

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 just around the corner!

I would like to start out by honoring and thanking a very special and rather important aspect of our facility. Last month at the annual RSVP (Retired Senior Volunteer Program) ceremony, Bear Canyon Volunteers as a whole were awarded as the 2023 station of the year. There was a total of 4,772 hours recorded which according to some IRS standards equates to close to \$151,000 of volunteer valuation. We are extremely proud of this honor and also grateful for how special our volunteer community is. Bear Canyon Senior Center would not be able to operate and have such high recognition without our wonderful volunteers. Furthermore, our non-profit volunteer group the Friends of Bear Canyon were also highlighted and showcased for how much they contribute to our facility and members. Kudos to all of our volunteers and thanks for all you do!

This month, we will be closed on Monday, September 4 for Labor 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

- Sep 1 VFW/BCSC Food drive thru Sep 30
- Sep 4 Labor Day- Closed
- Sep 6 SHIP Medicare Assistance
- Sep 8 Movie Matinee
- Sep 11 Out to Dinner
- Sep 12 GEHM Clinic
FOBC BJ'S Restaurant fundraiser
- Sep 15 Monthly Dessert Social
- Sep 21 Lunch Bunch
- Sep 25 COVID Vaccine Clinic 9a-12p



Accredited by 
**National Institute of
Senior Centers**



Department of Senior Affairs

NOTE FROM ANNA



Happy September!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,

Anna Sanchez, Director
Department of Senior Affairs

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
Chris Sanchez, Deputy Director

Bear Canyon Staff

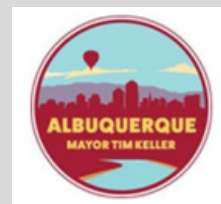
Tyler Dunn, Center Manager

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

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.

GENERAL INFORMATION & ASSISTANCE

DEPT. OF SENIOR AFFAIRS ADVISORY COUNCIL MEETING

CASA Kitchen

2540 Karsten Ct SE, 87102
(No lunch available at this location.)

Monday, Sep 18
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 Affairs764-6400
City of Albuquerque Information311
Non-emergency Police 242-COPS (2677)
Emergencies911

Navigating Medicare Assistance Wednesday, September 6

Lobby
10 am – 1 pm

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

GENERAL INFORMATION & ASSISTANCE

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.

- **I am sitting in the lobby of the Bear Canyon Senior Center. I would love to play these card games (hand and foot canasta and shanghai rummy) but I don't know the rules. Do you offer training sessions to learn these?**

Great suggestion. As you mentioned, there are numerous card games hosted here at the center and we understand they can be overwhelming to learn. While we do not have specific classes to teach, in general the groups themselves are more often than not willing to help teach newcomers. However, if not, it is something we can always start an interests list and conduct once there is enough interest and find someone willing to teach/lead.

- **Why do we have to fill out a new member application each time we renew? Isn't our information already on file? Why isn't there an automatic renewal where I just pay?**

We understand the frustration with everyone having to re-fill out the registration form when renewing their membership each year. As you stated, we do have past information on file, but it is required by our state funders to gather the information asked. These statistics help support programs, funding and in order to track certain data and update such particulars as time progresses.

Bear Canyon Senior Center
Covid-19 Vaccine and Booster shot clinic
with Best Buy Drugs



Monday
September 25
9:00am - 12:00 pm



V.F.W. Post 10763 in partnership with Bear Canyon Senior Center is hosting a food drive to collect and donate food to Roadrunner Food Bank.

Bring your non-perishable food items (items that do not require refrigeration) to Bear Canyon Senior Center September 1st through September 30th

PROGRAM HIGHLIGHTS & GENERAL INFORMATION

FRIENDS OF BEAR CANYON NEWS

FOBC SPOTLIGHT

Linda Lentz is in the Spotlight for the month of September. She is a native of Big Sky Country, Montana. She was raised on a farm and ranch.

After graduating from high school, Linda attended the University of Wyoming where she received a Bachelor of Science in Health-Science & Physical Education.

After many years of teaching, Linda headed to Colorado to clear 5 acres of land and plant an apple orchard. With jobs being hard to come by, she went back to Wyoming and began working for a Caterpillar Dealership. As the oil fields were winding down, with jobs and layoffs in sight, she left to explore new opportunities.

When she and her daughter arrived in Albuquerque, she was asked "What is that thing in the back of your truck?" She immediately left for Wyoming to sell her snow blower! From there, she loaded up her furniture and came to Albuquerque.

In Albuquerque, not knowing anyone for networking, it was difficult to get a job! The World Book Encyclopedia door to door sales position hired her in a heartbeat. Linda says she wore out many pairs of shoes walking door to door. There were many other sales positions after that. She went to work for Snelling and Snelling as an employment counselor where she was top producer for many months and

received national awards. From there she went to work for a Healthcare travel company where she spent many successful years placing nurses, therapist, etc. for primary long term government contracts.

As a proud mother of one daughter, two granddaughters and two great granddaughters, she is enjoying life.

Since retiring she has volunteered for AARP tax aid and most of her time is spent at her second home, Bear Canyon Senior Center.

==== SEPTEMBER FUNDRAISING ====



Tues, Sep 12, 2023
11 am - 8 pm
2100 Louisiana Blvd NE

505-872-8600

Details will be available at the front desk.

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



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.

- Sep 7 - Roger Burns
- Sep 14 - Long Drink of Water
- Sep 21 - Desert Springs
- Sep 28 - Paul Pino



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:

- Aug 1 - Nothing Bundt Cakes
- Aug 8 - Bear Canyon Senior Center
- Aug 15 - United Healthcare
- Aug 22 - Hospice De La Luz
- Aug 29 - The Montebello

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, Sep 1 - Balloon Museum

Check in: 8:45 am Return: by 3 pm
Cost: Free Lunch: At own expense

Monday, Sep 11 - Senior Day at the State Fair

Check in: 9:15 am Return: by 4 pm
Cost: 65+ \$8/ adults \$15
Lunch: On your own on the premises

Wednesday, Oct 4 - Ojo Caliente

Check in: 8 am Return: by 4 pm
Cost: \$45/person at the door
Lunch: On your own on the premises

Presentations

Sign up at the front desk.

You're being Discharged from the Hospital,

Now what?

Tuesday, Sep 12
10 - 11 am Room 5

Lily Care Hospice

Tuesday, Sep 19
10 - 11 am Room 5

Continued...



Presbyterian Medicare

Tuesday, Sep 26
9:30 - 10:30 am Room 5

Cultivate Your Resilience

Tuesday, Oct 10
11 am - 12:30 pm Room 5

What's and Why's Funeral Planning

Tuesday, Oct 24
9:30 - 10:30 am Room 5

New Class

Beginning/Intermediate German (Deutsch) class

Weekly on Thursdays (starting Oct 5)
3 - 5 pm Room 2

Information Tables

Idalia Lechuga-Tena

City Council Candidate
Tuesday, Sep 5 8 - 11 am

VFW & Veteran's Outreach

Thursday, Sep 7 8 - 9:30 am

CALENDAR OF ACTIVITIES

Information Tables continued...

Presbyterian Medicare

Monday, Sep 18 8:30 - 10 am

Medicare Info table with Erin

Tuesday, Sep 19 9 - 11 am

Los Griego's Food Pantry Registration

Tuesday, Sep 19 11 - 11:30 am

Presbyterian Medicare

Thursday, Sep 21 10:30 am - 12:30 pm

Humana Medicare

Tuesday, Sep 26 9 - 10 am

OUT TO DINNER

Monday, Sep 11

at Slapfish

2100 Louisiana Blvd NE

505-916-0320

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



LUNCH BUNCH

Thursday, Sep 21

at The Daily Grind

4360 Cutler Ave NE

505-883-8310

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

DIANE KEATON JANE FONDA CANDICE BERGEN MARY STEENBURGEN

Book Club
THE NEXT CHAPTER

SLIGHTLY SCANDALOUS. TOTALLY FABULOUS.

Movie Matinee

Friday, September 8 at 1:30 p.m.

Room 5



CENTER HIGHLIGHTS

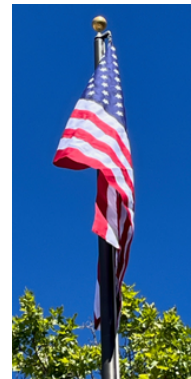
**Retired Senior Volunteer Program
Breakfast
August 4, 2023**

Congratulations to the many volunteers here at Bear Canyon who brought home the Station of the Year award from the annual volunteer breakfast. The award is on display in the awards cabinet outside of the computer lab.



**VFW Roadrunner Post 10763
August 2023**

Roadrunner Post 10763 members, Mike Murdock, David Cuellar and Jim Berdine replaced the tattered and faded flag with a new flag. The flag was flying with all its glory after it was hoisted up the flagpole. Our thanks to these gentlemen.



**BCSC Fishing Club Annual Picnic
June 28, 2023**

Along with this event, the club celebrated the 92nd Birthday of Lucy Jenkins who is the oldest club member. Everyone had a good time.



September 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.

**ONE
ALBUQUE
RQUE**

September 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
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Camitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sautéed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 