

Department of Senior Affairs

Newsletter October 2025

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!

Autumn has arrived and it is that very special time of the year with the weather cooling down, the colors changing on the leaves all around, the smell of roasted chile in the air, the 53rd International Balloon Fiesta (from Oct 4 – 12) and Halloween activities and events all upon us!

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, not only in our department, but also in our community. We are deeply grateful for the volunteers at our wonderful facility and those serving our community. Our center would not be as successful without these selfless acts of giving back. RSVP volunteers make Albuquerque a better place to live and age gracefully.

This month, be on the lookout for some fun fall events to stay engaged! More info on these events and activities in this newsletter.

Don't forget, we are closed on Monday October 13 for Indigenous Peoples Day and Columbus Day.

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 6	Out to Dinner
Oct 10	Movie Matinee
Oct 13	Closed for Holidays
Oct 16	Lunch Bunch
Oct 17	Pie Social
Oct 28	FOBC Restaurant Fundraiser
Oct 31	Halloween Special Event/Dance
Nov 05	Fall Guitar Concert

OPEN COMPUTER LAB

Mon - Wed - Fri

9 - 11 am

Drop in assistance with Apple products
on Mon; Windows products M-W-F

--- WE WILL BE CLOSED ---

MONDAY, OCTOBER 13

**IN RECOGNITION OF
COLUMBUS DAY**

INDIGENOUS PEOPLES 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.

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

Highland Senior Center
131 Monroe St NE, 87108
Monday, Oct 20
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.



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 Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

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 make arrangements to receive further coaching. To learn more visit the 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)



**Tuesday, October 14
&
Wednesday, October 15
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.

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 2 DJ- Jim's Night Train
- Oct 9 Roger Burns
- Oct 16 Paul Pino
- Oct 23 Recorded Music w/Josie
- Oct 30 CANCELLED



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 2 Brightstar Care
- Sep 9 Presbyterian HealthPlan
- Sep 16 Friends of Bear Canyon
- Sep 23 Beehive Homes
- Sep 30 Enchanted Sky Hospice

Keanu Reeves
Sandra Bullock

A movie poster for 'The Lake House'. It features a close-up of Keanu Reeves and Sandra Bullock looking at each other. The title 'THE LAKE HOUSE' is at the bottom in large letters, with the tagline 'How do you hold on to someone you've never met?' below it.

THE LAKE HOUSE
How do you hold on to someone you've never met?

Movie Matinee
Friday, October 10 at 1:30 p.m. Rm 5



LUNCH BUNCH

Thursday, Oct 16
It DimSum
7900 Carmel Ave NE
505-856-3328

Check in: 10:45 am Return 3 pm

OUT TO DINNER

Monday, Oct 6
Lindo Mexico Grill and Seafood
5220 Eubank Blvd, NE
505-433-4310

Check in: 4:45 pm Return 8:30 pm

Please sign up at the front desk.

FRIENDS OF BEAR CANYON

October Restaurant Fundraiser



Tuesday, October 28, 2025
11 am - 10 pm
9500 Montgomery Blvd. NE

We would like to thank:



for being the August Restaurant of the Month!



September Birthdays



Friends of Bear Canyon August Member Appreciation

Thank you to everyone who participated in the Friends Annual Member Appreciation event. The Friends would like to thank the Gaelic band SAOIRSE, led by John Brinduse, for their beautiful music. Additional thanks to all of the BCSC staff.

Yolanda Romero was the winner of a Keurig Coffee Brewer, graciously provided by our sponsor Brightstar Care. Thank you!

Event door prizes were won by Gloria Carrillo, Leo Collymore, and Mahmoud Menassera. Each received a \$25 gift card.

CALENDAR OF ACTIVITIES



Pie Social

FRIDAY, OCTOBER 17
1:30 - 2:30 pm
Social Hall

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

Sponsor:

 **THE MONTEBELLO ON ACADEMY**
A FIVE STAR SENIOR LIVING COMMUNITY



YOU ARE INVITED TO A

HALLOWEEN BASH

MUSIC - DANCING - REFRESHMENTS

OCTOBER
FRIDAY 31 2PM-5:30PM

TREATS SPONSORED BY
PURE BENEFITS & OAK ST. HEALTH

MUSIC BY
ROGER BURNS



PIANO RECITAL

BEAR CANYON SENIOR CENTER
Wednesday, October 29, 2025
2:00-3:30 pm

MUSIC CAN CHANGE THE WORLD

Do you think you are too old to start playing piano at age 65? Or 75 or even 90? Not the BCSC musicians! Come listen to the "Bold Beginners". They are the bravest folks around. Then you will be delighted to hear a spectacular variety of music from our Intermediate and Advanced pianists.

We play classical, popular and oldies. Do
PLUS...Keyboard, accordians, and drum combo

WE SERVE THE BEST REFRESHMENTS



 **CASA flamenca**

ONE ALBUQUE RQUE

Free Lunchtime Performance
Wednesday, October 8th
12:00 - 1:00 PM
Sponsored by:
Casa Flamenca
&
City of Abq Arts and Culture

info:
Casaflamenca102@gmail.com
505.247.0622

FLAMENCA

Carmen Montes


Amaparo Heredia


Juani De la Isla


Raquel Heredia


CALENDAR OF ACTIVITIES



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.



Thursdays Weekly

German I - German from Scratch
(for people that have never spoken German)
1:00pm - 2:00pm
Room 2

German II - Intermediate
2:00pm - 3:00pm
Room 2

German III
3:00pm - 4:00pm
Room 2

fall EDUCATION SERIES

Join us for a fall education series at Bear Canyon Senior Center beginning in September and ending in December.

SEPT 09	TEN WARNING SIGNS OF ALZHEIMER'S 10:45am - 11:45am Bear Canyon Senior Center 4645 Pitt St NE, Albuquerque, NM 87111
OCT 14	UNDERSTANDING ALZHEIMER'S AND DEMENTIA 10:45am - 11:45am Bear Canyon Senior Center 4645 Pitt St NE, Albuquerque, NM 87111
NOV 18	DEMENTIA CONVERSATIONS 10:45am - 11:45am Bear Canyon Senior Center 4645 Pitt St NE, Albuquerque, NM 87111
DEC 09	THE EMPOWERED CAREGIVER: BUILDING FOUNDATIONS OF CAREGIVING 10:45am - 11:45am Bear Canyon Senior Center 4645 Pitt St NE, Albuquerque, NM 87111

REGISTER TODAY!

Call our 24/7 Helpline at (800) 272-3900

Join Us! Thursday's Ballroom Dance Class

5:00 PM at Bear Canyon Senior Center



Are you looking for smiles and a fun, gentle way to be active and meet new friends? Our Thursday dance class is perfect--for all skill levels. No partner or experience needed. Come join us!

- A friendly, supportive learning atmosphere--beginner friendly
- Fun full-body experience--great for balance, mind and mood
- Professional instruction by Cristel Pike who makes it fun & easy
- A welcoming dance network, friendly faces and dance partners too

Only \$5 per class for 45-minute lesson with professional instructor!
Must have an active City of Albuquerque, Department of Senior Affairs member card. For more information, please contact Bear Canyon Senior Center, Phone 505-767-5959 • 4645 Pitt St. NE, Albuquerque NM 87111



New Dance Style Each Month

CALENDAR OF ACTIVITIES



TNJ JAZZ LUNCHTIME SERENADE

WITH TRACEY, NOLAN, & J. FRANCIS
TUESDAYS, OCT 7 & OCT 21
11:30 AM - 1 PM



Visit our website:
www.reverbnation.com/jfrancisandmigueldeluca

CENTER HIGHLIGHTS

Congratulations to several of our very own BCSC Wood Carvers who won ribbons at this year's NM State Fair. They won a total of 14 ribbons. Some of their beautiful wood carvings are featured below.

Ribbon winners include Darl Patrick, Dan Mass, Larry Colon, Ralph Manchego, Mary Beresford, William Hein and Jerry Hobart.



CENTER HIGHLIGHTS

Retired Senior Volunteer Program (R.S.V.P.) hosted its annual Volunteer Appreciation Breakfast on September 24. This event showcases and honors the many volunteers within our community. Below are just a few of the many volunteers at Bear Canyon Senior Center that volunteer numerous hours of their own time to make our center successful. That you to all of our volunteers for everything you do, we couldn't do it without you!



Bear Canyon Senior Center was honored to receive the prestigious "Exceptional Station of the Year" award at this year's Volunteer Appreciation Breakfast. We will display it proudly with our past year's awards, in our main lobby display case.

We love
♥ OUR ♥
Volunteers



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 Breakfast75
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

Egg25
2 Pieces of bacon or sausage50
Pancake25
French Toast25
Egg Muffin Sandwich	1.00
Toast or Tortilla20
Hash Browns30
Instant Oatmeal70
Side of Chile25

Specials

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

Drinks

Milk25
Juice25
Hot Tea30

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 Day50
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Sandwiches

Grilled Cheese	1.25
1/2 Cold Turkey75
Cold Turkey	1.50
Sandwich of the day	1.50
Turkey Melt	1.50

Drinks

Milk25
Juice25
Hot Tea30

Dessert

Slice of Pie (selection varies)50
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October Lunch Menu

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

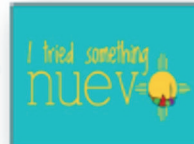
Reservations for daily specials must be made by 1 p.m. the previous day - Call 505-767-5959

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

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
29 Chicken Fajitas w/ Salsa 4oz Ranch Beans 2oz Flour Tortilla 4oz Hot Sliced Apples 2ea 1% Milk 8oz	30 Beef Stroganoff w/ Elbow Pasta 3oz Cauliflower w/ Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ Brown Rice 3oz Stir Fry Veggies 2oz Corn & Edamame 4oz Diced Peas 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ Garlic Butter 3oz Brown Rice 1oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham 4oz Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 3oz Stewed Tomato 2oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz

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 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