Newsletter November 2026

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

Hello All,

The holiday season is just about here! November is a time for gratitude, giving, friendship and getting into the holiday spirit!

To kick things off, the Department of Senior Affairs Holiday Donation Drive begins on November 1. You may drop off the designated items, as specified on the flyer, at the front desk/lobby.

On Tuesday, November 10, the VFW Post 10763 will be sponsoring a Veterans Social during our friendship coffee to honor those who have served. We would like to thank all veterans for their dedication, sacrifice and service.

A great way to get in the holiday spirit is to attend the annual Artisan Craft Fair. Come browse unique handmade gifts, enjoy the festive atmosphere, seasonal refreshments and perhaps win prizes! This year's event will be on Saturday, November 14, from 9:00am-1:00pm at Manzano Mesa.

Looking for a place to have Thanksgiving Lunch? This year, Highland Senior Center will be open on Thanksgiving. Space is limited and by reservation only. For more information call Highland Senior Center.

As always, we appreciate your continued support and participation.

Tyler Dunn

Center Hours

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

DATES TO REMEMBER

Nov 10	FOBC Restaurant Fundraiser
Nov 13	Movie Matinee
Nov 18	Wednesday Dance
Nov 19	Lunch Bunch
Nov 20	Pie Social

NOVEMBER CLOSURES



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

Also, **CLOSED** Thursday and Friday, Nov 26 & Nov 27 in celebration of Thanksgiving.



OF SPECIAL NOTE: For all of our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the left side of the page.

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.

Department of Senior Affairs



A Season of Change, a Sense of Belonging

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.
At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

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.

Advisory Council Meetings

Meetings are held from noon to 1:30 pm.

Mon, Nov 16	Conway Wood NW MGC
December	No meeting

To join Zoom meeting:
https://cabq.zoom.us/j/89110160434

To visit the Advisory Council webpage:
https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council

DRIVER SAFETY CLASSES

1st Saturday of the month
9:30 am to 1:30 pm

or

3rd Thursday of the month
12 to 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 to 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 for City of Albuquerque residents and $50 for non-City residents. Membership is valid at all City Senior (50+) and Multigenerational centers.

HANDOUTS AVAILABLE AT FRONT DESK

- List of Ongoing Activities at BCSC
- DSA Transportation Pamphlet
- 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

COMPUTER LAB OPPORTUNITIES

PC COMPUTER CONSULTING

By Appointment Only

Contact person: Harold Gottlieb
Email: hbgottl2@myctl.net

APPLE MAC WORKSHOP

Fourth Saturday of the month
9:30 am to 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 to 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 to noon
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 to 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.

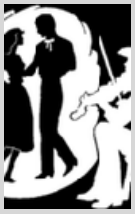
If you are a retired RN and would like to join us contact Lupe at 505-401-2558.

Calendar of Activities

MONTHLY AFTERNOON DANCE

Third Wednesday of the Month
2 to 4:30 pm
$3 per person

Current membership card & ticket required.



The band this month:

Paul Pino
& the Tone Daddies







FRIENDSHIP COFFEE

Tuesday
9:30 to 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 6 Friends of Bear Canyon
- Oct 13 Albuquerque Planning Dept.
- Oct 20 Visiting Angels
- Oct 27 Beehive Homes



LUNCH BUNCH



Thursday, Nov 19
Golden Pride
10101 Central NE
505-323-2594

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

Friends of Bear Canyon & Center Activities

November Restaurant Fundraiser

IL VICINO
WOOD OVEN PIZZA | SINCE 1992

Il Vicino- Heights
11225 Montgomery Blvd NE
Tuesday, Nov 10
11 am to 9 pm

We would like to thank:

Chello Grill

for being the September Restaurant of the Month!

JOIN US

Monthly Birthday Party

November party cancelled due to Veterans Day. Please join us in December.

2nd Wednesday of the Month
1:30 to 2:30 pm
Dining Hall

SPONSORED BY
THE FRIENDS OF BEAR CANYON

HAPPY BIRTHDAY

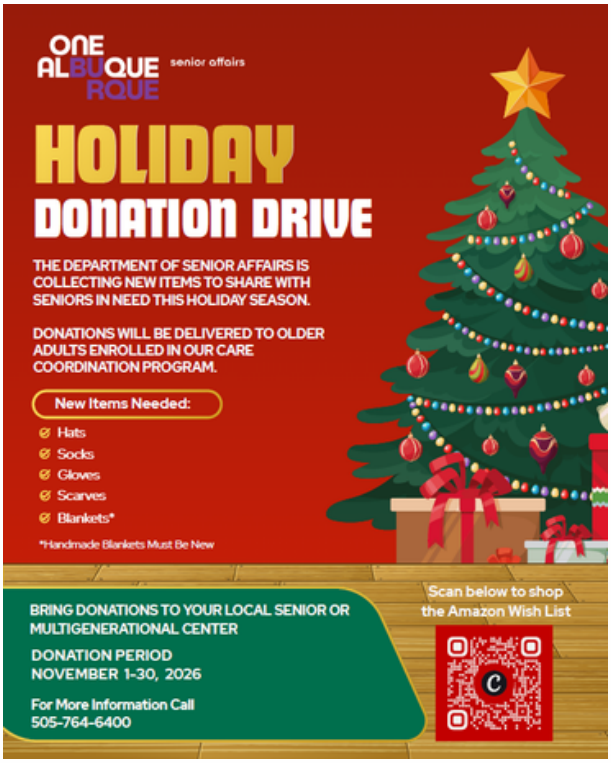


October Birthdays





Calendar of Activities

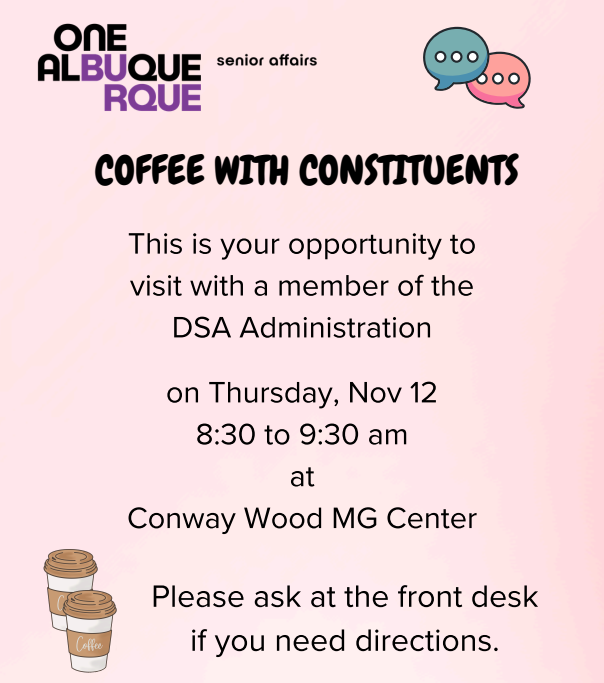








Off-Site Opportunities- Note dates & locations









Calendar of Activities

Presentations

Donuts & Decisions
French Funerals
Tuesday, November 10 at 10:30 am
Room 5

French Revolution and Thereafter Series
3rd Tuesdays
November 17, 2026 through January 19, 2027
3 to 4:30 pm
Room 5

No Car? No Problem!
Tips & Information
Tuesday, December 8
10 to 11 am
Room 5

PLEASE SIGN UP AT THE FRONT DESK

Upcoming Trips

Trip sign ups are using a lottery process now. See trip flyer for all the details.

Amazon Fulfillment Center Tour
Wednesday, November 18
Check in: 8:30 am Return: 4 pm
Lunch: at own expense

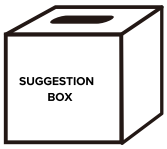
Lottery sign up ends at close of day, Tue, Nov 10

Albuquerque Museum
Wednesday, December 2
Check in: 9 am Return: 4 pm
Lunch: at own expense

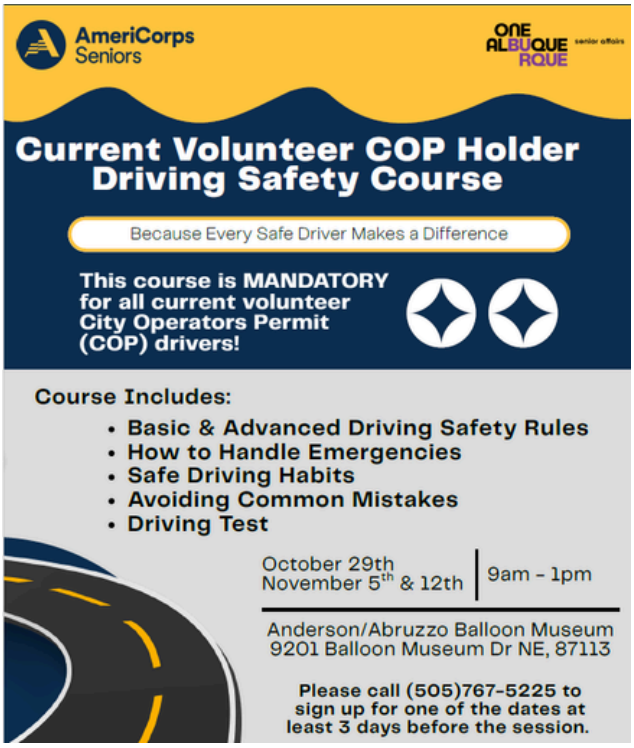
Lottery sign up ends at close of day, Mon, Nov 23

PLEASE SIGN UP AT THE FRONT DESK

PALO DURO MEMBERS: Welcome to Bear Canyon Senior Center. Don't forget to make lunch reservations here or at another location if you normally eat at Palo Duro Senior Center. Other close options include Highland and North Valley Senior Centers or North Domingo Baca MG Center.



REMINDER: Bear Canyon Senior Center still has its own suggestion box at our front counter. We now have a department suggestion box and donation box, as well. Please ask at the front desk if assistance is needed.



Breakfast Menu



MENU

MONDAY - FRIDAY

BREAKFAST

8:00AM - 9:00AM

Full Breakfast $4.00
2 Eggs, 2 Bacon Strips or 2 Sausage Patties, Hash Browns, Flour Tortilla or Toast, Butter/Jelly

Mini Breakfast $3.00
1 Egg, Bacon Strip or Sausage Patty, Hash Browns, Flour Tortilla or Toast, Butter/Jelly

Breakfast Burrito $4.00
Eggs, Hash Browns, Bacon or Sausage, Cheese, Red/Green Chile, Flour Tortilla

English Muffin Sandwich $3.00
1 Egg, Bacon or Sausage Patty, Cheese, Muffin

No Egg Option: Bacon or Sausage Patty, Cheese, Muffin $2.00

Breakfast Taco $2.00
Eggs, Potatoes, Cheese, Tortilla

Oatmeal $1.00
Butter and Sugar

Beverages $0.50
Orange Juice, Milk, or Tea *(Coffee is Complimentary)*

Tuesdays and Fridays Only

Huevos Rancheros $5.00
2 Eggs, Beans, Cheese, Corn Tortillas, Red/Green Chile

ONE ALBUQUERQUE

Red and green chile are available upon request (limit of two servings).
Breakfast service is for seniors ages 50 and older only.

CABQ.GOV/SENIORS

November Lunch Menu

Seniors Age 60+ $2.00 suggested donation; Age 50-59 $5.00
Reservations must be made by 1 pm the previous weekday- Call 505-767-5959
Lunch is served from 11:30 am to 1 pm. Meals are held until 12:30 pm.

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
2 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	**3** Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	**4** Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	**5** Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	**6** Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9 Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	**10** Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	**CLOSED 11** 	**12** Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz	**13** Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	**17** Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	**18** BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	**19** Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	**20** Breaded Pollock 4oz Tartar Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	**24** Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	**25** 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 26** 	**CLOSED 27**
30 Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	**1** Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	**2** Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	**3** Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	**4** Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz

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

Marina Salazar, Deputy Director

Nikki Peone, 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 Aide

Kelly Trujillo, General Services