Newsletter November 2025

Department of Senior Affairs

BEAR CANYON SENIOR CENTER
4645 Pitt NE, Albuquerque, NM 87111
Ph: 505-767-5959
cabq.gov/seniors

A Message From Our Center Manager

Hello all!

It is that time again with the holiday season just around the corner and coming up quick!

In October, all of our senior/multigenerational centers were lucky enough, for the second year in a row, to share a special performance by “Casa Flamenca;” they hail from Spain and perform all over the world.

We also hosted a special Halloween Day Dance with fun entertainment, refreshments, treats and costumes!

Our department is celebrating the season with a full calendar of festive events.

DSA is continuing the tradition of the annual Holiday Artisan Craft Fair that will be at Manzano Mesa on Sat., Nov. 15. Be sure to stop by to do some holiday shopping, win some prizes and have some refreshments!

Looking for a place to have Thanksgiving Lunch? This year, Barelas Senior Center will be open for a Thanksgiving luncheon. Space is limited and tickets are being sold for $4.00 starting on Mon, Nov. 3 at 9 am.

We will be hosting a Veterans Social to honor those who have served our military forces on Mon, Nov. 10. We would like to thank all of the veterans for their dedication, sacrifice and service.

Don’t forget to turn your clocks back an hour on Sunday, Nov. 2, for daylight savings time and enjoy an extra hour of sleep!

Best regards,

Tyler Dunn

Center Hours

M-W: 8 am - 5 pm
Th: 8 am - 9 pm
Fr: 8 am - 5 pm
Sa: 9 am - 3 pm
Su: Closed

DATES TO REMEMBER

Nov 2	DST ends/ Turn back the clock 1 hour
Nov 5	Fall Guitar Concert
Nov 10	Veteran’s Day Social
Nov 14	Movie Matinee
Nov 18	FOBC Restaurant Fundraiser
Nov 20	Lunch Bunch
Nov 21	Pie Social
	Painting with Suki
Nov 24	FOBC Raffle tickets go on sale

OPEN COMPUTER LAB
Mon - Wed - Fri
9 - 11 am
Drop in assistance with Apple products on Mon; Windows products M-W-F

NOVEMBER CLOSURES

We will be **CLOSED** Tuesday, Nov 11 in celebration of Veterans’ Day.

Also, **CLOSED** Thursday and Friday, Nov 27 & Nov 28 in celebration of Thanksgiving.

Accredited by ncoa 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.

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

Barelas Senior Center
714 Seventh St. SW, 87107
Monday, Nov 17
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.

DRIVER SAFETY CLASSES

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

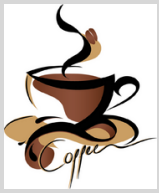
CALENDAR OF ACTIVITIES

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.

- Nov 6 DJ- Jim's Night Train
- Nov 13 Roger Burns
- Nov 20 Paul Pino
- Nov 27 Closed for Thanksgiving



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:

- Oct 7 Bear Canyon Senior Center
- Oct 14 Presbyterian HealthPlan
- Oct 21 Village Caregiving
- Oct 28 Beehive Homes

LUNCH BUNCH

Thursday, Nov 20
Longhorn Steakhouse
6600 Menaul Blvd, Ste. 700
505-881-5359

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, NOVEMBER 4 & 18
11:30 AM - 1 PM

Visit our website:
www.reverbnation.com/jfrancisandmigueldeluca

FRIENDS OF BEAR CANYON

November Fundraiser

Tuesday, November 18, 2025
11 am -7 pm
11500 Menaul Blvd NE

We would like to thank:

for being the October Restaurant of the Month!

FRIENDS OF BEAR CANYON HOLIDAY RAFFLE

at Friendship Coffee
Tues, December 16 - 9:30 am

Tickets on sale in the lobby
Monday, Nov 24 - Tuesday, Dec 16

M-F 8:30 am - 2:00 pm
Th Evening 5:30 - 7:30 pm
Sa 9:00 am - 12:00 pm

$2 each
3 for $5
6 for $10
12 for $20

Need not be present to win!

Come enjoy refreshments,
an opportunity to win door prizes
and have your picture taken with Santa.

Monthly
BIRTHDAY
PARTY

2nd Wednesday of the month
1:30pm - 2:30pm
Dining Hall

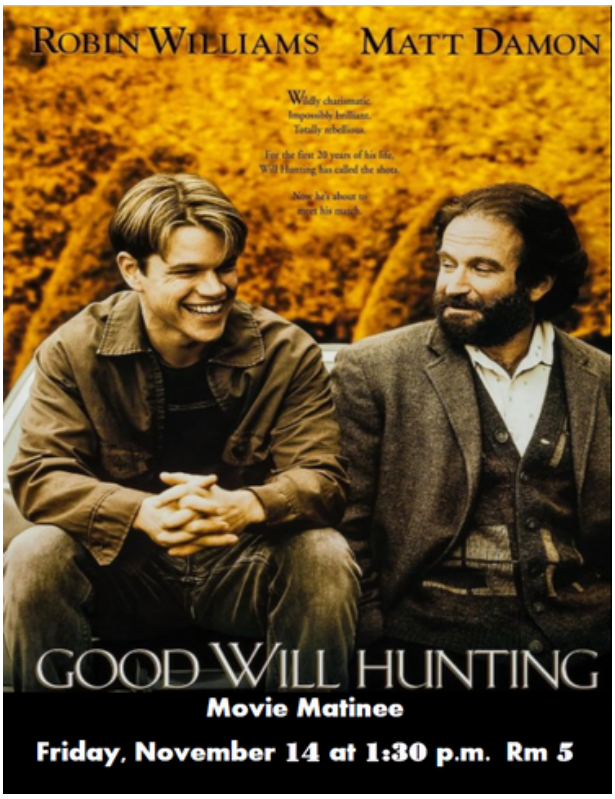
JOIN US TO CELEBRATE!

SPONSORED BY THE FRIENDS OF BEAR CANYON

October Birthdays

CALENDAR OF ACTIVITIES BEAR CANYON & OFF-SITE

CALENDAR OF ACTIVITIES



CALENDAR OF ACTIVITIES

Upcoming Opportunities

Alzheimer's Association
Fall Education Series

Dementia Conversations
Tue, Nov 18
10:45 - 11:45 am Room 5

The Empowered Caregiver:
Building Foundations of Caregiving
Tue, Dec 9
10:45 - 11:45 am Room 5

Lobby Information Tables

Veteran's Outreach Table
Thu, Nov 6
9:30 am - 1 pm

UNM Community Resources Table
Tue, Nov 18
11 am - 1 pm

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, and 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
Instant Oatmeal ..... .70
Side of Chile ..... .25

Specials

Plain Waffle (Wednesday) 1.00
Biscuits & Gravy (Thursday) 1.00
Huevos Rancheros (Friday) 1.50

Drinks

Milk ..... .25
Juice ..... .25
Hot Tea ..... .30

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 Day ..... .50

Sandwiches

Grilled Cheese 1.25
1/2 Cold Turkey ..... .75
Cold Turkey 1.50
Sandwich of the day 1.50
Turkey Melt 1.50

Drinks

Milk ..... .25
Juice ..... .25
Hot Tea ..... .30

Dessert

Slice of Pie (selection varies) .... .50

November 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 ALBUQUERQUE

November

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
3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell/O 4oz 1% Milk 8oz	CLOSED 11 VETERANS DAY HONORING ALL WHO SERVED	12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27	CLOSED 28

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 sign up at another center or make arrangements through Teeniors. To learn more, visit their website at 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

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.

HERE'S TO YOUR GOOD HEALTH

GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)

Wednesday, November 12
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.

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