

Department of Senior Affairs



A Message From Our Center Manager

Hello all,

And Happy November!

First off would like to start with a few highlights from October. We had a fun Halloween Special Luncheon, it was great to see some awesome costumes and be entertained by “Lady Fingers”. It was also an honor to show some gratitude during our volunteer appreciation luncheon for all of our Bear Canyon volunteers. Thank you for all you do and all who attended. Our facility would not be as successful without this support and dedication. We are truly grateful!

Here are a few things to look forward to this month and coming up:

- Sunday, November 6, remember to turn your clocks back for daylight saving time
- Happy Veteran’s Day to all of the Veteran’s out there! Thank you for your sacrifice and service! The center will be closed.
- Saturday November 19 is the Department of Senior Affairs Ageless Artisan Craft Fair at Manzano Mesa Multigenerational Center from 9am-1pm
- Coming Soon! Bear Canyon Senior Center kitchen renovations and improvements to begin Early 2023. More details to follow next month.

Last but not least, we hope that everyone has a wonderful Thanksgiving and start to the holiday season!

Best regards,

Tyler Dunn

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

DATES TO REMEMBER

- | | |
|--------|-----------------------|
| Nov 04 | Movie Matinee |
| Nov 06 | Daylight Savings Ends |
| Nov 07 | Out to Dinner |
| Nov 10 | Veteran's Social |
| Nov 11 | Veteran's Day Closure |
| Nov 17 | Lunch Bunch |
| Nov 17 | Vaccine Clinic 9a-12p |
| Nov 18 | Continental Breakfast |
| Nov 18 | Special Luncheon |
| Nov 24 | Thanksgiving Closure |
| Nov 25 | Thanksgiving Closure |

ALL CENTERS CLOSED

There will be no classes or activities on November 11, November 24 and November 25.

Accredited by



National Institute of
Senior Centers

Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

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

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

Casey Blaisdell, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services

GENERAL INFORMATION & ASSISTANCE

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.

- **The fabric chairs in the multipurpose room badly need shampooed or cleaned. They are pretty dirty!**

Thank you for bringing this to our attention. And you are correct, the cloth/fabric chairs in the multipurpose room get a lot of use for both breakfast, lunch as well as other activities and are due for a cleaning. We will work on renting a shampoo machine to have them cleaned soon. In the meantime, we will do our diligence to hand clean them as best we can.



AARP DRIVER SAFETY CLASSES

1st Saturday of the month, 9:30 a.m. to 1:30 p.m.
3rd Thursday of the month, 12:00 p.m. to 4 p.m.

Cost: AARP members \$20; non-members \$25
Call (505) 767-5959 to register.

The AARP Smart Driver™ online course is still an option, and you can register at:
<https://www.aarpdriversafety.org>

Please note: The classes are currently full through December. Please check availability for classes in January.



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.

1st Friday of the Month
3:00 p.m. to 5:00 p.m.

Space is limited, please sign up at the front desk

GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Manzano Mesa Multigenerational Center
MONDAY, NOV 21

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.

V.F.W. POST 10763

Post meetings are held at Bear Canyon 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.

MORE DETAILS TO FOLLOW

Construction Zone
Coming Soon

IMPROVEMENTS AHEAD!

**KITCHEN RENOVATIONS
SCHEDULED TO START
EARLY 2023**

BEAR CANYON SENIOR CENTER WILL REMAIN OPEN TO SERVE YOU DURING RENOVATIONS. HOT LUNCH WILL CONTINUE TO BE SERVED DAILY

NEW MEMBER ORIENTATION

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

PLEASE NOTE:

November's Orientation will be held on Friday, November 4 due to the Center being closed on November 11 for Veteran's Day.

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

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque General Info311
Non-emergency Police242-COPS (2677)
Emergencies911

CALENDAR OF ACTIVITIES

COMPUTER ROOM INFORMATION

OPEN COMPUTER LAB

Monday, Wednesday, and Friday

9:00–11:00 am

iMac, PC, and iPad available



WINDOWS USER GROUP

Third Wednesday of the month

1:30 pm to 3:30 pm

Contact person: Harold Gottlieb

Email: hbgottl2@q.com



APPLE USER GROUP

Third Saturday of the month

9:30 am to Noon

Activity Leader: Bo Keith

(will not meet in December)

1st meeting: Sat, November 19, 2022

Anyone with an iMac, iPhone or iPad is welcome to attend. A presentation will be followed by an open question and answer period.

APPLE USERS

Drop In Assistance

Mondays 9:00 am to 11:00 am

Contact person: Jean Maka

Email: huntgen@gmail.com

HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



Second Tuesday of the month

8:30 a.m. to 12:00 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.



BLOOD PRESSURE SCREENING

Wednesdays

9:00 am to 11:00 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.



CALENDAR OF ACTIVITIES

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 3 - Long Drink of Water
- Nov 10 - Roger Burns
- Nov 17 - Paul Pino
- Nov 24 - Thanksgiving closed



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 these sponsors and supporters.

Last month's Sponsors & Special Guests:

- Oct 4 - MedCare
- Oct 11 - Montebello on Academy
- Oct 18 - VFW Post 10763
- Oct 25 - Bear Canyon Senior Center



Thanksgiving Special Luncheon

Menu

Pork Chop
Au Gratin Potatoes
Peas w/pearl onions
Salad

Friday, November 18th

Seating at 11:30 am

Sponsored by: Beehive Homes at
Four Hills & Central
Entertainment - TBD

Membership and Reservations are Required

Fee \$4.00 per person - No Refunds



**Please note that we will be serving a Continental Breakfast on Friday, November 18 for \$1.50 and the regular lunch menu will not be available. **

BEST BUY VACCINATION CLINIC

THURSDAY, NOV 17 | 9A - 12 P

MULTIPURPOSE ROOM



All COVID vaccines- Pfizer, Moderna, J&J, Novavax and new Omicron booster, also- Senior & regular strength flu shots

Calendar & Activities

HOLIDAY CLOSURES

Senior Affairs will be closed on Friday, November 11, in observance of Veteran's Day and November 24 and 25 for the Thanksgiving Holiday.

Ageless Artisan Craft Fair Winter Edition

Just in time for holiday shopping!

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM - 1PM
MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123

Transportation is available
Inquire at the front desk for details



ONE ALBUQUE senior affairs
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November 1, 2022 9:15am - 11:15am
Los Volcanes Senior Center

November 14, 2022 9:00am - 11:00am
North Domingo Baca Multigen Center

November 29, 2022 9:00am - 11:00am
Manzano Mesa Multigen Center

December 1, 2022 9:00am - 11:00am
North Valley Senior Center

Veteran's Day, November 11, 2022



THANK YOU VETERANS!

In honor of Veteran's Day, we will be having a Veteran's Social, and the VFW Post 10763 will demonstrate folding of the flag.

Thursday, November 10
2-3pm
Multipurpose Room

Sponsored by:

 PROMEDICA | Your Health. Our Mission.

SENIOR AFFAIRS
Thanksgiving
LUNCHEON

JOIN US FOR OUR ANNUAL
HOLIDAY LUNCHEON!

NOVEMBER 24TH
11AM - 1PM

PALO DURO SENIOR CENTER
5221 PALO DURO NE 87110
RSVP to: 505-888-8102

\$4 PRE-PAYMENT REQUIRED

CABQ.GOV/SENIORS

TRIPS, ACTIVITIES & PRESENTATIONS

UPCOMING TRIPS

Space is limited.
Sign up at the front desk.

Wed, Nov 16 - Lunch at Bishops Lodge (SF)

Check in: 9:45 a.m. Return: 4:00 p.m.
Cost: Purchase of your lunch

Fri, Dec 2 - Old Town Holiday Stroll

Check in 4:15 pm Return: 9:00 pm
Cost: Purchase of your dinner

Mon, Dec 5 - Shopping & Lunch in Old Town

Check in 4:15 pm Return: 9:00 pm
Cost: Purchase of your dinner

Tue, Dec 16 - River of Lights

Check in: 5:00pm Return: 9:00 p.m.
Cost: TBA
No meal

UPCOMING PRESENTATIONS

Sign up at the front desk.

Medicare- Pam Baldwin

Tuesday, November 15
8:30 - 10 am Room 5

Basic Estate Planning

Edward J Schiavi, CFP
Tuesday, November 22
9 - 10 am Room 5

Humana - Medicare

Tuesday, November 29
9:00am- 11:00am Room 5

OUT TO DINNER

Monday, Nov 7 at Lindo Mexico Grill

SE Corner of Eubank & Spain in Promenade Center

Check in: 4:45 p.m.

Return: 8:30 p.m.



LUNCH BUNCH

Thursday, Nov 17 at

Bosque Brewing Company

SE Corner of Eubank & Spain in Promenade Center

Check in: 10:45 a.m. Return: 3:00 p.m.

Please sign up at the front desk.



PROGRAM HIGHLIGHTS

FRIENDS OF BEAR CANYON HOLIDAY RAFFLE 2022

ADDITIONAL GIFT BASKET DONATIONS

Albertsons Market
Bosque Brewing Company
Boxing Bear Brewing Company
Canteen Brewhouse
Chick-fil-A
Costco
Il Vicino Wood Oven Pizza
La Cumbre Brewing Company
Nexus Brewery and Restaurant
Painting, Peggy Maury
Quarter Celtic Brewpub
NM Rail Runner
Red River Brewing Company
Starr Brothers Brewing Company
Smith's Food & Drug
Tomasita's Restaurant
Trader Joe's



HOLIDAY RAFFLE PRIZE BASKETS

1. Painting-Peggy Maury
2. TV-Anonymous Donor
3. Mystery Basket
4. Beer Basket
5. Gift Card Basket #1
6. Gift Card Basket #2
7. Wine Basket
8. Icon Theater Minion Basket & Cracker Barrel 2 entrees
9. Rail Runner & Tomasita's Basket + Chick-fil-A Basket
10. Holiday Duo: Adobe Theater/Black Angus Dinner + Trader Joe's Basket

Total Value over \$3700

TICKETS GO ON SALE NOVEMBER 14, 2022

TICKETS AVAILABLE FOR \$2.00 EACH OR 6 FOR \$10.00 (CASH OR CHECK ONLY)

RAFFLE DRAWING AT FRIENDSHIP COFFEE DECEMBER 20, 2022

DRAWING CELEBRATION STARTS AT 9:30AM (NEED NOT BE PRESENT TO WIN)

NOVEMBER RESTAURANT FUNDRAISER

Tickets will be available November 1st.

Many thanks to California Pizza Kitchen for being our October Restaurant of the Month!



Tue, Nov 14 & Wed, Nov 15
Open 11 am - 8 pm

Pavillions at San Mateo
5010 Cutler Ave NE
Located at southwest corner of Cutler and San Mateo

505-881-2299

ACKNOWLEDGMENTS & THANK YOUS

Congratulations to all of the senior center wood carvers who participated in the New Mexico State Fair this year. Pictured here are a few works representing past and present.



Thank You!

A special thank you to Betty Campbell who recently purchased a new microwave for the multipurpose room. The center staff and members appreciate your generosity!

A special thank you to Mr. Ron for making announcements and MCing our special events! We appreciate you!

And a very special Thank you to all our amazing Volunteers! We couldn't run our center without you!

As always, thank you to the Friends of Bear Canyon who continue to support our center. Here are some of the items they have helped with most recently:

- Special luncheon Halloween candy and gift cards for costume contest winners. Thank you, Pam and Gail!
- Decorations for the Volunteer Appreciation Event
- New Christmas trees for the upcoming holidays

Our sincere thanks to the Friends for all their work and the difference it makes to our center.

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, 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 (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
Hot Cereal w/milk70
Side of Chile25

Waffle Wednesday:

Plain	1.00
With Strawberries & Cream	1.50
Biscuits & Gravy (Thursdays)	1.00
Huevos Rancheros (Fridays)	1.50

Drinks

Milk25
Juice25
Tea30

Lunch A-la-Carte

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

NO reservation is required for A-la-Carte

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 Sandwich75

Drinks

Milk25
Juice25
Tea30

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

October 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 505-767-5959

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



November 2022



We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
7 <ul style="list-style-type: none"> ♦ Salisbury Steak W/ Gravy ♦ Mashed Potatoes ♦ Green Beans ♦ Seasonal Fruit ♦ Whole Grain Dinner Roll W/Margarine ♦ 1% Milk 	8 <ul style="list-style-type: none"> ♦ Sweet & Sour Chicken W/Stir Fry Vegetables ♦ Seasonal Vegetables ♦ Brown Rice ♦ Fortune Cookie ♦ 1% Milk 	9 <ul style="list-style-type: none"> ♦ Cheese Omelet W/ Mushrooms ♦ Stewed Tomatoes ♦ Diced Potatoes ♦ Whole Grain Biscuit W/Margarine ♦ 1% Milk 	10 <ul style="list-style-type: none"> ♦ BBQ Pork ♦ Roasted Sweet Potatoes ♦ Collard Greens ♦ Watermelon ♦ Whole Grain Dinner Roll W/Margarine ♦ 1% Milk 	11 <p style="text-align: center;">Closed Veterans Day</p>
14 <ul style="list-style-type: none"> ♦ Lemon Garlic Salmon/ Ancient Grain Blend ♦ Green Beans ♦ Succotash ♦ Seasonal Fruit ♦ 1% Milk 	15 <ul style="list-style-type: none"> ♦ Meatballs W/Marinara Sauce ♦ Steak Fries ♦ Seasonal Vegetables ♦ Banana ♦ Whole Grain Hoagie Roll ♦ 1% Milk 	16 <ul style="list-style-type: none"> ♦ Baked Seasoned Chicken W/Rice Pilaf ♦ Diced Beets ♦ Roasted Brussel Sprouts ♦ Chocolate Pudding ♦ 1% Milk 	17 <ul style="list-style-type: none"> ♦ Carne Adovada ♦ Spinach & Onions ♦ Pinto Beans ♦ Flour Tortilla ♦ Seasonal Fruit ♦ 1% Milk 	18 <p style="text-align: center;">BCSC Special Luncheon Pre-purchased Tickets are \$4.00 per person No refunds Space is limited</p>
21 <ul style="list-style-type: none"> ♦ Breaded Cod W/ Tartar Sauce over Brown Rice ♦ Spinach W/Onions ♦ Cauliflower ♦ Seasonal Fruit ♦ 1% Milk 	22 <ul style="list-style-type: none"> ♦ Cheese Omelet W/ Mushrooms ♦ Stewed Tomatoes ♦ Hash Browns ♦ Whole Grain Biscuit W/Margarine ♦ Mandarin Oranges ♦ 1% Milk 	23 <ul style="list-style-type: none"> ♦ Roasted Turkey W/ Cornbread Stuffing & Gravy ♦ Seasoned Green Beans ♦ Bake Yams W/ Marshmallows ♦ Dinner Roll W/ Margarine & Cranberry Sauce ♦ Pumpkin Empanada & Pumpkin Pie 	24 <p style="text-align: center;">Holiday Closed The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p>	5 <p style="text-align: center;">Holiday Closed The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p>
28 <ul style="list-style-type: none"> ♦ Breaded Catfish W/ Tatar Sauce over Brown Rice ♦ Stewed Tomatoes ♦ Collard Greens ♦ Pineapple ♦ 1% Milk 	29 <ul style="list-style-type: none"> ♦ Spaghetti W/Meat Sauce ♦ Sliced Mushrooms ♦ Italian Blend Vegetables ♦ Seasonal Fruit ♦ 1% Milk 	30 <ul style="list-style-type: none"> ♦ Pork Chop W/ Roasted Sweet Potatoes ♦ Green peas ♦ Seasonal Veget ♦ Applesauce ♦ 1% Milk 	Dec. 1 <ul style="list-style-type: none"> ♦ Cheeseburger ♦ Diced Tomatoes ♦ Bell Peppers W/ Onions ♦ Mixed Fruit ♦ Whole Grain Hamburger Bun ♦ 1% Milk 	Dec. 2 <ul style="list-style-type: none"> ♦ BBQ Baked Chicken W/Ancient Grains ♦ Green Beans ♦ Corn ♦ Croissant W/ Margarine ♦ Grapes ♦ 1% Milk
<i>Revised 10/18/22</i>				