

**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!

Fall is officially here! This time of the year in New Mexico is always special with the colors changing on the leaves, the smell of roasted chile in the air, the International Balloon Fiesta (October 7 – October 15) and Halloween events! Along with these, be on the lookout for these wonderful events with more details inside: Guitar Concert Oct 18, Piano Recital Oct 25, Blue Cross Blue Shield Care Van event Oct 25, Vaccine Clinic Oct 30 and Halloween Coffee Social Oct 31.

Furthermore, Bear Canyon is honored to be able to host the Senior Affairs Annual Thanksgiving Day Luncheon next month. The center will be open on Thursday, November 23, 2023 to serve lunch. Tickets will be available starting on November 1, 2023, by reservation only (space is limited). Check with the front desk for more information.

As always, we appreciate your continued support and participation.

Best regards,

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**

- Oct 2 Out to Dinner
- Oct 9 Closed - Indigenous Peoples' Day
- Oct 13 Movie Matinee  
McCall's Pumpkin Patch trip
- TBD FOBC Restaurant Fundraiser
- Oct 17 ABQ BioPark Zoo Trip
- Oct 18 Guitar Concert
- Oct 19 Lunch Bunch
- Oct 25 Piano Recital  
Blue Cross Blue Shield Care Van
- Oct 30 Vaccination Clinic 9am- 12pm
- Nov 1 Thanksgiving Luncheon tickets on sale



**CLOSED MONDAY,  
OCTOBER 9,  
IN OBSERVANCE OF  
INDIGENOUS PEOPLES'  
DAY**

Accredited by   
National Institute of  
Senior Centers

## Department of Senior Affairs

### PARTICIPANT CODE OF CONDUCT

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 electronic device.
5. Show courtesy to other participants and staff; respect decisions 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. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in City facilities or on City premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities or on City premises.
11. Any type of gambling is strictly prohibited in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in pool rooms and computer labs.
14. Vandalizing or damaging Center facilities, equipment or materials is prohibited.
15. Treat Center materials, equipment, furniture, grounds, and facility with respect.
16. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
17. 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

### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

#### Senior Information & Assistance Line

##### Office

1620 1st NW, 87102

(No lunch available at this location.)

**Monday, Oct 16**

**12 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.



#### 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.



**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.

The AARP Smart Driver™ online course is still an option!

You can register at:

<https://www.aarpdriversafety.org>

### 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 Activity 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

### Navigating Medicare Assistance

**First Monday of the Month**

**Lobby**

**10 am – 1 pm**

Provided by NM Aging and Long-Term Services  
SHIP Counselors.

## GENERAL INFORMATION & PROGRAM HIGHLIGHTS

### 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.

- **Name tags! (for groups or participants) for those of us who can't remember names.**

It is very understandable within certain groups, both large and small, with people coming and going, to learn everyone's name. This is something I would bring up to the group leader/instructor to help. And, perhaps staff might be able to help print nametags should certain groups request.

- **It would be helpful to have a small shelf in the restroom - nice to have a place to put books or papers while washing hands and using facilities.**

Thank you for the suggestion. We will look into what we might be able to do for options in the space available, while also considering what might be appropriate for the restroom.

### FRIENDS OF BEAR CANYON October Fundraising

The October restaurant fundraiser is currently pending.

Please check at the front desk for more information.

Many thanks to  
for being the  
September  
Restaurant of the Month!



cabq.gov/seniors

Blue Cross and Blue Shield of New Mexico  
**CARE VAN® EVENT**

**WEDNESDAY, OCT 25**

**Toenail Trimming / Vaccinations  
9 am - 12 pm**

**Medicare 101 Presentation  
10 - 11 am                      Room 1**

## 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.

- Oct 5 - Long Drink of Water
- Oct 12 - Roger Burns
- Oct 19 - Paul Pino
- Oct 26 - Recorded music



### 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:

- Sep 5 - Oak Street Health
- Sep 12 - Bear Canyon Senior Center
- Sep 19 - Hospice De La Luz
- Sep 26 - Assurance In-Home Care

## Dessert Social

Monthly on the  
3rd Friday  
1:15 – 2:15 pm  
Social Hall

Stop by for free dessert.  
Enjoy Fun, Fellowship and Friends.

Sponsored by The Lynn Johnson Group



### DESSERT AND REAL ESTATE!

Hi, I'm Venessa Johnson your Senior Real Estate Specialist. I'm the person that brings the goodies for the Bear Canyon Dessert Socials.

As a Senior Real Estate Specialist, I offer a free Comparative Analysis on homes. If you or someone you know is thinking about selling and want to know what the home is worth in today's market, give me a call and I will be more than happy to sit down with you and review your home value.

Venessa Johnson  
The Lynn Johnson Group  
Keller Williams  
505-220-5099  
vj@lynnjohnson.com



KELLERWILLIAMS  
*Luxury*  
INTERNATIONAL

## CALENDAR OF ACTIVITIES

### Upcoming Trips

Space is limited.  
Sign up at the front desk.

#### Friday, Oct 13 - McCall's Pumpkin Patch

Check in: 11 am      Return: by 4 pm  
Cost: \$18.99 + taxes & fees at the gate  
Lunch: On your own on the premises

#### Tuesday, Oct 17 - ABQ Biopark Zoo

Check in: 9:15 am      Return: by 3 pm  
Cost: \$14.50 Adult/\$5.50 Age 65+ (at the gate)  
Lunch: TBD - At your own expense

#### Tuesday, Nov 7 - ABQ Biopark Aquarium

Check in: 9:15 am      Return: by 4 pm  
Cost: \$14.50 Adult/\$5.50 Age 65+ (at the gate)  
Lunch: TBD - At your own expense

### Presentations

Sign up at the front desk.  
All presentations in Room 5.

#### Beltone Hearing

Tuesday, Oct 3      10 - 11 am

#### Cultivate Your Resilience

Tuesday, Oct 10      11 am - 12:30 pm

#### What's and Why's Funeral Planning

Tuesday, Oct 24      9:30 - 10:30 am

### New & Returning Classes

#### Self-Care & Qigong

Weekly on Tuesdays (starting Oct 10)  
11 am - 12 pm      \$3-5      Multipurpose Room

#### Yoga and Fitness for Seniors

Weekly on Fridays (starting Nov 3)  
10 - 11 am      Multipurpose Room

### Information Tables

#### Legacy Home Care

Tuesday, Oct 3      9 - 11 am

#### People Works NM

Wednesday, Oct 4      9 - 10 am

#### VFW

Thursday, Oct 5      8 - 9:30 am

#### A&R Medical

Tuesday, Oct 17      8:30 - 10:30 am

#### Idalia Lechuga-Tena

#### City Council Candidate

Tuesday, Oct 24      8 - 11 am

#### Veteran's Outreach

Thursday, Oct 26 9 am - 1 pm

#### Rio Metro

Tuesday, Oct 31 9 - 11 am

## CALENDAR OF ACTIVITIES

Shot Clinic with Best Buy Drugs  
Covid-19, Covid Booster and  
other vaccines will be available



Monday  
October 30  
9:00 – 12:00 pm

Piano Recital

## Bold Beginners



Come listen to the "Bold Beginners." They are the bravest folks around town. You will be delighted to hear a spectacular variety of music from our Intermediate and Advanced pianists.

THERE WILL EVEN BE SOME SILLINESS AND REFRESHMENTS!

Wednesday, October 25th

2:00pm - 4:00 pm

In the Social Hall



## OUT TO DINNER

Monday, Oct 2  
at Saggio's Uptown

6600 Menaul Blvd NE

505-323-9500

Check in: 4:45 pm    Return: 8:30 pm



## LUNCH BUNCH

Thursday, Oct 19

at Wecks at Holly Avenue

7301 Paseo Del Norte NE

505-821-9816

Check in: 10:45 am    Return: 3 pm

Please sign up at the front desk.

Guitar Concert  
October 18, 2:00-3:30pm

Celebrating the romance and beauty  
of the Classical and Spanish Guitar  
Featuring Classical, Flamenco, and  
Popular Latin music.



Presented by BCSC Musicians and Guest Artists

CALENDAR OF ACTIVITIES



Response to Active Shooter  
At Bear Canyon Senior Center



October 27th, 2023  
1:00 - 3:00 pm

Presented by Retired APD Captain, Rob DeBuck

The program will cover the actions you should take to increase your ability to keep safe in an active shooter scenario. Questions may be asked after the presentation.

**IN CASE OF AN Active Shooter**

**IF YOU SEE SOMETHING, SAY SOMETHING. REPORT SUSPICIOUS ACTIVITY TO THE POLICE.**

<b>1. RUN</b> RUN/ESCAPE IF POSSIBLE	<b>2. HIDE</b> IF ESCAPE NOT POSSIBLE	<b>3. FIGHT</b> AS A LAST RESORT
<ul style="list-style-type: none"> <li>Have an escape route and plan in mind</li> <li>Leave your belongings behind</li> <li>Evacuate regardless of whether others agree to follow</li> <li>Warn and prevent individuals from entering an area where the active shooter may be</li> </ul>	<ul style="list-style-type: none"> <li>Hide in an area out of the active shooter's view</li> <li>Lock and block doors, close blinds, and turn off lights</li> <li>Silence your cell phone (including vibrate mode) and remain quiet</li> <li>Stay in place until law enforcement gives you the all clear.</li> </ul>	<ul style="list-style-type: none"> <li>Fight as a last resort and only when your life is in danger</li> <li>Attempt to incapacitate the shooter</li> <li>Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.</li> <li>Act with physical aggression and throw items at the active shooter</li> </ul>

**CALL 911 WHEN YOU'RE SAFE TO DO SO**

**BCSC Happy Losers**  
**Thursdays Room 4**  
**Weigh in 8-8:30 am**  
**Meeting 8:30 - 9:15 am**

Have a few pounds you want to lose? More than a few? Join us for a supportive weight loss journey in an effort to achieve or maintain a healthy weight. We strive for better health through our facilitated, positive, interesting meetings. Weigh ins are confidential. Come join our family.





**DSA HIGHLIGHTS & UPCOMING EVENTS**

**VFW Roadrunner Post 10763  
Annual Food Drive  
2023**

Bear Canyon SC, The Friends of Bear Canyon, North Domingo Baca MGC, Highland SC, Barelas SC and Manzano Mesa MGC have been busy working together on this year's annual food drive.

At last count, 687 pounds were collected. Thanks to each of the centers, everyone who provided food, and everyone that participated in this worthwhile project.

**Coming soon  
Annual Thanksgiving Day Luncheon  
hosted by Bear Canyon Senior Center  
Thursday, November 23  
11:00 am - 1 pm**



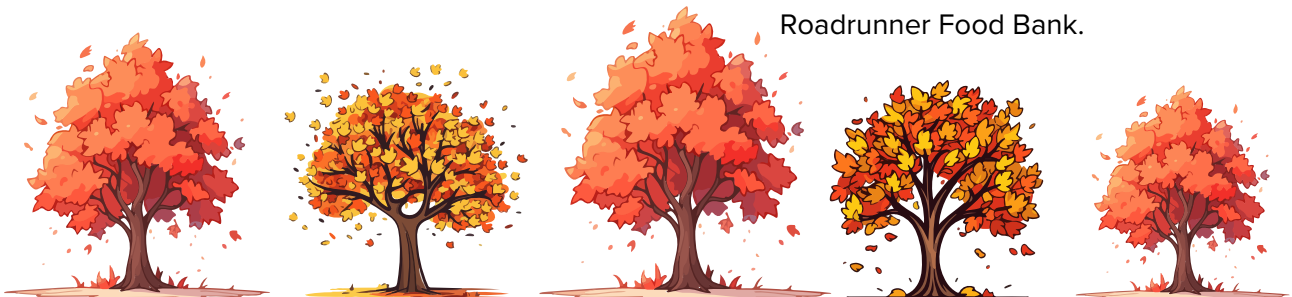
**Tickets available Wednesday, Nov 1**



Post members Jerry & Eddie, and BCSC employee Isaiah load food for delivery.



Post member David, and Post Cmdr Jim (behind camera) deliver food to Roadrunner Food Bank.



## GENERAL INFORMATION & ASSISTANCE

### COMPUTER ROOM INFORMATION



#### OPEN COMPUTER LAB

**Monday, Wednesday, and Friday**  
**9 - 11 am**  
**iMac, PC, and iPad available**



#### APPLE MAC WORKSHOP

Fourth Saturday of the month  
9:30 am - 12:30 pm  
Computer Lab  
Activity Leader: Bo Keith  
Email: bnkeith@comcast.net

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 - 11 am  
Contact person: Jean Maka  
Email: huntgen@gmail.com

### HEALTH

#### GERIATRIC EDUCATION AND HEALTH MAINTENANCE (GEHM)



**Second Tuesday of the 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 with varied professional experiences ranging from emergency room, surgical, case management, oncology, public health including infectious diseases and overall health promotion and disease prevention. To join us call Lupe at 505-401-2558.

# October 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.



## October 2023

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.



Monday	Tuesday	Wednesday	Thursday	Friday
2 ♦ Chicken fajitas ♦ Flour tortilla ♦ Ranch beans ♦ Hot sliced apples ♦ 1% milk 	3 ♦ Beef stroganoff w/ bowtie pasta ♦ Cauliflower w/ seed peppers ♦ Breadstick ♦ Chocolate pudding ♦ 1% milk 	4 ♦ Omelet w/ fajita blend ♦ Stewed tomatoes ♦ Tater tots ♦ Orange ♦ 1% milk 	5 ♦ Minestrone soup w/ navy beans ♦ Corn bread ♦ Malibu blend ♦ Mixed fruit cup ♦ 1% milk 	6 ♦ Lemon pepper tilapia ♦ Rice pilaf ♦ Calabacitas ♦ Chocolate chip cookie ♦ 1% milk 
9 <b>CLOSED</b> 	10 ♦ Sweet & sour pork w/ brown rice ♦ Stir fry blend vegetables ♦ Pineapple upside down cake ♦ 1% milk 	11 ♦ Frito pie (beef, pinto beans, chile, cheese, onions) ♦ Fritos ♦ Noemandy blend ♦ Peaches ♦ 1% milk 	12 ♦ Fish nugget w/ tartar sauce ♦ Crinkle cut fries ♦ Carrots & peas ♦ Vanilla pudding ♦ 1% milk 	13 ♦ Chicken and rice soup ♦ Cherry cobbler ♦ Spinach ♦ Crackers ♦ 1% milk 
16 ♦ Cottage pie: ground beef, mashed potato, peas & carrots ♦ Corn bread ♦ Blueberry crisp ♦ 1% milk 	17 ♦ Open faced turkey sandwich w/ gravy ♦ Yams ♦ Green beans ♦ Orange ♦ 1% milk 	18 ♦ Spaghetti marinara w/ squash ♦ Breadstick ♦ Malibu blend ♦ Peaches ♦ 1% milk 	19 ♦ Salisbury steak w/ gravy ♦ Brown rice ♦ Peas ♦ Jell-O ♦ Dinner roll w/ margarine ♦ 1% milk 	20 ♦ Green chile stew (chicken & potatoes) ♦ Flour tortilla ♦ Pinto beans ♦ Sliced cinnamon apples ♦ 1% milk 
23 ♦ Beef tips w/ gravy over egg noodles ♦ Brussel sprouts ♦ Peach cobbler ♦ 1% milk 	24 ♦ Chicken pot pie w/ biscuit ♦ Diced beets ♦ Ancient grain ♦ Yogurt ♦ 1% milk 	25 ♦ Baked potato w/ broccoli, cheese, sour cream ♦ Corn ♦ Baked beans ♦ Apple slices ♦ 1% milk 	26 ♦ Salmon w/ garlic butter ♦ Orzo pasta ♦ Cauliflower ♦ Orange ♦ 1% milk 	27 ♦ Ham Mac & Cheese ♦ Cornbread ♦ Noemandy bread ♦ Pineapple ♦ 1% milk 
30 ♦ Pork Loin w/ gravy ♦ Rice pilaf ♦ Corn ♦ Dinner roll w/ margarine ♦ Pear ♦ 1% milk 	31 ♦ Mummy loaf in swamp water (Meatloaf w/ gravy) ♦ Mashed potatoes ♦ Sliced carrots ♦ Jell-O ♦ 1% milk 	1 ♦ Breaded chicken patty w/ green chile white gravy ♦ Sweet potato ♦ Green beans ♦ Apple slices w/ peanut butter cup ♦ 1% milk 	2 ♦ Pot roast w/ potato, celery, carrots ♦ Italian blend ♦ Ancient grain ♦ Mandarin oranges ♦ 1% milk 	3 ♦ Omelet w/ mushrooms, spinach ♦ Hashbrowns ♦ Vegetable blend ♦ Yogurt ♦ 1% milk 