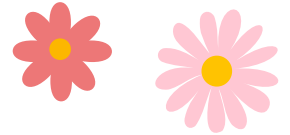


**WELCOME TO**



**NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER**

**HOURS OF OPERATION:**

MONDAY-FRIDAY | 8:00AM-9:00PM

SATURDAY | 9:00AM-3:00PM

"WE ARE COMMITTED TO  
PROVIDING RESOURCES WITH  
CARE AND COMPASSION THAT  
HELP OUR COMMUNITY THRIVE  
WHILE EMBRACING AGING."

Accredited by   
National Institute of  
Senior Centers

SAVE THE DATE!!!!  
50+ SENIOR TECH CONNECT FAIR  
APRIL 11, 2025  
8:30 AM- 12:30 PM  
NORTH DOMINGO BACA  
MULTIGENERATIONAL CENTER

JOIN US FOR THE  
50+ VIDEO GAME ROOM  
LOCATION: CLASSROOM 7  
EXPERIENCE GAMING FUN ALL  
DAY LONG!

Visit our website:  
<https://www.cabq.gov/seniors>



# BREAKFAST



MONDAY-FRIDAY | 8:00AM-9:00AM

### BREAKFAST BURRITO \$1.50

BACON OR SAUSAGE (RED OR GREEN ON THE SIDE OR SMOTHERED)

### PANCAKE BREAKFAST \$1.00

2 PANCAKES W/ 2 SLICES OF BACON OR SAUSAGE

### FRENCH TOAST BREAKFAST \$1.00

2 PIECES OF FRENCH TOAST W/ 2 SLICES OF BACON OR SAUSAGE

### DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30  
HOT TEA \$0.30 | MILK \$0.25 |  
ORANGE JUICE \$0.25

### FULL BREAKFAST \$1.50

2 EGGS W/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

### MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

### ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

### WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

### A la Carte Items:

CHEESE \$0.25  
1 PANCAKE \$0.25  
1 FRENCH TOAST \$0.25  
TOAST \$0.20  
ENGLISH MUFFIN \$0.20  
EGG \$0.25  
BACON (2 SLICES) \$0.50  
SAUSAGE (2 SLICES) \$0.50  
RED OR GREEN CHILE \$0.25  
OATMEAL \$0.70  
POTATO SQUARES \$0.30  
TORTILLA \$0.20



## HOW LUNCH WORKS:

Monday-Friday | 11:30AM-1:00PM



You have to make reservations the day before, prior to 1:00pm, anything after you will be put on a waitlist. You can call in your reservation to the front desk!

**For members ages 60+ there is a suggested \$2 donation**

**50-59 is \$3.25**

**Ages 49 and under is \$7.67**

## SPECIAL ANNOUNCEMENTS

### DSA ADVISORY COUNCIL MEETING:

APRIL 21, 2025  
@ 12:00 PM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER  
7521 CARMEL AVE NE, 87113

### SANTA FE NATIONAL CEMETERY RIDE WITH RAILRUNNER

(PLEASE SIGN UP AT THE FRONT DESK)

SAVE THE DATE:  
APRIL 9, 2025  
MAY 14, 2025  
JUNE 11, 2025

### BERNCO CLERK'S OFFICE VOTER OUTREACH

APRIL 3, 2025  
@ 9:00 AM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER  
7521 CARMEL AVE NE, 87113



## TRACK HOURS:

M-F, 8:00 AM-8:45 PM  
SATURDAY, 9:00 AM-2:45 PM

## ROCKWALL HOURS:

M-F, 12:30 PM - 7:00 PM  
SATURDAY, 10:00 AM - 2:00 PM  
**CLOSED M-F, 3:45 PM - 6:00 PM  
FOR YOUTH PROGRAM**



## GAME ROOM HOURS:

MONDAY-FRIDAY,  
8:00 AM-8:30 PM  
SATURDAY, 9:00 AM-2:30 PM

**\*CLOSED M-F**

**3:45 PM-6:00 PM  
FOR YOUTH AFTER  
SCHOOL PROGRAM**

## FITNESS CENTER HOURS:

M-F, 8:00 AM-8:45 PM  
SATURDAY, 9:00 AM-2:45 PM  
**CLOSED FOR CLEANING M-F**

**1:30 PM-2:00 PM**

**\*You must be the age 16+  
(under 18 a parent/legal  
guardian required) to use  
fitness center.**

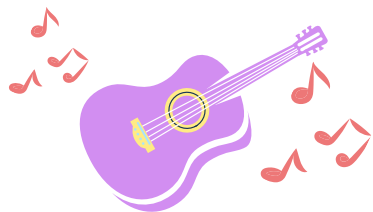


# North Domingo Baca Classes



## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm



## Beginning Line Dancing

Thursday, 1:30 pm- 3:00 pm

## Intermediate Line Dancing

Wednesday, 1:30 pm- 3:00 pm  
Friday, 1:30 pm- 3:00 pm



## Ballroom Dancing \$

Saturday, 1:30 pm-2:45 pm



## Kendo \$

Monday and Wednesday,  
6:00 pm- 7:30 pm

## Rotary Club

Tuesday, 12:00 pm- 1:30 pm

## Knitting/Crocheting

Tuesday,  
1:00 pm- 3:00 pm

## Italian Movie Night

2nd Friday of Every Month  
6:00 pm- 8:00 pm

## French Group

Saturday,  
9:30 am- 11:00 am



## North Domingo Baca Art Class

Friday,  
9:00 am- 11:00 am  
“Hi!, I’m Kelly Roberts and I’ll be your instructor for Friday’s Art class. If you would like to try free art lessons, I’d love to teach you! See you Friday!”  
Bring art supplies!



## Photography

Wednesday, 9:00 am- 11:00 am  
Wednesday, 6:00 pm- 7:30 pm

## Sharing memories through creative writing

Wednesday,  
12:30 pm- 2:00 pm

## ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm  
Thursday, 5:00 pm- 8:00 pm  
Saturday, 11:45 am- 1:15 pm



## Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month  
11:30 am- 1:00 pm  
Email: [abqfibro.com](mailto:abqfibro.com)

## Ostomate Support Group

2nd Saturday of Every Month  
1:00 pm- 2:15 pm

## Living with MS Support Group

3rd Thursday of Every Month  
6:00 pm- 7:30 pm



## Open Bible Study

Monday and Wednesday,  
9:00 am-11:00 am

## Bible Study/Prayers

Friday, 9:00 am- 10:30 am

## Open Bible Study

Friday 10:00 am- 11:00 am

## Mixed Fellowship/Prayers/Bible Study

Monday, 1:15 pm - 2:30 pm

# Health and Fitness Classes



**Zumba (Gold) \$4**  
Social Hall  
Tuesday,  
9:15 am- 10:15 am

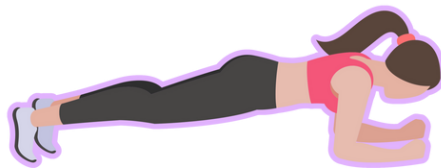
**Korean Yoga Tai Chi  
Quiong**  
Friday,  
2:00 pm- 3:00 pm

**Tai Chi**  
Tuesday and  
Thursday  
1:00 pm- 2:00 pm  
2/18/25-4/10/25

*Some bunny  
is getting  
Stronger!*

**Yoga with Lynn \$10**  
Monday, 9:00 am- 10:00 am  
Friday, 1:00 pm-2:00 pm

**FIT for Seniors \$3**  
Gymnasium  
Tuesday and Thursday,  
9:30 am- 10:30 am



**Zumba \$4**  
Social Hall  
Monday, Wednesday,  
Saturday  
9:15 am- 10:15 am

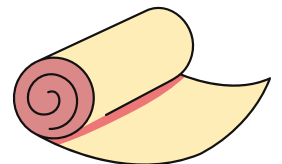
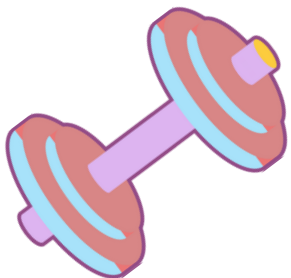
**Feldenkrais**  
Thursday,  
10:00 am- 11:00 am RM 4  
3:00 pm- 4:00 pm  
Aerobics Room

**Fit/Tone with Jen \$4**  
Tuesday,  
9:15 am- 10:15 am

## Weights, Stretching, and Light Aerobics

Social Hall  
Tuesday | 10:15 am- 11:10 am  
Thursday | 9:30 am- 10:30 am

\* Bring 2 weights (1 lbs - 3 lbs) every Thursday



## Jazzercise \$

Social Hall

Mondays 9:15 am- 10:00 am & 4:30 pm-5:30 pm | Tues/Thurs 8:05 am-9:05 am  
Wednesday 4:30 pm-5:30 pm | Friday 9:10 am- 10:10 am  
Saturday 10:20 am- 11:20 am

**Sign up at [Jazzercise.com](http://Jazzercise.com)**

# GYM SCHEDULE

## Open Gym (All Ages)\*UNDER 18 REQUIRES A PARENT/GUARDIAN

Tuesday  
11:00 am-12:30 pm

Thursday  
10:45 am-11:45 am

Friday  
6:00 pm-8:00 pm

Saturday  
12:30 pm -2:30 pm

**50+ Senior Basketball**  
Gymnasium  
Monday,  
11:00 am-12:30 pm

Wednesday,  
6:00 pm-8:00 pm

Saturday,  
9:00 am-11:00 am

**Women's 50+ Senior Basketball**  
Monday,  
6:00 pm- 8:00 pm

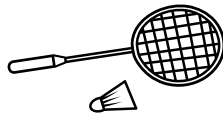
**Unified Recreation Open Gym**  
Thursday,  
12:00 pm- 2:00 pm



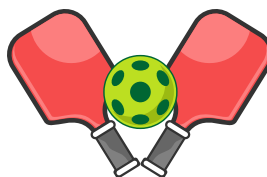
**Learn to play pickleball**  
Wednesday,  
12:00 pm-3:00 pm



**Badminton**  
Monday/Tuesday,  
\*Half Court  
1:00 pm- 2:30 pm  
Tuesday,  
6:00 pm- 8:00 pm



**Open play pickleball (All Ages)**  
Thursday,  
6:00 pm- 8:00 pm  
Friday,  
11:00 am-2:30 pm

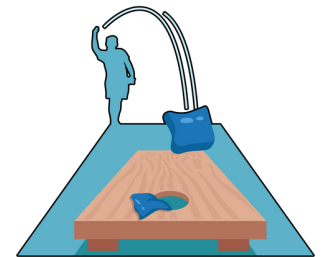


**Family Open Gym**  
Monday-Friday,  
5:00 pm- 5:45 pm

Saturday,  
\*Half court youth and family  
11:00 am-12:30 pm

**Middle School Open Gym**  
Monday-Friday,  
\*Half court  
3:00 pm-4:00 pm

**Cornhole**  
Monday/Tuesday,  
\*Half Court  
1:00 pm- 2:30 pm



**50+ Senior pickleball**  
Tuesday,  
\*Half Court  
11:00 am-12:30 pm



# Sports and Fitness Classes

## **Aerobics**

Gymnasium  
M,W,F  
8:15 am- 9:15 am

## **Gentle Aerobics Exercise**

Gymnasium  
M,W,F  
9:30 am- 10:30 am

## **Flex & Tone**

Gymnasium  
Tuesday/Thursday  
8:15 am - 9:15 am

## **Yoga with Misa \$7-10**

NDB Aerobics Room  
Tuesday  
10:00 am- 11:15 am  
Saturday  
9:15 am- 10:15 am

## **Yoga Flow with Cindy \$10**

NDB Aerobics Room  
Wednesday  
4:15 PM - 5:15 PM  
\*Bring yoga mat, block,  
strap

## **Restorative Yoga with Dr. Maddoux \$10**

NDB Aerobics Room  
Tuesday  
4:30 PM - 5:30 PM

## **Happy Dance (Asian Folk Dance)**

NDB Aerobics Room  
Tuesday  
7:30 pm- 8:45 pm  
Friday  
6:45 pm- 8:30 pm

## **NM Folk Dance**

NDB Aerobics Room  
Wednesday  
9:00 am- 11:00 am

## **Chinese Folk Dance**

NDB Aerobics Room  
Monday  
6:30 pm- 8:30 pm  
Saturday  
12:30 pm- 2:00 pm

## **Intro to Hula \$**

NDB Aerobics Room  
Monday  
\*Starts at 3:00 pm

## **Hula \$**

NDB Aerobics Room  
Wednesday  
5:30 pm- 6:45 pm

## **Kuchupudi/Mohiniyattom Dance \$20.00**

NDB Aerobics Room  
Wednesday  
7:00 pm- 8:30 pm

## **Yoga with Melissa \$7-10**

NDB Aerobics Room  
Monday  
9:00 am- 10:00 am

## **American Kenpo Karate**

NDB Aerobics Room  
Monday  
10:30 am- 12:00 pm  
Wednesday  
11:30 am- 1:00 pm  
Friday  
9:00 am- 11:00 am

## **Aikido \$5**

NDB Aerobics Room  
Tuesday and Thursday  
6:00 pm- 7:30 pm

## **Kung Fu**

NDB Aerobics Room  
Saturday  
10:30 am- 12:30 pm

## **Body Balance \$5**

NDB Aerobics Room  
Tuesday/Thursday  
8:15 am- 9:15 am  
\*Bring yoga mat  
and water bottle

## **Indian Classical Dance-Shalaka \$**

NDB Aerobics Room  
Monday, 5:30 pm- 6:30 pm  
Thursday, 4:30 pm- 5:30 pm  
Friday, 4:15 pm- 6:15 pm

## **LaBlast (Dance Fitness) \$5**

NDB Aerobics Room  
Thursday  
10:00 am- 11:00 am

# North Domingo Baca Multigenerational Center Community Event Calendar

## Trips for the Month



Trip to the Range Cafe

\$\$

Wednesday, April 16

Depart @ 10:30 am



Trip to Jericho Nursery

\$\$

Friday, April 25

Depart @ 9:30 am

## April Celebrations

April  
18

Classic Movie During  
Lunch @ 11:30

'Wallace & Gromit: The Curse of the  
Were-Rabbit' Celebrating 20 Years



## Community Events

\*Calendar is subject to change

April  
3



Teeniors  
Tech Help



@ 3:00 pm - 5:00 pm

April  
9

GEHM Clinic



@ 8:30 am - 12:00 pm

April  
4

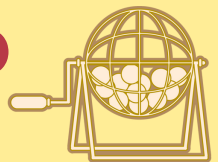
April Birthday's  
Cake Snack Bar



@ 12:00 pm

April  
14

**B.I.N.G.O**



Room 1

@ 9:30 am - 11:00 am

April  
8

Pie Social in the  
Snack Bar



@ 12:00 pm

April  
25

Live Music During  
Lunch



@ 11:30 am

