

**BEAR CANYON SENIOR CENTER**

4645 Pitt NE, Albuquerque, NM 87111

Ph: 505-767-5959

[cabq.gov/seniors](http://cabq.gov/seniors)

**Department of Senior Affairs**



**A Message From Our Center  
Manager**

Hello all,

Fall is officially here! It is that special time of the year in New Mexico with the weather cooling down, the colors changing on the leaves, the smell of roasted chile in the air, the 52nd International Balloon Fiesta (from October 5 – October 13) and Halloween events taking place! Be on the lookout for some fall fun this month!

Last month the Retired Senior Volunteer Program (R.S.V.P.) hosted its annual Volunteer Appreciation Breakfast. This wonderful event showcases and honors the many volunteers in our department as well as in our community. Just as in years past, this year's appreciation event was extremely special to Bear Canyon as one of our very own received an award. Gloria Borton received the Lifetime Achievement Award. Congratulations to Gloria; we are extremely grateful to have her as part of our team at Bear Canyon. Her dedication and many hours of service on behalf of the center and our community are a blessing. We wish to thank all of the RSVP volunteers for their service. These selfless acts and giving back to our community help drive our center, department and city to be a better place to live and age gracefully.

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 7	Out to Dinner
Oct 11	Movie Matinee
Oct 14	Indigenous Peoples' Day
Oct 17	Lunch Bunch
Oct 18	FOBC Shredding Event
Oct 22	FOBC Restaurant Fundraiser begins
Oct 30	Halloween Social
Nov 13	Fall Guitar Concert

**OPEN COMPUTER LAB**

Mon - Wed - Fri

9 - 11 am

PC, Apple, and Android devices



We will be closed  
Monday, Oct 14  
in celebration of  
Indigenous People's  
day.



Accredited by

National Institute of  
Senior Centers



## 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.



### DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

**Barelas Senior Center**  
**714 7th St SW, 87102**  
**Monday, Oct 21**  
**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.



**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

## GENERAL INFORMATION & ASSISTANCE



### FRIENDS OF BEAR CANYON

Friends of Bear Canyon would like to announce its initiative to provide opportunities for the visually impaired to play games here at Bear Canyon Senior Center. A donation made in honor of late center member Roseann Wilson is making this possible. Roseann loved playing cards and could only

do so with large print cards.

We currently have large print playing cards, and the large print board games Scrabble and Rummikub. We would like your input as to what other games we might purchase with the funds.

This will expand the opportunities for partially sighted members to join existing members and enjoy games here at the center. Please let the staff at the front desk know your game suggestions and they will forward the information on to the Friends of Bear Canyon. Thank you!

### 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)

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.

## 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 3 DJ- Jim's Night Train
- Oct 10 Roger Burns
- Oct 17 Paul Pino
- Oct 24 Recorded music w/Josie
- Oct 31 Recorded



### 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 3 Yvonne Candelaria
- Sep 10 Sandia Vista Hospice
- Sep 17 Wellcare
- Sep 24 Beehive Homes

## Pie Social

Monthly on the 3rd Friday

1:30 – 2:30 pm

Social Hall

Stop by for free pie and ice cream.  
Enjoy Fun, Fellowship and Friends.

Sponsored by: Anna with  
SEASONS Real Estate



### PIE AND REAL ESTATE!

Hi! I'm Anna, your Senior Real Estate Specialist. I'm the positive person that brings the pie and ice cream for the monthly Pie Socials. I am on a mission to help people get to the next chapter in their lives. If you or a loved one is curious about the real estate market, let's chat! Let me know if any of the following information would be helpful to you: value of your current home, real estate market data and neighborhood trends, current inventory review, tips for selling in the future, downsizing, organizing, senior living, relocating, etc. Thank you for having me!



Anna Herrera, SRES  
(505) 508-9805 | O: (505) 828-1000  
anna.nmrealty@gmail.com  
SEASONS Real Estate powered by Coldwell Banker Legacy  
6767 Academy Rd NE, Abq, NM 87109



## CALENDAR OF ACTIVITIES

### Upcoming Trips

Due to the limited space on trips, a member may only sign up for 3 per month including Pop Up Trips.

#### Ron's Ride and Glide

**Thu, Oct 10 - Cochiti Lake & Lunch @ Gabriel's**

Check in: 8:45 am Return: 4:00 pm

Lunch: At own expense

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**Thu, Oct 17 - Acoma Pueblo Sky City Tour**

Check in: 8 am Return: 4:00 pm

Cost: \$20+ Lunch: at own expense

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#### Ron's Ride and Glide

**Fri, Oct 25 - Mesa Del Sol & Lunch @ Sopa's**

Check in: 9:45 am Return: 4:00 pm

Lunch: At own expense

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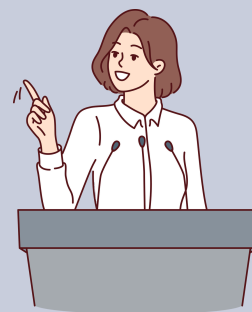
Watch the bulletin board and front desk display for

#### "Pop Up Trips."

These trips are confirmed after the newsletter is published and will be advertised as soon as they are available.



Let's hit  
the  
road



### Presentations

Sign up at the front desk.

#### Know your Options: Insurance & Care

Tues, Oct 8

10 - 11 am Room 5

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#### Redefine Your Means in Retirement

Tues, October 15

10:30 -11:30 am Room 5

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#### Personal Safety for Women

Tues, Oct 22

9-11:30 am Room 5

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#### Learn to Love your Brain

Tues, October 29

10:30-11:30 am Room 5

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### Class Resuming

#### Clean Slate - Kinesiology & Muscle Testing

Each Friday beginning Sep 27

12:15-1:15 pm Room 5

## FRIENDS OF BEAR CANYON & CALENDAR OF ACTIVITIES

### FRIENDS OF BEAR CANYON October Restaurant Fundraiser



Tue, Oct 22 & Wed, Oct 23  
4 pm - 9 pm  
8420 Montgomery Blvd NE

We would like to thank:



for being the  
September Restaurant of the Month!

### *Bear Canyon Senior Center* FALL GUITAR CONCERT

November 13th 2024 - 2:00 PM

**Country-Folk-  
Bluegrass-Jazz-  
Blues-Gospel**

Free

and all Members Welcome!



### DON'T BECOME A VICTIM OF CRIME

#### Personal Safety Workshop for Senior Women

It is deeply troubling to tune into the news and witness the ongoing violence in our city. Understanding the issue and knowing how to protect yourself is crucial to avoid becoming a victim.

This workshop aims to equip and empower women with practical strategies for ensuring their safety in various environments, whether out in the community, at home, or online.

**DATE: OCTOBER 22, 2024**

**TIME: 10:30 AM TO 11:45 AM**

**LOCATION: BEAR CANYON SENIOR CENTER ROOM 5**

**NO COST**

Kindly bring a notebook and pen with you. Some of the topics we will discuss include:

- The importance and practice of situational awareness
- Setting boundaries
- Trusting your intuition
- Practical tips to keep you safe

**SPEAKER:**

**DANETTE BROWN**

WOMEN'S EMPOWERMENT COACH &

PERSONAL SAFETY EDUCATOR

NMSP INVESTIGATOR SUPERVISOR (RET)

Space is limited, pre-registration at the front desk suggested

### Project Linus

Providing Security Through Blankets

Albuquerque, NM Chapter

Serving Bernalillo County

The Project Linus members who meet at the Bear Canyon Senior Center wish to thank the anonymous donors who give us blankets, fabric, and yarn. We sincerely appreciate the items and be assured they are put to good use.

Project Linus is a national organization that makes and gives blankets to children who are sick, traumatized or in need of comfort. We are self-funded and the donations are a big help. Thanks also to the Bear Canyon Staff who accept the donations for us!

Sue Kelly  
Project Linus Coordinator



## CALENDAR OF ACTIVITIES

### OUT TO DINNER

Last for 2024- will resume May 2025

**Monday, October 7**

**at El Patron**

10551 Montgomery Blvd. NE

505-275-0223

**Notify front desk you will be attending.**

**Meet at the restaurant at 5 pm.**



### LUNCH BUNCH



**Thursday, October 17**

**at Nio Szchuan**

7200 Montgomery Blvd. NE

505-881-0165

Check in: 10:45 am    Return: 3 pm

**Please sign up at the front desk.**

**FRIDAY, OCTOBER 18, 2024**  
**9:00AM - 11:00AM**  
**WEST PARKING LOT**

## Drive Thru Shredding Event

**Hosted by the Friends of Bear Canyon**

### About Items

#### Acceptable Items

Office Paper, newspaper, envelopes, file folders, magazines, junk mail, sticky notes, brochures. (staples & paper clips are OK)

#### Unacceptable Items

Batteries, Trash, plastic, Binders, hanging folders, metal, Cardboard, x-rays, Tyvek, Hard drives, hazardous materials, food containers, medical waste

### Additional Information

Refreshments available  
Limited to 3 bankers' boxes/bags per person  
Assistance available to unload boxes  
Enter in the south parking lot, follow the signs and stay in your vehicle  
We will also have bins available for new or gently used clothing for a clothing drive

**For Bear Canyon Senior Center members only, you will be asked to present your DSA membership card**



## NEW MEXICO 46TH ANNUAL Conference on Aging

VISIT: [WWW.AGINGINNM.ORG](http://WWW.AGINGINNM.ORG)

**MONDAY, OCTOBER 28 | HOTEL ALBUQUERQUE**

**LEARN  
CONNECT  
ENGAGE**

- \$12 for Seniors 55+, Caretakers and Adults with Disabilities
- \$35 for Service Providers
- \$55 for CEU Credits for social workers & professionals

#### Schedule at a glance:

8am- 9am - Registration and Exhibitor Showcase

9am- 4:30 pm - Conference Workshops, Activities, Entertainment and Lunch

5:30 pm - Dance

**Registration now open!**

Visit [AginginNM.org](http://AginginNM.org) for more information and to register



### INTERESTED IN LEARNING TO PLAY?



### Beginning Mahjong - American Version

For those who are **Beginners and Novice**.  
**Beginner** = someone who has never played before  
**Novice** = Someone who has had a lesson and wants more experience.

**Wednesday, October 23**

**1:00pm - 4:00pm**

**Multipurpose Room**

**Sign Up at the Front Desk - Space is Limited**  
**Limited to one session per person**

## CALENDAR OF ACTIVITIES

**ANTIQUE CLOCK & WATCH**  
Identification and Sale



**Saturday, October 12**  
**10:00am - 2:00pm**

Bring your watches or clocks for identification. We will have clocks and watches to discuss and purchase.

**EXPERTS WILL BE ON HAND!**  
Sponsored by the Zia Sundials #106  
(a watch and clock collecting association)

KYLE ALLAN KENNETH BRANAGH CAROLEE COTTIN JAMES DORNAN TINA FEY JUDY HILL ALLI KHAN TAMARA KILBY RICHARDO MARTINEZ MICHELLE YEOH

**A HAUNTING IN VENICE**



DEATH WAS ONLY THE BEGINNING

**Movie Matinee**  
**Friday, October 11 at 1:30 p.m. Room 5**

**MENTAL HEALTH**

**LEARN TO LOVE YOUR BRAIN**  
EDUCATIONAL PRESENTATION  
ON MENTAL HEALTH  
BY IMA CLINICAL RESEARCH



JOIN IMA CLINICAL RESEARCH TO LEARN ABOUT WHAT MENTAL ILLNESS IS, HOW IT CAN BE TREATED, RESOURCES AVAILABLE TO YOU, & GENERAL MENTAL HEALTH FACTS, FOLLOWED BY A Q&A.

**BEAR CANYON SENIOR CENTER**  
**OCT 29TH FROM 10-11**

**IMA CLINICAL RESEARCH**  
ALBUQUERQUE, NEW MEXICO

**HALLOWEEN SOCIAL**

**MUSIC - DANCING - REFRESHMENTS**  
**30 OCTOBER 2024**  
**MUSIC BY JAZZ BREEZE**  
**2:00pm - 3:30pm**





## CALENDAR OF ACTIVITIES



**Bowling**

**Interested?**

If interested this is a Free Introduction to the enjoyable sport of bowling.

No experience necessary!  
Any Level is Welcome!

**Sign Up at the Front Desk**

If we have enough people interested we will set up a one time class/lecture on the sport and discuss dates/times to meet at Silva Lanes to practice what you learned.



**Redefine your means in retirement.**  
Please join us to find out how we can help.

**You're Invited.**

You've worked hard and done all the right things to plan for your retirement. Now keep all that good momentum going by learning how to help turn your strategy into your ideal retirement lifestyle.

Please join us for an informational seminar and insurance sales presentation on the benefits of adding more guaranteed income to your retirement.

We'll discuss how just a few simple steps can help you redefine the way you look at the best years of your life.

**Date:** Tuesday, October 15, 2024  
**Time:** 10:30-11:30am  
**Place:** Bear Canyon Senior Center Room 5

**Presented by:**  
Scott Wilson, CLTC, R2CP  
Financial Services Professional  
New York Life Insurance Company  
6665 America's Parkway Ste 300 NE 87110  
505-269-5069  
scowilson02@fl.newyorklife.com

**Notes:** Please register at the front Desk.

Guaranteed income annuities are issued by New York Life Insurance and Annuity Corporation, 51 Madison Avenue, New York, NY 10010. All guarantees are dependent on the claim-paying ability of the issuer. Available in jurisdictions where approved.

**New York Life Insurance Company**  
51 Madison Avenue  
New York, NY 10010  
www.newyorklife.com  
SMR010029332 (Exp-05.13.2026)

303310624



## BearTones Fall Concert September 25, 2024



## 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 (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
Tea .....	.30

#### ***Lunch A-la-Carte***

Lunch is served from 11:30 am to 1 pm  
NO reservation is required for A-la-Carte

#### Salad

Small Garden Salad .....	1.00
Large Chef's Salad .....	2.00

#### Sandwiches

Grilled Cheese .....	1.25
½ Cold Turkey .....	.75
Cold Turkey .....	1.50
Sandwich of the day .....	1.50
Turkey Melt .....	1.50

#### Drinks

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

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



## October Lunch Menu

Oso Canyon Café - Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$3.25

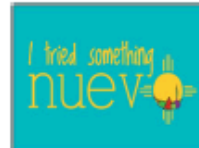
Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959
























Lunch is served from 11:30 a.m. to 1:00 p.m. Please arrive by 12:30 p.m. for reserved meal.

ONE  
ALBUQUE  
RQUE

# OCTOBER 2024

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
<p>30</p> <ul style="list-style-type: none"> <li>♦ Chicken Fajitas w/ Salsa</li> <li>♦ Flour Tortilla</li> <li>♦ Ranch Beans</li> <li>♦ Hot Sliced Apples</li> <li>♦ 1% milk</li> </ul> 	<p>1</p> <ul style="list-style-type: none"> <li>♦ Beef Stroganoff &amp; Elbow Pasta</li> <li>♦ Cauliflower w/ Red Peppers</li> <li>♦ Bread Stick</li> <li>♦ Chocolate Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>2</p> <ul style="list-style-type: none"> <li>♦ Ham Omelet w/ Fajita Blend</li> <li>♦ Stewed Tomatoes</li> <li>♦ Tater Tots</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul>  	<p>3</p> <ul style="list-style-type: none"> <li>♦ Morning Star Veggie Chicken Nuggets w/ BBQ Sauce</li> <li>♦ Corn</li> <li>♦ Malibu Blend</li> <li>♦ Mixed Fruit Cup</li> <li>♦ 1% milk</li> </ul> 	<p>4</p> <ul style="list-style-type: none"> <li>♦ Lemon Pepper Tilapia</li> <li>♦ Rice Pilaf</li> <li>♦ Calabacitas</li> <li>♦ Chocolate Chip Cookie</li> <li>♦ 1% milk</li> </ul> 
<p>7</p> <ul style="list-style-type: none"> <li>♦ Cottage Pie: Ground Beef, Mashed Potatoes, Peas &amp; Carrots</li> <li>♦ Corn Bread</li> <li>♦ Blueberry Crisp</li> <li>♦ 1% milk</li> </ul> 	<p>8</p> <ul style="list-style-type: none"> <li>♦ Teriyaki Pork w/ Brown Rice</li> <li>♦ Stir Fry Blend Vegetables</li> <li>♦ Pineapple Upside Down Cake</li> <li>♦ 1% milk</li> </ul> 	<p>9</p> <ul style="list-style-type: none"> <li>♦ Frito Pie: Beef, Pinto Beans, Red Chile, Cheese, and 6 Onions</li> <li>♦ Fritos</li> <li>♦ Normandy Blend</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 	<p>10</p> <ul style="list-style-type: none"> <li>♦ Linguini w/ Diced Tomato Sauce</li> <li>♦ Diced Potatoes</li> <li>♦ Steamed Broccoli</li> <li>♦ Vanilla Pudding</li> <li>♦ 1% milk</li> </ul> 	<p>11</p> <ul style="list-style-type: none"> <li>♦ Chicken &amp; Rice Soup</li> <li>♦ Spinach</li> <li>♦ Crackers</li> <li>♦ Cherry Cobbles</li> <li>♦ 1% milk</li> </ul> 
<p>14</p> <p>INDIGENOUS PEOPLES' DAY</p> 	<p>15</p> <ul style="list-style-type: none"> <li>♦ Open Faced Turkey Sandwich w/ Gravy</li> <li>♦ Yams</li> <li>♦ Green Beans</li> <li>♦ Wheat Bread</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>16</p> <ul style="list-style-type: none"> <li>♦ Salisbury Steak w/ Gravy</li> <li>♦ Brown Rice</li> <li>♦ Peas</li> <li>♦ Jell-O</li> <li>♦ Diner Roll w/ Margarine</li> <li>♦ 1% milk</li> </ul> 	<p>17</p> <p>National Pasta Day</p> <ul style="list-style-type: none"> <li>♦ Spaghetti Marinara w/ Squash</li> <li>♦ Breadstick</li> <li>♦ Malibu Blend</li> <li>♦ Peaches</li> <li>♦ 1% milk</li> </ul> 	<p>18</p> <ul style="list-style-type: none"> <li>♦ Green Chile Stew (Chicken, Corn, Carrots, Peas &amp; Green Beans)</li> <li>♦ Flour Tortilla</li> <li>♦ Pinto Beans</li> <li>♦ Sliced Cinnamon Apples</li> <li>♦ 1% milk</li> </ul> 
<p>21</p> <ul style="list-style-type: none"> <li>♦ Beef Tips over Pasta w/ Gravy Rotini Noodles</li> <li>♦ Brussel Sprouts</li> <li>♦ Peach Cobbler</li> <li>♦ 1% milk</li> </ul> 	<p>22</p> <ul style="list-style-type: none"> <li>♦ Chicken Pot Pie 5 Way Pie w/ Biscuit</li> <li>♦ Diced Beets</li> <li>♦ Ancient Grain</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul> 	<p>23</p> <ul style="list-style-type: none"> <li>♦ Salmon w/ Garlic Butter</li> <li>♦ Rice Pilaf</li> <li>♦ Cauliflower</li> <li>♦ Orange</li> <li>♦ 1% milk</li> </ul> 	<p>24</p> <ul style="list-style-type: none"> <li>♦ Baked Potato w/ Broccoli, Cheese, Sour Cream, &amp; Veggie Bacon</li> <li>♦ Corn</li> <li>♦ Baked Beans</li> <li>♦ Apple Slices</li> <li>♦ 1% milk</li> </ul> 	<p>25</p> <ul style="list-style-type: none"> <li>♦ Green Chile Ham Mac &amp; Cheese</li> <li>♦ Cornbread</li> <li>♦ Normandy Blend</li> <li>♦ Pineapple</li> <li>♦ 1% milk</li> </ul> 
<p>28</p> <ul style="list-style-type: none"> <li>♦ Carne Adovada</li> <li>♦ Spanish Rice</li> <li>♦ Corn</li> <li>♦ Tortilla</li> <li>♦ Pear</li> <li>♦ 1% milk</li> </ul> 	<p>29</p> <ul style="list-style-type: none"> <li>♦ Breaded Chicken Patty w/ Green Chile &amp; White Gravy</li> <li>♦ Sweet Potato</li> <li>♦ Green Beans</li> <li>♦ Apple Slices w/ Peanut Butter Cup</li> <li>♦ 1% milk</li> </ul> 	<p>30</p> <ul style="list-style-type: none"> <li>♦ Mummy Loaf in Swamp Water (Meatloaf w/ Gravy)</li> <li>♦ Mashed Potatoes</li> <li>♦ Sliced Carrots</li> <li>♦ Jell-O</li> <li>♦ 1% milk</li> </ul> 	<p>31</p> <ul style="list-style-type: none"> <li>♦ Omelet w/ Mushrooms &amp; Spinach</li> <li>♦ Hash Browns</li> <li>♦ 5 Way Vegetable Blend</li> <li>♦ Yogurt</li> <li>♦ 1% milk</li> </ul>  	<p>1</p> <ul style="list-style-type: none"> <li>♦ Pot Roast (Potatoes, Celery, Carrots)</li> <li>♦ Italian Blend</li> <li>♦ Ancient Blend</li> <li>♦ Mandarin Oranges</li> <li>♦ 1% milk</li> </ul> 

## Department of Senior Affairs

### Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so all participants may have a pleasant and safe experience.

Participants shall:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Show consideration for the diversity of staff and other participants.
3. Treat Center materials, equipment, furniture, grounds, and the facility with respect.
4. Use the Senior Center and Fitness Center equipment in a safe and appropriate manner.
5. Keep the Senior Center building and grounds neat, clean, and litter free.
6. Show courtesy to other participants and staff and respect decisions made by center management.
7. Bring issues involving the operations of the Center to management's attention for resolution.

Participants are prohibited from:

1. Harassing or bullying other participants or staff, and shall refrain from sexually harassing other participants or staff.
2. Using of racial slurs or abusive language.
3. Using voice or behavior that will disturb other Center participants.
4. Using language or behavior that other participants and staff will find obscene, abusive, or sexually offensive including through social media, in person, by phone, or other electronic device.
5. Bringing any unlawful weapons into the centers. Unlawful weapons are prohibited in certain City facilities. (See Administrative Instruction AI 5-19 and NMSA 1978 §30-7-2.1).
6. Fighting with other participants or staff.
7. Bringing bicycles into the facility.
8. Smoking in City facilities or on City premises.
9. Consuming or possessing alcoholic beverages in City facilities or on City premises.
10. Any type of gambling in all City of Albuquerque Senior Centers, Fitness Centers, and Multigenerational Centers.
11. Selling, soliciting, or panhandling in Centers.
12. Eating in any pool room or computer lab.
13. Removing food from the meal site area when participating in the congregate meal.
14. Vandalizing or damaging Center facilities, equipment or materials.

Failure to observe the Participant Code of Conduct and rules prescribed by Albuquerque Department of Senior Affairs may result in disciplinary action being taken against me, 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

Marina Salazar, 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

Alice Saavedra, Kitchen Aid

Kelly Trujillo, General Services

Isaiah Poole, General Services