

Department of Senior Affairs



**A Message From Our Center
Manager**

Hello all!

All of the activities of spring are in full bloom!

Thank you to the entire AARP Tax Team for the meaningful help to our community and another successful tax season!

Last month, our annual Easter Event was full of games, prizes, food and fun. Thanks to all who helped and attended!

This month, be on the lookout for the following:

We want to wish a very Happy Mother's Day to all of the mothers and motherly figures in our lives! Join us for our Mother's Day Social on Friday, May 8 at 2 pm.

This Memorial Day and always, we would like to honor and mourn all of the U.S. Military Personnel who have passed while serving in the U.S. Armed Forces. Thank you for your dedication, your sacrifice and your service. The center will be closed in observance on May 25.

As always, we thank you for your continued support. Have a wonderful month!

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 4 Out to Dinner
- May 8 Movie Matinee
- May 8 Mother's Day Social
- May 12 FOBC Restaurant Fundraiser
- May 15 Pie Social
- May 16 FOBC Shredding Event
- May 21 Lunch Bunch
- May 25 Closed for Memorial Day



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

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

North Valley Senior Center
3825 4th St. NW, 87107
Monday, May 18
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)



2nd 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

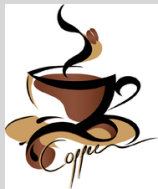
THURSDAY NIGHT DANCE

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 7 Cancelled
- May 14 Roger Burns
- May 21 Paul Pino
- May 28 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:

- Apr 7 Hospice of NM
- Apr 14 Presbyterian HealthPlan
- Apr 21 ReSkin
- Apr 28 Beehive Homes



OUT TO DINNER

Monday, May 4

Tula's Kitchen #2

5021 Pan American Fwy NE
505-985-5599

Check in: 4:45 am Return: 8:30 pm

LUNCH BUNCH

Thursday, May 21

La Reforma

8900 San Mateo Blvd NE, Suite i
505-717-1361

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.



CORNHOLE IN THE PARK

resumes Friday, May 1 from 10 am - Noon



TNJ JAZZ LUNCHTIME SERENADE



WITH TRACEY, NOLAN, & J. FRANCIS

TUESDAYS

11:30 AM - 1 PM

Visit our website:

[www.reverbNation.com/
jfrancisandmigueldeLuca](http://www.reverbNation.com/jfrancisandmigueldeLuca)

CALENDAR OF ACTIVITIES

YOU ARE INVITED TO A

MOTHER'S DAY

Social

FRIDAY | MAY 8
2-3 PM | 2026

JOIN US FOR
A COFFEE/TEA &
MINI DESSERT
SOCIAL

MUSIC BY:
J.FRANCES & MIGUEL



Join the New Mexico Department of Health for an informative presentation on preventing the onset of type II diabetes and maintaining cardiovascular health!

Diabetes and Heart Health Presentation

May 5th, 2026
10:00am - 11:00am
at Bear Canyon Senior Center
4645 Pitt St NE 87111




French Funeral Home

Donuts and Decisions

Tuesday, May 12th
10:30am
Room 5

Topics Discussed:

- Advance funeral planning
- Death away from home
- Planning financially for services
- After the funeral service

See Flyer for Full details. Sign Up at the Front Desk




BEAR CANYON SENIOR CENTER

Santa Fe
Ron's Ride and Slide

Harry's Roadhouse

Friday, May 15th
Check-in: 10:00am
Depart: 10:15am
Return: 4:00pm
Cost: Free
Group Lunch at Harry's Roadhouse at Your Expense





Sign Up at the Front Desk
Sign up closes at 5:00pm on Thursday, May 7th
Those selected will be notified by staff on Friday, May 8th

NEW MEXICO SECURITIES DIVISION

Artificial Intelligence, Real Consequences

How to Avoid Becoming a Victim of the Latest Scams

Join us for a Presentation on AI technology and how it's used in scams.

Tuesday, May 19th
10:00am - 11:00am
Bear Canyon Senior Center
Space is limited.
Please register at the front desk.
See flyer for full details.




Bear Canyon Senior Center Presentation

Senior Law Office Power of Attorney Clinic

Tuesday, June 23rd
9:00am - 11:00am

Bring current Photo ID, and the names and contact information of people you will appoint as agents. You must sign up in advance with the front desk. Only 15 spaces are available for the workshop. Also, non-English speaking and hard of hearing seniors may contact SCLC at 505-265-1300 to set up in-office appointments.
See flyer for full information.



FRIENDS OF BEAR CANYON & NOTICE OF CLOSURE

May Restaurant Fundraiser



11225 Montgomery Blvd NE
Tuesday, May 12
11 am - 8 pm

We would like to thank:



for being the April 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**

April Birthdays



IMPORTANT NOTICE

**SOME SENIOR CENTERS &
MULTIGENERATIONAL CENTERS WILL BE
TEMPORARILY CLOSED FOR EMPLOYEE
TRAINING**

These facilities will be closed for Employee Training
June 1 to June 5, 2026:
Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center
Palo Duro Senior Center

Normal business hours will resume on **June 6, 2026** for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on **June 8, 2026** for Santa Barbara Martineztown.

During this time, meal services will be available at our
other locations:
Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center

Thank you for your cooperation!

Friends of Bear Canyon Shredding Event

**Saturday, May 16
9 - 11 am**

Acceptable Items:

Office papers, newspapers,
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, food
containers, hazardous & medical
waste

CALENDAR OF ACTIVITIES & OFF-SITE EVENT

Bear Canyon Senior Center INDOOR FLEA MARKET

NOW SIGNING UP FOR JUNE TABLES (9TH & 23RD)
LOTTERY DRAW JUNE 2ND

Members do not need to be present for lottery drawing.
Those selected will be notified by staff.
For further information, please contact front desk.



COFFEE WITH CONSTITUENTS

YOUR OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ
ON
THURSDAY, MAY 28, 8:30 - 9:30 AM
AT PALO DURO SENIOR CENTER



Please ask at the front desk if
you need directions.

BEAR CANYON BOOK & MAGAZINE EXCHANGE



We are truly grateful for the generosity of our community and the many donations we receive. However, due to space & program needs, we are only able to accept gently used books and magazines for our shelves. Thank you!



OFF-SITE EVENTS



City of Albuquerque Dept of Senior Affairs & Dept of Arts and Culture with De Oro Productions Presents:



THURSDAY, MAY 7

Check in: 11:45am Show: 1:30pm Return: Show end

Special event: No Lunch
 Lottery Sign up ends Wed, Apr 29
 Drawing and calls Thu, Apr 30



ONE ALBUQUE RQUE senior affairs

North Domingo Baca MGC
 Wednesday, May 27
 9 am - 12 pm

NATIONAL SENIOR HEALTH & FITNESS DAY

Join the DSA Sports & Fitness Program team for an interactive day focused on health and wellness for older adults. There will be exercise demonstrations, raffle prizes, vendors, giveaways and much more.

Sponsored by Blue Cross Blue Shield



Powerful Tools FOR Caregivers



VIRTUAL - EVENING TUESDAYS, MAR 24 - APR 28
 LOCATION: ZOOM 5:30PM - 7:00PM

NORTH VALLEY SR CTR THURSDAYS, APR 16 - MAY 21
 3825 4TH ST NW, 87107 11:00AM - 12:30PM

HERRAMIENTAS PODEROSAS PARA CUIDADORES
 UBICACION: ZOOM VIERNES, ABR 17 - MAY 22
 1:30PM - 3:30PM

A six-week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

This course is for family caregivers like YOU!

Registration is required
 Call us: (505) 584-7862
 Visit us: www.familycaregivernm.org



Free Ride to the Santa Fe National Cemetery

Trips available Wednesdays on the following dates:

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.



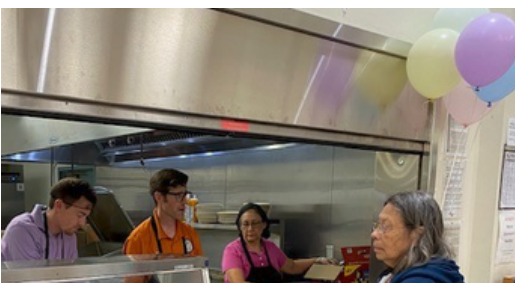
CENTER HIGHLIGHTS

Senior Easter Party April 1



Special thanks to all of our sponsors:

- Giving Home Health Care
- Beehive Homes
- Friends of Bear Canyon
- Rio Metro
- Oak Street Health
- Presbyterian HealthPlan



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
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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
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Bear Canyon

Starting in May

Gear Heads

Mondays

9 - 10 am

Room 4



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.



MAY 2026

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
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 4oz Normandy Blend 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz	29 Pork Loin 3oz Black Eyed Peas 4oz Sweetey Potatoes 4oz Honey Dew 1ea 1% Milk 8oz	30 Mozzarella Baked Ziti 4oz Marinara 1oz Winter Blend 4oz Garlic Bread Stick 1ea Apple Sauce 4oz 1% Milk 8oz	1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 4oz 1% Milk 8oz
4 Corned Beef 3oz Cabbage Stew 4oz Corn/Red Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	5 Red Chile Beef Enchilada 2ea Spanish Rice 4oz Pinto Beans 4oz Jell-O 4oz 1% Milk 8oz	6 Teriyaki Chicken 4oz Green Beans/Carrots 4oz Brown Rice 4oz Banana 1ea 1% Milk 8oz	7 Cheese Omelet w/ Green Chile Sauce 1ea Stewed Tomatoes 4oz Calabacitas 4oz Tortilla 2ea Peach 4oz 1% Milk 8oz	8 Pork Chop 3oz Brown Gravy 1oz Mashed Potatoes 4oz Brussel Sprouts 4oz Vanilla Pudding 4oz 1% Milk 8oz
11 Salisbury Steak 4oz Green Chile/Gravy 1oz Normandy Blend 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Cupped Pears 4oz 1% Milk 8oz	12 Breaded Pollok 3oz Tarter Sauce 1pc Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	13 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Applesauce 4oz 1% Milk 8oz	14 Mac & Cheese w/ Broccoli 4oz Cabbage w/ Apples & Onions 4oz Wheat Bread Stick 1ea Cupped Peaches 4oz 1% Milk 8oz	15 Sweet & Sour Chicken 3oz w/ Peppers 2oz Brown Rice 4oz Sliced Carrots 4oz Fortune Cookie 2ea 1% Milk 8oz
18 Beef Chili Beans 4oz Roasted Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Brownie 1ea 1% Milk 8oz	19 BBQ Pulled Pork 4oz Sweet Potato 4oz Peas & Carrots 4oz Watermelon 4oz 1% Milk 8oz	20 Green Chile Chicken Enchiladas 2ea Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	21 Mushroom Swiss Veggie Burger 1ea Steamed Broccoli 4oz Sweet Potato Fries 4oz Jell-O 4oz 1% Milk 8oz	22 Green Chile Chicken Posole 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz
25 CLOSED 	26 Chicken Tamales 2ea Green Chile 2oz Mushrooms/Onions 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz	27 Pork Fajitas 3oz Black Beans 4oz Normandy Blend 4oz Tortilla 2ea Strawberries 4oz 1% Milk 8oz	28 Rotini Pasta 4oz Marinara Sauce 1oz Spinach & Onions 4oz Corn 4oz Seasonal Fruit 1ea 1% Milk 8oz	29 Teriyaki Beef 3oz Brown Rice 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz

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