

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!

April is here, bringing warmer days, blooming flowers, and plenty of opportunities to stay active and connected at Bear Canyon and in our department!

No, this is not an April Fool's joke. Be sure to join us for the Annual Easter Event on April 1 for goodies, prizes, games, refreshments and more! We look forward to carrying this department tradition on!

April 10 is the Department's Centennial Birthday Celebration at Santa Barbara Martineztown MGC. If there are any members that are close to 100, turning 100, or better yet over 100 this year, please come celebrate with us! (More details in this newsletter)

As always, thank you for your continued support and 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

Apr 1 Senior Easter Party
Apr 10 Movie Matinee
Apr 16 Lunch Bunch
Apr 17 Pie Social
Apr 24 Painting with Suki
Apr 28 FOBC Restaurant Fundraiser
Apr 29 Piano Recital



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



Hello, April!

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department's funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City's budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00–1:30 pm, and "Coffee with Constituents" at Barelas Senior Center on Thursday, April 23, from 8:30–9:30 am. I look forward to connecting with you in person!

Here's to a beautiful April filled with sunshine and good health!

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

Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123
Monday, April 20
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)



Tue, April 7 & Wed, Apr 8
this 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.

- Apr 2 Cancelled
- Apr 9 Roger Burns
- Apr 16 Paul Pino
- Apr 23 Recorded with Josie
- Apr 30 Cancelled



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:

- Mar 3 Senior Helpers
- Mar 10 Presbyterian HealthPlan
- Mar 17 Friends of Bear Canyon
- Mar 24 Beehive Homes
- Mar 31 House Calls of NM



LUNCH BUNCH



Thursday, April 16

Relish

8019 Menaul Blvd. NE

505-299-0001

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

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)



**In Center services
will be postponed
until further notice.**

Please visit the website, teeniors.com, or call **505-600-1297** to learn more about available services.

CALENDAR OF ACTIVITIES & OFF-SITE OPPORTUNITIES



New Class Possibilities

Do you have an interest in:

- learning about poetry styles and exploring the art form,
- 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.



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

Sponsored by



2026

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.



FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES

April Restaurant Fundraiser



5010 Cutler Ave NE, 87110
Tuesday, April 28
11 am - 7 pm

We would like to thank:



for being the March Restaurant of the
Month!

Painting with Suki



Friday, April 24
2 - 4 pm
Room 5

Lottery Sign Up at the Front Desk
by Thursday, Apr 16

Lottery draw on Friday, Apr 17



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**

March Birthdays



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

COFFEE WITH CONSTITUENTS



YOUR OPPORTUNITY TO VISIT WITH
DSA DIRECTOR ANNA SANCHEZ
ON
THURSDAY, APRIL 23, 8:30 - 9:30 AM
AT BARELAS SENIOR CENTER



Please ask at the front desk
if you need directions.



PIE SOCIAL

Friday, April 17
1:30 - 2:30 pm
Social Hall

Sponsored this month by:



Piano Concert

Wednesday, April 29th
Starts at 2:00pm
In the Social Hall
Featuring - Bear Canyon Piano Students



NEW MEMBER ORIENTATION

Cancelled for April

We will make reminder calls to everyone on
our list for next month. If you have any
questions, in the meanwhile, please stop
by the front desk. We'll be happy to help!

Flea Market
2nd & 4th Tuesday of the Month
Returning May 12th & May 26th
\$2.00 per Table

Flea Market Tables will be assigned based on a Lottery.
First Lottery draw Tuesday, May 5th.
Sign Up at the Front Desk.
Members do not need to be present for lottery drawing.
Those selected will be notified by staff.
For further information please contact front desk.

CHUR

OFF-SITE EVENTS & CENTER HIGHLIGHTS


 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

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER PRESENTS:



Route 66 Centenarian Celebration

MEALS, LIVE BAND "MILAGRO", DANCING, SNACKS, RAFFLES!

FRIDAY, APRIL 10TH
11:00 AM - 2:00 PM

CRUISIN' INTO 100! CELEBRATING THE CENTENARIANS ON THE 100TH DAY OF THE YEAR HONORING OUR COMMUNITY MEMBERS AGES 90 AND OLDER ALONG THE ROUTE 66 OF LIFE!

DON'T FORGET TO ORDER YOUR LUNCH BEFORE 1PM ON THE 9TH OF APRIL!

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER
 1825 EDITH BLVD NE 87102
 505-767-5671

RSVP WITH THE FRONT DESK AT 505-767-5671



St Patrick's Day Social



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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April 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
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 Tostizzini 4oz Diced Beets 4oz Breadstick 1ea Peas 4oz 1% Milk 8oz	2 Cheese Omelet 3oz Fejita 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
6 Pork Chop 3oz w/ Gravy 1oz Mashed Potatoes 4oz Buttery Peas 4oz Mandarin Oranges 4oz 1% Milk 8oz	7 Rotisserie Chicken 4oz Brown Rice 4oz Diced Beets 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	8 Frito Pita 4oz Imperial Blend 4oz Corn Chips 1oz Orange 1ea 1% Milk 8oz	9 Green Chile Cheese Veggie Burger 1ea Cauliflower 4oz Succotash 4oz Chocolate Pudding 4oz 1% Milk 8oz	10 Lemon Pepper Pollock Sweet Potato Mash 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz
13 Sloppy Joe 1ea Ranch Beans 4oz Broccoli 4oz Apple Slices 1ea 1% Milk 8oz	14 Tuna Salad Sandwich 1 Cucumber, Tomato & Red Onion 4oz 3 Bean Salad 4oz Honey Dew 4oz 1% Milk 8oz	15 Chicken Fejita 4oz Spanish Rice 4oz Calabacitas 4oz Tortilla 2ea Banana 1ea 1% Milk 8oz	16 Vegetable & Cheese Lasagna 4oz Diced Potatoes 4oz Crinkle Cut Carrots 4oz Sliced Peaches 4oz 1% Milk 8oz	17 Meatloaf w/ Tomato Sauce 4oz Normandy Blend 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz
20 Carne Adovada w/ Red Chili 3oz Spinach 2oz Spinach 4oz Pinto Beans 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	21 Beef Fejita Meat w/ Gravy 4oz 1oz Mashed Yams 4oz Collard Greens 4oz Dinner Roll 1ea Margarine 1pc Yogurt 1ea 1% Milk 8oz	22 Mushroom Swiss Beef Patty 1ea Normandy Blend 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	23 Spaghetti w/ Marinara Sauce 4oz 2oz Imperial Blend 4oz Garlic Bread Stick 1ea Apple Slices 1ea 1% Milk 8oz	24 Denver Omelet 4oz Stewed Tomatoes 4oz Hash Browns 4oz Banana 1ea 1% Milk 8oz
27 Green Chile Chicken Posole 4oz Roasted Potatoes 4oz Bell Peppers 4oz Mandarin Oranges 4oz 1% Milk 8oz	28 Beef Tips w/ Noodles 3oz 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 Sweetie 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	MAY 1 Salisbury Steak 3oz Gravy 1oz Diced Potatoes 4oz Malibu Blend 4oz Jell-O 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