



MARCH 2024

7521 CARMEL AVE NE, 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

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

MEMBERSHIP INFORMATION:

**NEW/RENEWAL PARTICIPANTS ARE
REQUIRED TO FILL OUT PAPERWORK
TO REGISTER FOR AN ANNUAL
MEMBERSHIP OF \$20.00**



Visit our website:

<https://www.cabq.gov/seniors>



BREAKFAST



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

FULL BREAKFAST \$1.50

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

MINI BREAKFAST \$0.75

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

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

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

SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

A la Carte Items:

EGG \$0.25

BACON (2 SLICES)
\$0.50

SAUSAGE (2 SLICES)
\$0.50

RED OR GREEN CHILE
\$0.25

HOT CEREAL W/ MILK
\$0.70

HASH BROWNS \$0.30
TORTILLA \$0.20

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25
TOAST \$0.20
ENGLISH MUFFIN \$0.20

DRINKS:

Coffee \$ Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

LUNCH

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 60+ there is a suggested \$2 donation

50-59 is \$3.25

Ages 49 and under is \$7.67

Coming soon!

The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

Happy March!

As we say goodbye to winter and say hello to longer days and colorful spring blossoms, we here at the Department of Senior Affairs are filled with excitement for all the wonderful activities and opportunities this change in seasons brings.

For those of you looking to give your health a boost this season, our Sports & Fitness centers offer a variety of equipment, exercise classes, and fitness events to help you get started. This includes the ABQ 50+ Games, which are an opportunity to compete in a variety of sports including bowling, racewalking, golf, archery, tennis, and pickleball. The ABQ 50+ Games are currently in full swing, and athletes of all skill levels are invited to participate! You can learn more at the front desk of your local senior, multigenerational, or fitness center, or visit cabq.gov/seniors/.

We are also excited to celebrate our incredible volunteers during this year's AmeriCorps Week, happening March 10th through 16th, as well as throughout April for National Volunteer Month. We are extremely grateful to all our volunteers for their continued hard work and dedication, which help us to provide enhanced programming and services at all of our centers. Opportunities are available for volunteers of all ages, including students, corporate groups, and community organizations, through our Volunteers In Action (VIA) program. To get involved or learn more, please call 505-764-1009 or email servewithseniors@cabq.gov.

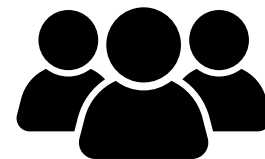
Last but not least, please continue to help champion our Department! So much of what we do would not be possible without our dedicated staff and wonderful participants whose compliments, support, and advocacy to local leadership we are depending on this budget season. We were happy to have had over 900 participants in our recent annual survey, which will also help us advance our services and programs over the coming year. Special congratulations to our survey contest winners from Barelvas Senior Center, North Domingo Baca and Manzano Mesa Multigenerational Centers, and Paradise Hills Senior Meal Site!

Until next time,
Anna M. Sanchez, Director

MEET NORTH DOMINGO BACA STAFF



Thomas Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
Victoria Jaramillo, Senior Program Coordinator
Dejah Aranda, Office Assistant



Justine Pennington, Program Assistant
Maria Munoz, General Service Worker
Diego Valdez, General Service Worker
Dale Bowles, General Service Worker
Nigel Bigman, General Service Worker

Madeline Silva, Recreation Assistant
Joshua Baca, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant
Tanner Keener, Program Assistant
Ariana Lira, Program Assistant

GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



TRACK HOURS:

M-F, 8:00 AM-8:45 PM

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

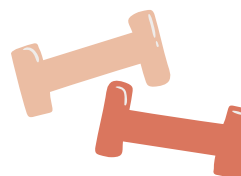
M-F, 8:00 AM-8:45 PM

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 an adult required) to
use fitness center.



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

Saturday,
9:30 am - 11:00 am

Advanced Beginner German

Tuesday, 10:30 am - 12:15 pm

Card Making

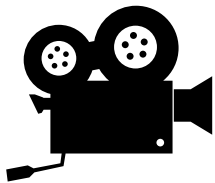
Thursday, 10:30 am - 11:30 am

Sharing memories through creative writing

Wednesday,
12:30 pm - 2:00 pm

Italian Movie Night

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

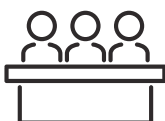


JOIN US FOR OUR MONTHLY DSA ADVISORY MEETING

MARCH 18, 2024

@ 12:00 PM

LOS VOLCANES SENIOR CENTER
6500 LOS VOLCANES NW, 87121



Bible Study

Monday, 9:00 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am - 10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm

Bible Study/Prayers

Friday, 9:00 am - 10:30 am

Open Bible Study

Friday 10:00 am - 11:00 am

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm - 3:00 pm



North Domingo Baca Art Class

Friday,

9:00 am - 11:00 am

Come have fun with us!

Supplies can be purchased at
Michaels or Hobby Lobby.

1-12x18 of newsprint, 1
kneaded eraser, 1 charcoal
pencil.

ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm

Thursday, 5:00 pm - 8:00 pm

Saturday, 11:45 am - 1:15 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

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month

11:30 am - 2:00 pm

Email: abqfibro.com

Brain Education

Friday,

2:00 pm - 3:00 pm



SAVE THE DATE

50+ Senior Tech Connect

April 19, 2024

@ Manzano Mesa

Multigenerational Center



Health and Fitness Classes

Zumba \$4

Social Hall

Monday, Wednesday, Saturday
9:15 am - 10:15 am

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am - 10:15 am

FIT for Seniors \$3

Gymnasium

Tuesday and Thursday,
9:30 am - 10:30 am

Learn to play pickleball

Gymnasium

Wednesday,
12:00 pm - 2:00 pm

Open play pickleball

Gymnasium

Thursday,
6:00 pm - 8:15 pm
Friday,
11:00 am - 3:00 pm

50+ Senior pickleball

Monday,

6:00 pm - 8:15 pm

Persian Zumba \$

Friday,

6:30 pm - 7:30 pm

Jazzercise \$

Social Hall

Sign up at Jazzercise.com

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

Yoga with Lynn \$10

Monday, 9:00 am - 10:00 am

Friday, 1:00 pm - 2:00 pm

Weights, Stretch, and Light Aerobics

Social Hall

Tuesday,
10:30 am - 11:10 am
Thursday,
9:30 am - 10:30 am

Feldenkrais

Thursday,

10:00 am - 11:00 am
6:00 pm - 7:00 pm

Kendo \$

Monday, 6:00 pm - 7:30 pm

Wednesday, 6:00 pm - 7:30 pm

Tai Ji Quan: Moving for better balance

2/7/24-4/3/24

Monday and Wednesday,

1:00 pm - 2:00 pm

Open Gym (All Ages)

***UNDER 18 REQUIRES A
PARENT/GUARDIAN**

Gymnasium

Tuesday and Thursday
10:45 am - 2:00 pm

Friday

5:45 pm - 8:15 pm

Saturday

***Half court youth and
family**

11:00 am - 2:30 pm

Saturday

All Ages Open Gym

11:00 am - 2:30 pm

50+ Senior Basketball

Gymnasium

Monday,
10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am

Badminton

Gymnasium

Tuesday,
6:00 pm - 8:00 pm

Fit/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

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

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

Saturday

9:00 am- 10:30 am

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Art of Chair Yoga \$5

NDB Aerobics Room

Tuesday/Thursday

8:30 am- 9:30 am

Youth Corner

After School Program Youth Program

August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

To join waitlist please speak to Youth Staff

Meet the Youth Staff


Jayden Aragon, Recreation Leader
 Hope Davis, Student Supervisor
 Moses Janga, Recreation Leader
 Mika Juan, Recreation Leader

Isaiah Mendoza, Recreation Leader
 Matthew Mendoza, Recreation Leader
 Dominique Rodriguez, Recreation Leader

Leah Rodriguez, Student Supervisor
 Amous Rodela, Recreation Leader
 Jaeda Saucedo, Student Supervisor
 Lily Wouters, Recreation Leader



YOUTH PROGRAM CALENDAR

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
				1 World Compliment Day Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm Kids Night Out Science Club 6-8 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk
4 National Be Happy Day Recreation Rotation- Arts and Crafts- Flower Craft & Affirmations 4:30 pm- 5:30 pm	5 World Tennis Day Recreation Rotation- Team Work Games 4:30 pm- 5:30 pm	6 Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm 	7 Recreation Rotation- Irish American Culture Project 4:30 pm- 5:30 pm 	8 International Women's Day Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm
11 Recreation Rotation-St. Patrick's Day Craft 4:30 pm- 5:30 pm Group 2 Kids Cook 4 pm- 5:30 pm Group 1 	12 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Teen Tuesday Game Night Room 3 Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	13 Recreation Rotation- "Feels Like Home" Holi Celebration Indian Culture Night 4:30 pm- 6 pm WEAR WHITE & EYE PROTECTION! 	14 National Pie Day Recreation Rotation-Eat Pie and math activities 4:30 pm- 5:30 pm 	15 Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm  Throughout the Generations Family Dinner and Movie Luck 5:00 pm-8:00 pm Wear PJs, bring blankets, sleeping bags etc. Sign up at Youth Desk
18 Recreation Rotation-Arts and Crafts 4:30 pm- 5:30 pm Group 1 Kids Cook 4 pm- 5:30 pm Group 2	19 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Teen Tuesday Billards Tournament Game Room Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	20 Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm 	21 Intergenerational Read Out Loud 3 pm- 3:30 pm Recreation Rotation- Basics of American Sign Language 4:30 pm- 5:30 pm 	22 No Program 😞
25 No Program 😞	26 No Program 😞	27 Program Hours: 7:30 am- 5:30 pm	28 Program Hours: 7:30 am- 5:30 pm Scavenger Hunt W Manzano 1:30- 2:30	29 NO Program 😞

Spring Break

Calendar is Subject to Change

