

Department of Senior Affairs



A Message From Our Center Manager

Hello,

Hello all and happy September! Summer came and went too fast and it's hard to believe that fall is just about here. As we continue to welcome all of our members and groups back (at a comfortable pace), we still need to be weary and aware of the health and safety protocols and ongoing changes from the State and City. While we hope to keep trending in the right direction and return slowly back to less restrictions, we appreciate everyone's patience and understanding throughout these times and changes. Please continue to check with our front desk about our current ongoing activities/events and have a safe month!

Respectfully,

Tyler Dunn, Center Manager

Center Hours

M-W: 8a-5p

Sat: 9a - 3p

Th: 8a-9p

Sun: Closed

F: 8a-5p

Special Dates & Announcements

09/06: Center closed

09/08: Senior Health Fair

09/16: Lunch Bunch

09/21: Senior Health Fair

09/21: Fall Recovery Class

09/22: Coffee with the Director
9:30 a.m.

All Centers Closed

There will be no classes or activities on September 6.

Department of Senior Affairs

PARTICIPANT CODE OF CONDUCT

(Section 2.9: B-C; Revised March 2020)

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 email.
5. Show courtesy to other participants and staff; respect decision 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. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. 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
Chris Sanchez, Associate Director

Bear Canyon Senior Center Staff

Tyler Dunn, Center Manager
Vacant, Program Coordinator
Ya Vette Bailey, Office Assistant
Gabrielle Banuelos, Program
Assistant
Vacant, Program Assistant
Ryan Espinda, Cook
Casey Blaisdell, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Services



Department of Senior Affairs



NOTE FROM ANNA

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 a.m. and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director
Department of Senior Affairs



GENERAL INFORMATION & ASSISTANCE

DSA ADVISORY COUNCIL

Meet the Advisory Council
Highland Senior Center
Monday, September 27

11:30 a.m. - Meet the Advisory Council
Noon - Advisory Council Meeting

The meeting is open to the public. Comments, with advance notice given are welcome during the meeting. Please call 764-6469 for more information.

V.F.W. POST 10763

Post meeting are held at Bear Canyon on the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership.

Newcomers welcome!

AARP DRIVER SAFETY

First Saturday of the month, 9:30 a.m. to 1:30 p.m.
Third Thursday of the month, 12:00 p.m. to 4 p.m.

Cost: AARP members \$20; non-members \$25
Call (505) 767-5959 to register.

The AARP Smart Driver™ online course is still an option and you can register at:
<https://www.aarpdriversafety.org>

NEW MEMBERS

An informative tour for new members takes place every month on the 2nd Friday, 10:30 to 11:30 a.m.

Welcome to Bear Canyon!

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

- Catalog of activities for all City Centers
- List of Ongoing Activities at Bear Canyon
- DSA Guide to Senior Services

HELPFUL NUMBERS

Department of Senior Affairs764-6400
City of Albuquerque General Info311
Non-emergency Police242-COPS (2677)
Emergencies911

GENERAL INFORMATION & ASSISTANCE

BE BRAVE WITH H.E.A.R.T. CLASS

You can register by stopping by our front desk or by contacting:
Lt. Athena Valerio-Hirschfeld at (505) 768-3791.

BE BRAVE: a fall recovery class

Albuquerque Fire Rescue is proud to offer **be BRAVE: a Fall Recovery Class**

BE BRAVE is a dynamic discussion & practice 90-120 minute session aimed at discussing the fear of **FALLING** and its affect on daily life. The discussion will include but is not limited to:

Breathing (anatomy of breathing)

Objective data: history of falls,
Gait, Strength & Balance

Definition of a fall

Fear cycles of falls

How to get up off the ground

Be BRAVE: Fall action plan

Symptoms that are concerning

Questions/comments

Breathe.
through nose & slowly exhale

Remain positive.

Assess body &
from toes to head
surroundings.

Venture to safety.
Where are you
crawl, scoot, pull/drag

Engage help.
call family, friends/911

Location: Bear Canyon Senior Center

Time: 8:30 am - 10:30 am

Date: Wednesday September 29, 2021

Participation is strongly encouraged, but not required. There will be volunteers to assist participants physically as well as to answer questions.

By practicing fall recovery, confidence in one's own abilities will increase reducing the fear of falling.

Please wear secure shoes and layers.

For more information or to sign up contact:
Lt. Athena Valerio-Hirschfeld 505.768.3791

Home Engagement Alternative Response Team



If I fall: BE BRAVE

Brainstorm. **E**xecute. **B**reathe. **R**emain positive.

Assess body & surroundings. **V**enture to safety. **E**ngage help.

SENIOR HEALTH RESOURCE FAIR

9AM- 11AM

- 9/1 Barelas Senior Center
- 9/2 North Domingo Baca
Multi-Gen Center
- 9/7 Palo Duro Senior Center
- 9/8 Bear Canyon Senior Center
- 9/9 North Valley Senior Center
- 9/13 Palo Duro Senior Center
- 9/14 Highland Senior Center
- 9/15 Los Volcanes Senior Center
- 9/21 Bear Canyon Senior Center
- 9/29 Manzano Multi-Gen Center

SPONSORED BY:



In Partnership with:

Senior Health RESOURCE CENTER™ | Answers for your important Medicare questions.



PROGRAM HIGHLIGHTS



Congratulations to V.F.W. Post 10763 for earning All-State Status as well as All-American Status! All-American is the highest recognition for any Post, District or State and Post 10763 is the only Post in District 2 that has achieved this status!

As a reminder, Post meetings are held at Bear Canyon on the first Thursday of every month at 10 a.m. All Veterans with service in a war, campaign or expedition on foreign soil or in hostile waters are eligible for membership. As always, newcomers are welcome!

BEAR CANYON FISHING CLUB

On August 16, the BCSC Fishing Club invited Mr. Craig Springer from U.S. Bureau of Fish & Wildlife Service to present the importance of the Service and how it got started along with fishing in New Mexico. Included with Craigs' talk was fish species native to New Mexico and how every person who fishes not only enjoys the great outdoors but contributes to the conservation of our natural resources.

The Fishing Club meets Mondays, 1:00 p.m. - 2:00 p.m. New Members always welcome!



Calendar & Activities

BEGINNING GERMAN CLASS



Tuesdays- 10:30 a.m. - 12:00 p.m.

September 28-December 28

Text book: Kontakte: A Communicative Approach, Fifth or Sixth Edition

Contact: Brenda (505) 265-3721 or stroupbl@gmail.com

HEAT-HIGH ENERGY ACTIVE TRAVEL GROUP

1st and 3rd Friday of each month

1:00 p.m. - 3:00 p.m. Room 5



HEAT will not be meeting Friday, September 17.

25TH ANNUAL PRIME TIME 50+ EXPO

Wednesday, October 13,
8a.m. to 1:30p.m. at Embassy Suites.

Free Health Screenings and Entertainment!

Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required.

For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

Calendar & Special Events

THURSDAY NIGHT DANCE

6:00 p.m. to 8:45 p.m.



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.

- Sep 2 - Latin Soul
- Sep 9 - Roger Burns
- Sep 16 - Paul Pino
- Sep 23 - Swing Shift
- Sep 30- Recorded



FRIENDSHIP COFFEE

Every Tuesday, 9:30 a.m. to 10:30 a.m.

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 our sponsors and supporters.

Last month's sponsors:

- Aug 10 - Balanced Physical Therapy
- Aug 17 - Sandia Vista Senior Living
- Aug 24 - Edward Jones
- Aug 31 - Klarus Home Health



with our
DSA Director,
**Anna M.
Sanchez**



Wednesday, September 22

9:30 a.m.

Bear Canyon Social Hall



LUNCH BUNCH

Thursday, September 16, at Sunny Side Up
6909 Menaul Blvd NE at 11:30 a.m.

Please sign in at the Front Desk. You will need your own transportation and can either meet at Sunny Side Up or meet at the center at 11am and caravan together.

Calendar & Special Events



RUMMIKUB

RummiKub players needed. Beginners or Advanced.
Please come to the Game Day, Wednesday at 9:30 a.m. or call
Judy at (941) 716-5057 for more information.

FRIENDS OF BEAR CANYON FUNDRAISER

Car Wash Tickets for sale for Mister Car Wash.
Tickets will be for sale at our front desk starting September 1.
Tickets are good for any Mister Car Wash location.
No expiration date.

\$7 Base Exterior

Exterior only, T3 Conditioner, Wheel Cleaner

\$20 Platinum Exterior

Best Exterior, HotShine Carnauba Wax, Repel Shield, Platinum Seal

\$21 Base Exterior + Interior Clean

All above plus interior vacuum, window cleaning and a light dusting of the dash



TRANSITION WORKSHOP

Techniques to Work Through Transitions in Your Life and Move Forward

Join Alan J. Auerbach, Certified Professional Life Coach, for a journey of self- discovery in a safe and supportive environment. Why are transitions so difficult? The only constant is change! We are shifted out of our comfort zone: We must examine how we fit in a new situation which may require new skills. We will explore the path to self-awareness to create clarity and find what you really want to accomplish. Through a fun and interactive exercise we will learn how to make our transitions less stressful.

IF INTERESTED PLEASE NOTIFY OUR FRONT DESK.



Breakfast and Lunch Menu

Oso Canyon Café

Breakfast Menu

Served 8:00 a.m. to 9:00 a.m.
Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, toast or tortilla	
Mini Breakfast75
1 egg, bacon or sausage, hash browns, toast or tortilla	
Breakfast Burrito	1.50
1 egg, bacon or sausage, hash browns (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
Hot Cereal w/milk70
Side of Chile25

Waffle Wednesday:

Plain	1.00
With Strawberries & Cream	1.50
Biscuits & Gravy (Thursdays)	1.00
Huevos Rancheros (Fridays)	1.50

Drinks

Milk25
Juice25
Coffee or tea30

Lunch A-la-Carte

Lunch is served from 11:30 a.m. to 1 p.m.

NO reservation is required

Salad

Small Garden Salad	1.00
Large Chef's Salad	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
Sandwich of the day	1.50
Grilled Cheese	1.25
½ Sandwich75

Drinks

Milk25
Juice25
Coffee or tea30

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

September Lunch Menu

Oso Canyon Café - Lunch Daily Specials - \$3.25

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

Lunch is served from 11:30 a.m. to 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
30 ♦ Sliced Ham ♦ Corn Bread ♦ Pinto Beans ♦ Collard Greens ♦ Peaches ♦ 1% Milk 	31 ♦ Asian Beef Stir Fry ♦ Buttered Noodles ♦ Garlic Bread Stick ♦ Pineapple ♦ 1% Milk 	1 ♦ Fish & Chips ♦ Stewed Tomatoes ♦ Warm Sliced Apples ♦ 1% Milk 	2 ♦ Chicken Alfredo ♦ Green Beans ♦ Garlic Breadstick ♦ Strawberries ♦ 1% Milk 	3 ♦ Cheeseburger ♦ Tater Tots ♦ Lettuce/Tomato/ Onion/Pickle ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
6 Closed Labor Day	7 ♦ Cod Fish W/ Tartar Sauce ♦ Rosemary Potatoes ♦ Brussel Sprouts ♦ Supped Fruit ♦ 1% Milk 	8 ♦ Beef Tips W/ Gravy ♦ Bow Tie Pasta ♦ California Blend ♦ Pineapple ♦ 1% Milk 	9 ♦ Baked Ziti W/ Fajita Blend ♦ Italian Blend ♦ Garlic Breadstick ♦ Pudding ♦ 1% Milk 	10 ♦ Pulled Pork W/ BBQ ♦ Ranch Beans ♦ Spinach W/ Pearl Onions ♦ Dinner Roll W/ Margarine ♦ Apricots ♦ 1% Milk 
13 ♦ Teriyaki Chicken ♦ Oriental Vegetables ♦ Buttered Noodles ♦ Fortune Cookie ♦ 1% Milk 	14 ♦ Pollock Fish W/ Tartar ♦ Au Gratin Potatoes ♦ Capri Blend ♦ Orange ♦ 1% Milk 	15 ♦ Pork Carnitas ♦ Pinto Beans ♦ Calabacitas ♦ Flour Tortilla ♦ Jell'O W/ Fruit ♦ 1% Milk 	16 ♦ Roast Beef W/ Brown Gravy ♦ Peas & Carrots ♦ Roasted Red Potatoes ♦ Dinner Roll W/ Margarine ♦ Pudding ♦ 1% Milk 	17 ♦ Green Chile Cheeseburger ♦ Tater Tots W/ Ketchup ♦ Broccoli ♦ Hamburger Bun ♦ Pear ♦ 1% Milk 
20 ♦ Pasta Primavera ♦ Diced Tomatoes ♦ Garlic Breadstick ♦ Orange ♦ 1% Milk 	21 ♦ Rotisserie Chicken ♦ Mashed Potatoes ♦ Green Beans ♦ Peach ♦ 1% Milk 	22 ♦ Meatloaf W/ Gravy ♦ Mac & Cheese ♦ Sliced Carrots ♦ Pineapple ♦ 1% Milk 	23 ♦ Chili Bowl - Beef/ Beans/Red Chile ♦ Succotash ♦ Cornbread ♦ Grapes ♦ 1% Milk 	24 ♦ Herb Pork Loin W/ Gravy ♦ Scalloped Potatoes ♦ Normandy Blend ♦ Applesauce ♦ 1% Milk 
27 ♦ Chicken & Rice Casserole ♦ Broccoli ♦ Cherry Cobbler ♦ 1% Milk 	28 ♦ Salmon W/ Lemon Butter Sauce ♦ Roasted Rosemary Potatoes ♦ Scandinavian Blend ♦ Dinner Roll W/ Margarine ♦ Cupped Fruit ♦ 1% Milk 	29 ♦ Sweet and Sour Pork ♦ Stir Fry Blend ♦ Buttered Noodles ♦ Peaches ♦ 1% Milk 	30 ♦ Red Beef Enchiladas ♦ Pinto Beans ♦ Spanish Rice ♦ Yogurt ♦ 1% Milk 	1 ♦ Turkey Tetrassini ♦ Italian Blend ♦ Breadstick ♦ Cookie ♦ 1% Milk 