

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,

Welcome to the cooler days of fall!

October brings plenty of opportunities to keep active both in and outside of the center. Perhaps some of the biggest New Mexican fall traditions include stocking up and roasting green chile and of course the Albuquerque International Balloon Fiesta. This year marks the 54th annual fiesta going on from Oct 3 – Oct 11.

This month be on the lookout for several fun fall/holiday events to stay engaged! (More info on these events and activities in this newsletter.)

The center will be closed on Monday, October 12 for Indigenous Peoples' Day and Columbus Day.

Lastly, coming up is daylight savings time again. We will "fall back" an hour on Sunday, November 1.

As always, we appreciate your continued support and participation!

Have a wonderful month!

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 5	Out to Dinner Cancelled
Oct 9	Movie Matinee
Oct 12	Closed for Holiday (see below)
Oct 14	FOBC Birthday Social
Oct 15	Lunch Bunch
Oct 16	Pie Social
Oct 20	FOBC Restaurant Fundraiser
Oct 21	Wednesday Dance
Oct 23	Painting with Suki

We will be closed on Monday, October 12, for Indigenous Peoples' Day and Columbus Day.

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

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 Veterans Outreach table from 9:30 am to 1 pm to further assist veterans.



Advisory Council Meetings

Meetings are held from 12:00 - 1:30 pm.

Mon, Oct 19	Barelas Senior Center
Mon, Nov 16	Conway Wood NW MGC
December	No meeting

Zoom meeting link:

<https://cabq.zoom.us/j/89110160434>

To visit the Advisory Council webpage, click this link: <https://www.cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council>



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 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 WORKSHOP



Third Wednesday of the month
1:30 pm to 3:30 pm
Contact person: Harold Gottlieb
Email: hbgottl2@myctl.net

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.

OPEN COMPUTER LAB

Monday - Wednesday - Friday
9 – 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 - 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

MONTHLY AFTERNOON DANCE

Wednesday, October 21
Continuing every 3rd Wednesday
2 - 4:30 pm
\$3 per person

Current membership card & ticket required.



The band this month:
Roger Burns



FRIENDSHIP COFFEE

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 1 VFW Post 10763
- Sep 8 Bear Canyon Estates
- Sep 15 Peacock Agency
- Sep 22 NM Comm for the Deaf & HOH
- Sep 29 Beehive Homes



LUNCH BUNCH



Thursday, Oct 15
Basil Leaf Vietnamese Restaurant
1221 Eubank Blvd. NE
505-323-2594

Check in: 10:45 am Return: 3 pm

Please sign up at the front desk.

OUT TO DINNER

Cancelled for October
Will return in May of 2027



Teeniors

Monthly on the 1st Friday
3:00pm - 5:00pm



Teeniors (tech-savvy teens who help seniors or anyone else!) will provide free, one-on-one support to every attendee who wants to learn more about their cell phone. Open to all!

Space is Limited - Sign Up at the Front Desk



Calendar of Activities

Presentations

Bank on Burque Financial Literacy

Tuesday, October 13 at 10:30 am
Room 5

Funeral Planning Seminar Daniels Funeral Home

Tuesday, October 20 @ 10:00 am
Room 5

Donuts & Decisions French Funerals

Tuesday, November 10 at 10:30 am
Room 5

PLEASE SIGN UP AT THE FRONT DESK

Painting with Suki



**Friday, October 23
Room 5
2:00pm - 4:00pm**

Lottery Closes Thursday, Oct 15
Drawing & Calls Friday, Oct 16

Sign up at the Front Desk

JOIN OUR COMMUNITY WALKING GROUP!

Adults Aged 65 Years and Older Are Invited

An RN-to-BSN student from New Mexico Highlands University is partnering with Bear Canyon Senior Center to offer a free three-session walking group designed to promote physical activity, healthy aging, and social connection.

Participants will:

- Walk at their own pace in a low-intensity group.
- Learn about healthy aging and fall prevention.
- Set personal physical activity goals.
- Connect with other older adults.



Walking Schedule

Tuesdays: November 3, 10, & 17

8:30 AM Check-in | 8:45 AM Van Departs | 9:00 AM Walk Begins



Location

Meet at: Bear Canyon Senior Center

Transportation will be provided by the Senior Center van to El Oso Grande Park. Walks take place on a paved trail with shaded areas and benches for rest breaks.



Who Can Participate?

- Adults age 65+ who attend Bear Canyon Senior Center.
- Able to safely participate in low-intensity walking.
- Canes, walkers, or portable oxygen are welcome.



Registration & Questions

Pre-registration is requested. Please contact the Bear Canyon Senior Center Program Coordinator to register or for more information.



We look forward to meeting you and sharing these walking sessions together!



This walking group is part of an RN-to-BSN community health project at New Mexico Highlands University. Participation is voluntary.

ERIC McCORMACK

WHO IS CLARK ROCKEFELLER?

Movie Matinee
Friday, October 9 at 1:30 p.m. Room 5

Friends of Bear Canyon & Center Activities

October Restaurant Fundraiser



Chello Grill
5010 Cutler Ave NE, 87110
Tuesday, October 20

We would like to thank:



Winrock location

for being the September Restaurant of the Month!

JOIN US

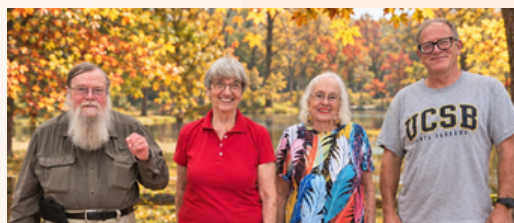
Monthly Birthday Party



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

**SPONSORED BY
THE FRIENDS OF BEAR CANYON**

**HAPPY
BIRTHDAY**



September Birthdays

Pie Social

Friday, October 16
1:30pm - 2:30pm

Social hall
Stop by for free pie and ice cream!
Enjoy fun and fellowship
with friends

SPONSORED BY:

 **THE MONTEBELLO
ON ACADEMY**



Friends of Bear Canyon Holiday Raffle

Tickets will be on sale in the Lobby at Bear
Canyon Senior Center
Beginning Tuesday, November 17th
Monday through Friday 8:30am to 3:00pm

Ticket Cost

\$2.00 each, 6 tickets for \$10.00, or 12 tickets
for \$20.00

Drawing will be held at Friendship Coffee on
Tuesday, December 15th, at 9:30am

No Need to be Present to Win!

The raffle boxes will contain gift cards, money,
and small gift prizes.

**STOP BY BEAR CANYON SENIOR CENTER TO
PURCHASE TICKETS**

4645 Pitt St NE

Call Front Desk at (505)767-5959
(1 block north of Montgomery and 1 block east of Eubank)

Off-Site Opportunities- Note various locations

senior affairs

COFFEE WITH CONSTITUENTS

This is your opportunity to visit with a member of the DSA Administration

on Thursday, Oct 22
8:30 - 9:30 am
at
North Domingo Baca MG Center



Please ask at the front desk if you need directions.

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731





MOBILE food pantry

Mobile food pantry for the community supplied by Roadrunner Food Bank.

October 16, 2026 2:00PM- 4:30 PM
November 20, 2026 2:00PM- 4:30 PM
December 18, 2026 2:00PM- 4:30 PM



Ask your center about transportation



30 Years!

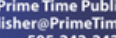
Join us as we celebrate 30 incredible years of the 50+ Expo!
Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!

Tuesday, October 20th 2026!
8:30AM - 1PM at the
Museum of Natural History & Science
- FREE EVENT -
Free Health Information and Screenings, Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor



AND



For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428
PrimeTimeNM.com

MEDICARE FAIR

EVENT SERIES | take care of your health



Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

LOCATIONS AND TIMES

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 - 11 am
- SHIP Counseling: Oct. 21, 9 - 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 - 11 am
- SHIP Counseling: Oct. 22, 9 - 11 am

Manzano Mesa Multigenerational Center

- Medicare Event: Nov. 6, 11 am - 1 pm
- SHIP Counseling: Nov. 18, 11 am - 1 pm

Barelas Senior Center

- Medicare Event: Nov. 12, 11 am - 1 pm
- SHIP Counseling: Nov. 19, 11 am - 1 pm


Call **505-764-6400**
for more information

senior affairs

Off-Site Opportunities continued

AARP Don't Get Tricked by a Scammer

Criminals are Cunning, learn to Outsmart Them.

Join us for a Scam Jam: Don't let scammers trick you out of your hard-earned money. This fraud prevention fair will feature a variety of organizations that will share information and resources to stay one step ahead of criminals, so you won't get spooked next time scammers come to call.

AARP®
New Mexico

Thursday, October 29th
9:00am to 1:00pm
CNM Workforce Training Center (WTC)
5600 Eagle Rock Avenue Northeast

Light refreshments and lunch will be served
For questions, contact Othiamba UMI, at oumi@aarp.org
See Flyer for link to register. Please register in Advance.

Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH
9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE
(505) 275-8731

- Tin Art
- Jewelry
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

Support Our Senior Artisans!

ONE ALBUQUE ROQUE | cabq.gov/seniors | **United Healthcare**

NM COLLEGE OF PHARMACY

Community Outreach Day

Friday, October 16 | 9 a.m. - 1 p.m.

FREE SERVICES

North Domingo Baca Multigenerational Center
7521 Carmel Ave NE, Albuquerque, NM 87113
(Flu Vaccines, Screenings, Education)

Manzano Mesa Multigenerational Center
501 Elizabeth St SE, Albuquerque, NM 87123
(Flu Vaccines, Screenings, Education)

Barelas Senior Center
714 7th St SW, Albuquerque, NM 87102
(Flu Vaccines, Screenings, Education)

Los Volcanes Senior Center
6500 Los Volcanes NW, Albuquerque, NM 87121
(Flu Vaccines, Screenings, Education)

Healthcare for the Homeless
1217 1st St SW, Albuquerque, NM 87102
(Flu Vaccines Only)

ALL ARE WELCOME!

Center Highlights continued

**FOBC Member Appreciation
Fri, August 28**



Breakfast Menu



MENU

MONDAY - FRIDAY **BREAKFAST** 8:00AM - 9:00AM

Full Breakfast 2 Eggs, 2 Bacon Strips or 2 Sausage Patties, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	\$4.00
Mini Breakfast 1 Egg, Bacon Strip or Sausage Patty, Hash Browns, Flour Tortilla or Toast, Butter/Jelly	\$3.00
Breakfast Burrito Eggs, Hash Browns, Bacon or Sausage, Cheese, Red/Green Chile, Flour Tortilla	\$4.00
English Muffin Sandwich 1 Egg, Bacon or Sausage Patty, Cheese, Muffin	\$3.00
No Egg Option: Bacon or Sausage Patty, Cheese, Muffin	\$2.00
Breakfast Taco Eggs, Potatoes, Cheese, Tortilla	\$2.00
Oatmeal Butter and Sugar	\$1.00
Beverages Orange Juice, Milk, or Tea (<i>Coffee is Complimentary</i>)	\$0.50
<i>Tuesdays and Fridays Only</i>	
Huevos Rancheros 2 Eggs, Beans, Cheese, Corn Tortillas, Red/Green Chile	\$5.00



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

ONE ALBUQUE RQUE

CABQ.GOV/SENIORS

October Lunch Menu

Seniors Age 60+ \$2.00 suggested donation; Age 50-59 \$5.00

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.



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
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabucitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz 1pc Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz 1oz Steamed Cauliflower 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
12 CLOSED INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	23 New Mexican Grown Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz 1ea Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz 2oz Stewed Tomato 4oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc 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

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 Aid

Kelly Trujillo, General Services