

**Department of Senior Affairs**



**A Message From Our Center Manager**

Hello All,

Another month closer to the end of a busy and different year full of ups and downs. Hopefully the holidays will be something to look forward to amidst all the craziness. As a department and team we continue to look forward to getting back to more and more normalcy all while adding back and/or introducing new and exciting things when we are safely able to do so. Please feel free to leave suggestions at our front desk with volunteers, staff or anonymously in our suggestion box located at the front desk.

Bear Canyon has recently seen some staff members move on to bigger and better things and even retire! I would like to thank all of the volunteers and existing staff for their dedication and passion on stepping up to the plate and helping keep the ship afloat while we've been short staffed.

With that being said we have added a new staff person to our team, Isaiah Barton to fill the vacant role of a Program Assistant II. We are excited to have him join our wonderful team! Also, our General Service Worker Kelly Trujillo has accepted and will be filling the recently vacated full time GSW role. Again, welcome to the team Isaiah and congratulations to Kelly!

Have a safe and wonderful month and start to the holiday season.

Respectfully,

Tyler Dunn, Center Manager

**Center Hours**

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

**Special Dates & Announcements**

11/02: Election Day  
11/07: Daylight Savings Time Ends  
11/09: GEHM Clinic  
11/11: Veterans Day - Center closed  
11/17: Veterans Job Fair 1:30 p.m.  
11/19: Lunch Bunch- Christy Mae's  
11/25: Thanksgiving- Center closed  
11/26: Native American Heritage Day- Center closed

**All Centers Closed**

There will be no classes or activities on:

November 11- Veterans Day  
November 25-Thanksgiving  
November 26 - Native American Heritage Day

**Welcome to Team!!!**

**Our new Program Assistant  
Isaiah Barton**

Accredited by   
National Institute of  
Senior Centers

## 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  
Vacant, Program Coordinator  
Ya Vette Bailey, Office Assistant  
Gabrielle Banuelos, Program Assistant  
Isaiah Barton, Program Assistant  
Ryan Espinda, Cook  
Casey Blaisdell, Kitchen Aid  
John Sanchez, General Service  
Kelly Trujillo, General Services





## Department of Senior Affairs



### NOTE FROM ANNA

Happy Fall!!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return of annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center will host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at [cabq.gov/seniors](http://cabq.gov/seniors) for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,  
Anna Sanchez

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## GENERAL INFORMATION & ASSISTANCE

### DSA ADVISORY COUNCIL

Meet the Advisory Council  
Manzano Mesa Multigenerational Center  
Monday, November 15

**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. POST 10763

Post meeting are held at Bear Canyon on the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

Newcomers welcome!

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### LET US PICK YOU UP!

#### SENIOR MEAL SITE TRANSPORTATION PROGRAM

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.

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### NEW MEMBERS

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

Welcome to Bear Canyon!

### 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

- Catalog of activities for all City Centers
- 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

## GENERAL INFORMATION & ASSISTANCE

### FREE DIGITAL LITERACY CLASSES



#### **GONE PHISHING: Avoiding Scams**

Learn to better protect yourself on the internet, including how to spot scams, phishing emails, and fraud. Older adults are often targeted for scams, but this class will give you some tools to protect your computer and your personal information while you're online.

**Bear Canyon Senior Center**

**November 2, 2021**

**10 a.m. - 12 p.m.**

Space is limited, please sign up at the front desk



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.

**Friday, November 12**

**2:00 p.m. to 3:30 p.m.**

Space is limited, please sign up at the front desk

### FRIENDS OF BEAR CANYON FUNDRAISER



Raffle tickets will be on sale November 3 for various prizes. The drawings will be held on December 3. Tickets are \$2 each or \$6 for 10 tickets. The beautiful artwork below as well as a 55" tv, amazing gift baskets, many gift cards, even a trip to Laughlin for 2, are some of the items that will be offered in this year's raffle. Please see some of the items displayed in our lobby display cabinet.



**Artist: Sally Bartos**

## GENERAL INFORMATION & ASSISTANCE

### Suggestion Box

Please feel free to give us your helpful ideas to make Bear Canyon a more enjoyable activity center. Sign and 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.

### Bring BINGO back.

Thank you for your suggestion. At this time we do not have a BINGO caller who is comfortable calling BINGO with a mask. We are looking for a volunteer to call BINGO on Wednesdays, 2:00 p.m. - 4:00 p.m. If you or someone you know is interested, please contact the center at 505-767-5959.

### Encouraging words

You all are so good at all you do!  
Keep up the good work!

Thank you for the kind words!!

### 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're interested in volunteering, please contact Patricia at (505) 401-3529.

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### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Monday, November 9

8 a.m. to 12:30 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.



## PROGRAM HIGHLIGHTS

### DEPARTMENT OF SENIOR AFFAIRS ACTIVITY SURVEY

We would like to thank all of our wonderful members who took the time to complete the Department of Senior Affairs Programming and Activity survey last month. Completing these surveys helps our department continue to do the great things we are doing and provide opportunities to expand on programs and services. Out of all of our centers, Bear Canyon collected the most completed surveys.

Congratulations to Teresa Showa and Keith Pedersen for having the winning prize tickets for our raffle!



A special thank you to everyone for their donations to the Roadrunner Food Bank Food Drive at Bear Canyon Senior Center. This Project was sponsored by VFW Post 10763 and the Friends of Bear Canyon. Thanks to your generosity we delivered 365 pounds of food to the Roadrunner Food Bank for further distribution to those in need of assistance.

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### VETERANS WALL OF HONOR RECEPTION



On October 6, we had a reception for our Bear Canyon Senior Center Veterans, to return the photos we had displayed on our Veterans Wall of Honor (that are now displayed on the monitor) a certification of appreciation for their service and letter from the Mayor. We had a great turn out, thank you Veterans for your service!

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## Calendar & Activities

### INTERESTED IN BOWLING?

If you are interested, sign up at the front desk.

This is a free introduction to the enjoyable sport of bowling. No experience necessary! Any level is welcome. If we have interest we will set up the dates and times.



### BINGO



Bear Canyon is looking for a volunteer to call BINGO on Wednesdays, 2:00 p.m. - 4:00 p.m. If you or someone you know is interested, please contact the center at 505-767-5959.

### PAINTING WITH SUKI

Tuesday, November 16  
2:00 p.m. to 4:00 p.m. Room 5

Space is limited, please register at the front desk



### BEAR CANYON GRIEF SUPPORT GROUP

**Healing the Broken Hearted**

A support group for those who are grieving the losses of people or things, and for those who are lonely or facing other life challenges. A support group that provides friendly, caring and often cheerful environment to heal the heart and give you peace of mind.

**Mondays**

3:00 p.m. to 4:00 p.m.

Room 2



## Calendar & Special Events

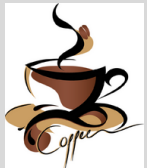
### THURSDAY NIGHT DANCE

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.

- Nov 4 - Roger Burns
- Nov 11 - Veterans Day
- Nov 18 - Recorded
- Nov 25 - Thanksgiving



### 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:

- Oct 5 - Cano Health
- Oct 12 - Bear Canyon Estates
- Oct 19 - ECHO, Inc.
- Oct 26 - Kindred Hospice



### DEPARTMENT OF SENIOR AFFAIRS ANNUAL THANKSGIVING DAY LUNCHEON RETURNS!

Thursday, November 25

11:30 a.m. to 1:00 p.m.

Tickets are \$4.00 in advance

Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!



### LUNCH BUNCH

Thursday, November 18, at Christy Mae's  
1400 San Pedro Dr NE at 11:30 a.m.

Please sign up at the Front Desk and let us know if you will riding on the van or taking your own vehicle.



## Calendar & Special Events

### **43rd Annual Conference on Aging Virtual Watch Party!**

The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party November 17th -November 18th so you won't miss it! Join us at Barelás Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.

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### **FINANCIAL EDUCATION PRESENTATIONS**

Presenter: Edward J Schiavi, Certified Financial Planner

#### **Tax Advantaged Investing**

**Wednesday, November 10 9:00 a.m.— 10:00 a.m.**

This presentation will last approximately 40 minutes with any questions to follow. I will discuss tax deferred investing. We will compare both the fixed and variable annuity. We will also discuss immediate annuities, and how to create an income both you and your spouse can't outlive. I will explain some of the latest options that are currently available with these products. I can show you how to turn a taxable monthly investment into a tax exempt investment. Handouts will be provided.

#### **Bank CD'S and Treasury Alternatives**

**Wednesday, November 17 9:00 a.m.— 10:00 a.m.**

This presentation will last approximately 40 minutes with any questions to follow. We will focus on higher yielding A rated, and Insured investments that are available in the market place. We will discuss CD's, Treasuries, as well as U S Government and Corporate Bonds. We will look at several fixed income alternatives. Handouts will be provided.

#### **Tax Exempt Investments**

**Wednesday, November 24 9:00 a.m.— 10:00 a.m.**

This presentation will last approximately 40 minutes with any questions to follow. We will discuss the ways to get double tax exemption, from both Federal and State government. We will look at three ways to get this exemption. We will discuss ownership in Individual NM tax free Bonds, Unit Investment Trusts, as well as NM Municipal Bond Funds. We will compare the advantages and disadvantages of those investments. Handouts will be provided.

**PLEASE REGISTER FOR EACH PRESENTATION SEPARATELY AT THE FRONT DESK**

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## 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, toast or tortilla	
Mini Breakfast .....	.75
1 egg, bacon or sausage, hash browns, 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

## November 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 767-5959

Lunch is served from 11:30 a.m. to 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> <li>♦ Pork Loin W/ Gravy</li> <li>♦ Rice Pilaf</li> <li>♦ Corn</li> <li>♦ Dinner Roll W/ Margarine</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Ham Mac &amp; Cheese</li> <li>♦ Normandy Blend</li> <li>♦ Blueberry Crisp</li> <li>♦ 1% Milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Breaded Chicken Patty W/ Green Chile White Gravy</li> <li>♦ Sweet Potato</li> <li>♦ Green Beans</li> <li>♦ Red Apple</li> <li>♦ 1% Milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Pot Roast/ Potato, Celery, Carrots</li> <li>♦ Italian Blend</li> <li>♦ Ancient Grain</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>5</p> <ul style="list-style-type: none"> <li>♦ Omelet W/ Mushrooms &amp; Spinach</li> <li>♦ Hash Browns</li> <li>♦ Stewed Tomatoes</li> <li>♦ Yogurt</li> <li>♦ 1% Milk</li> </ul> 
<p>8</p> <ul style="list-style-type: none"> <li>♦ Steak Fingers W/ White Gravy</li> <li>♦ Red Potatoes</li> <li>♦ Succotash</li> <li>♦ Cookie</li> <li>♦ 1% Milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Ham W/ Pineapple Glaze</li> <li>♦ Biscuit</li> <li>♦ Sweet Potato</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Meatball Sub Sandwich W/ Mozzarella</li> <li>♦ Steak Fries W/ Ketchup</li> <li>♦ Normandy Blend</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>11</p> <p>Closed Veterans Day</p>	<p>12</p> <ul style="list-style-type: none"> <li>♦ Red Chile Cheese Enchiladas</li> <li>♦ Pinto Beans</li> <li>♦ Spanish Rice</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 
<p>15</p> <ul style="list-style-type: none"> <li>♦ Cajun Salmon</li> <li>♦ Fettucine Alfredo</li> <li>♦ Baby Carrots</li> <li>♦ Granny Smith Apple</li> <li>♦ 1% Milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Beef W/ Peppers &amp; Onions</li> <li>♦ Black &amp; Pinto Beans</li> <li>♦ Imperial Blend</li> <li>♦ Banana</li> <li>♦ 1% Milk</li> </ul> 	<p>17</p> <ul style="list-style-type: none"> <li>♦ Green Chile Chicken Posole</li> <li>♦ Spanish Rice</li> <li>♦ Calabacitas</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ BBQ Pulled Pork Sandwich</li> <li>♦ Steamed Red Potatoes</li> <li>♦ Baked Beans</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>19</p> <ul style="list-style-type: none"> <li>♦ Pasta Primavera</li> <li>♦ Northwest Blend</li> <li>♦ Breadstick</li> <li>♦ Cottage Cheese W/ Peaches</li> <li>♦ 1% Milk</li> </ul> 
<p>22</p> <ul style="list-style-type: none"> <li>♦ Rotisserie Chicken</li> <li>♦ Rosemary Potatoes</li> <li>♦ Green Beans</li> <li>♦ Dinner Roll W/ Margarine</li> <li>♦ 1% Milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Carne Adovada</li> <li>♦ Flour Tortilla</li> <li>♦ Pinto Beans</li> <li>♦ Spanish Rice</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Herb Roasted Turkey W/ Gravy</li> <li>♦ Stuffing W/ Gravy</li> <li>♦ Baked Yams W/ Marshmallows</li> <li>♦ Dinner Roll</li> <li>♦ Pumpkin Pie</li> <li>♦ 1% Milk</li> </ul> 	<p>25</p> <p>Happy Thanksgiving! Closed</p> 	<p>26</p> <p>Holiday Closed</p>
<p>29</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak W/ Green Chili Gravy</li> <li>♦ Corn</li> <li>♦ Mashed Potatoes</li> <li>♦ Dinner Roll W/ Margarine</li> <li>♦ Yogurt</li> <li>♦ 1% Milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Turkey Tetrassini/ Diced Turkey, Penna Pasta, Alfredo Sauce</li> <li>♦ Brussel Sprouts</li> <li>♦ Peach Cobbler</li> <li>♦ Breadstick</li> <li>♦ 1% Milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Baked Tilapia W/ Lemon &amp; Tartar Sauce</li> <li>♦ Rice Pilaf</li> <li>♦ Green Beans</li> <li>♦ Pudding</li> <li>♦ 1% Milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Chicken Parmesan W/ Mozzarella</li> <li>♦ Carrots</li> <li>♦ Breadstick</li> <li>♦ Fruit cup</li> <li>♦ 1% Milk</li> </ul> 	<p>3</p> <ul style="list-style-type: none"> <li>♦ Diced Pork W/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Oriental Blend</li> <li>♦ Dinner Roll W/ Margarine</li> <li>♦ Jell-O</li> <li>♦ 1% Milk</li> </ul> 