 15**

Check in: 8 am      Return: 4 pm

Lunch: Pack your own picnic lunch

Lottery sign up ends at close of day Mon, May 5

#### **Lunch at Chocolate Maven Bakery & Cafe- SFE**

**Wednesday, May 21**

Check in: 9:15 am      Return: 4 pm

Lunch: At own expense

Lottery sign up ends at close of day Wed, May 14

#### **Ice Cave & Bandero Volcano- Grants, NM**

**Wednesday, May 28**

Check in: 8 am      Return: 4 pm

Lunch: At own expense

Cost: Approximately \$14 per person

Lottery sign up ends at close of day Wed, May 21

#### **ABQ BioPark - Zoo**

**Wednesday, Jun 4**

Check in: 9 am      Return: 4 pm

Lunch: At own expense

Cost: Approximately \$6 per person

Lottery sign up ends at close of day Thu, May 29

Watch the bulletin board and front desk display for

#### **“Pop Up Trips.”**

These trips are confirmed between newsletter publishing dates and will be advertised as soon as they are available.





## CENTER HIGHLIGHTS

### DSA ANNUAL EASTER PARTY APRIL 16, 2025

The winners of the Easter Bonnet decorating contest are Cora Romo and Rose Lilliequist. The Jelly Bean Jar count was won by Bill Heitz and the winner of the Easter Basket raffle was Nancy Lewis. Congratulations to the winners!

We would like to thank the sponsors who joined us and added to the Easter fun: Beehive Homes, Giving Home Health Care, Oak Street Health, and Rio Metro.





## CENTER HIGHLIGHTS



## 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

### Interested in Bowling



Free Intro to the sport.  
No experience necessary!  
Any level is welcome.

#### **Sign up at the front desk**

If we have enough interest we will set up a one  
time class/lecture on the sport and discuss dates  
and times to meet at Silva Lanes to practice.

## May Lunch Menu

Oso Canyon Café - Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$3.25

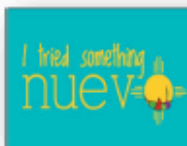
Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

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  
QUE**

# MAY 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
28	29	30	1	2
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 3oz</li> <li>♦ Gravy 1oz</li> <li>♦ Rosemary Potatoes 4oz</li> <li>♦ Malibu Blend 4oz</li> <li>♦ Mixed Berry 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Mushrooms 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Peas 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Garlic Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Cheese Lasagna 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Diced Pork 3oz</li> <li>♦ Gravy 2oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Orange 1ea</li> <li>♦ 1% Milk 8oz</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>♦ Beef Tips 3oz</li> <li>♦ Rotini Pasta 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Seasonal Fruit 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Beef Enchilada 2ea</li> <li>♦ Red Chile 1oz</li> <li>♦ Spanish Rice 4oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Rotisserie Chicken 4oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Black-Eyed Peas 4oz</li> <li>♦ Banana 1ea</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Cheese Omelet 1ea</li> <li>♦ Red Chile/Peppers 4oz</li> <li>♦ Diced Potatoes 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Peaches 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Sweet &amp; Sour 1oz</li> <li>♦ Pork 4oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Stir Fry 4oz</li> <li>♦ Mandarin Orange 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>♦ Salisbury Steak 4oz</li> <li>♦ Green Chile Gravy 1oz</li> <li>♦ Mashed Potatoes 4oz</li> <li>♦ Spinach 4oz</li> <li>♦ Cupped Peas 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Cajun Tilapia 3oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>♦ Red Chile 1oz</li> <li>♦ Pinto Beans 4oz</li> <li>♦ Spanish Rice 4oz</li> <li>♦ Applesauce 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Pasta Primavera 4oz</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Asian Chicken 3oz</li> <li>♦ Peppers 2oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Green Beans 4oz</li> <li>♦ Fortune Cookie 2ea</li> <li>♦ 1% Milk 8oz</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>♦ Beef Chile Beans 4oz</li> <li>♦ Cauliflower 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Brownie 2x2</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Baked Cod 3oz</li> <li>♦ Tartar Sauce 1pc</li> <li>♦ Quinoa 4oz</li> <li>♦ Steamed Carrots 4oz</li> <li>♦ Pear 1ea</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Baked Chicken 3oz</li> <li>♦ Spinach 4oz</li> <li>♦ Corn/Edamame 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Veggie Swiss Burger 1ea</li> <li>♦ Steamed Broccoli 4oz</li> <li>♦ Sweet Potato Mash 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Chicken Posole 4oz</li> <li>♦ Spinach &amp; Mushrooms 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Mixed Berries 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>
CLOSED 26	27	28	29	30
<p>***** MEMORIAL DAY *****</p>	<ul style="list-style-type: none"> <li>♦ Chicken Tamales 2ea</li> <li>♦ Green Chile 2oz</li> <li>♦ Steamed Mushrooms w/Onions 4oz</li> <li>♦ Brussel Sprouts 4oz</li> <li>♦ Mixed Berries 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Carne Adovada 3oz</li> <li>♦ Red Chile 1oz</li> <li>♦ Corn w/Peppers 4oz</li> <li>♦ Broccoli/Cauliflower 4oz</li> <li>♦ Carrots 4oz</li> <li>♦ Yogurt 4oz</li> <li>♦ Tortilla 1pc</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Rotini Pasta 4oz</li> <li>♦ Marinara Sauce 1oz</li> <li>♦ Spinach w/Onions 4oz</li> <li>♦ Corn 4oz</li> <li>♦ Jell-O 4oz</li> <li>♦ 1% Milk 8oz</li> </ul>	<ul style="list-style-type: none"> <li>♦ Beef Tips 3oz</li> <li>♦ Gravy 1oz</li> <li>♦ Brown Rice 4oz</li> <li>♦ Roasted Veggies 4oz</li> <li>♦ Dinner Roll 1ea</li> <li>♦ Margarine 1pc</li> <li>♦ Applesauce 4oz</li> <li>♦ 1% Milk 8oz</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 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

Ryan Espinda, Cook

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services