



NOVEMBER 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."



CLOSED:

VETERANS DAY

MONDAY, NOVEMBER 11, 2024



CLOSED:

THANKSGIVING

THURSDAY, NOVEMBER 28, 2024

FRIDAY, NOVEMBER 29, 2024



AGELESS ARTISAN CRAFT FAIR

SATURDAY, NOVEMBER 16, 2024

9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123

THANKSGIVING DAY LUNCHEON

THURSDAY, NOVEMBER 28, 2024

DOORS OPEN AT 11:00 AM

NORTH VALLEY SENIOR CENTER
3825 4TH ST NW, 87107
PURCHASE TICKETS AT NVSC.
TICKETS ARE REQUIRED.



BREAKFAST



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

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

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

WEEKLY BREAKFAST 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

OATMEAL \$0.70

POTATO SQUARES \$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

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

CARRINGTON COLLEGE:

NOVEMBER 6, 2024

8:30 AM-11:00 AM

NOVEMBER 18, 2024

8:30 AM-11:00 AM



JOIN US FOR DSA MONTHLY ADVISORY MEETING:

CASA KITCHEN

2540 KARSTEN CT. SE, 87102

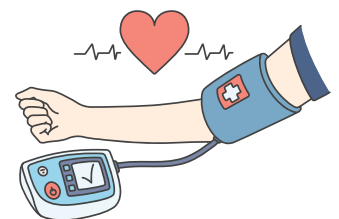
NOVEMBER 18, 2024

@12:00 PM

GEHM CLINIC:

NOVEMBER 13, 2024

8:30 AM-12:00 PM



Visit our website:

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

GAME ROOM HOURS:

M-F, 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

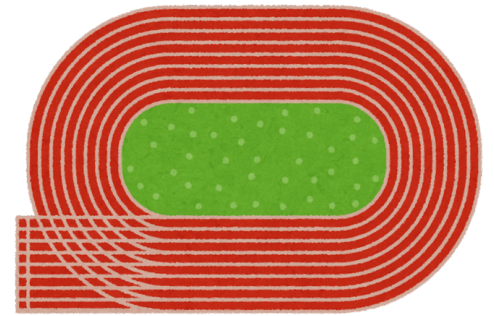
***You must be the age 16+
(under 18 a parent/legal guardian
required) to use fitness center.**



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



ATTENTION:

**THE ROCK WALL BE CLOSED UNTIL
FURTHER NOTICE. WE APOLOGIZE FOR THE
INCONVENIENCE THIS MAY CAUSE**

North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm



Scottish Music Session

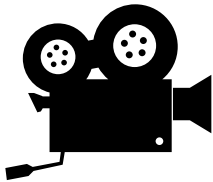
4th Saturday of Every Month
12:00 pm - 2:00 pm

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



French Group

Saturday,
9:30 am - 11:00 am

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am - 1:00 pm
Email: abqfibro.com

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

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
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!

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

Korean Yoga Tai Chi Quiong

Friday,
2:00 pm - 3:00 pm

Tai Chi for Better Balance

10/8/24-12/5/24

Tuesday and Thursday
1:00 pm - 2:00 pm

Holistic Healing; Body Talk System with Suryo

3rd Monday of Every Month
10:00 am - 11:00 am

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/Tone with Jen \$4

Friday,

9:15 am- 10:10 am



FIT for Seniors \$3

Gymnasium

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



Yoga with Lynn \$10

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Feldenkrais

Thursday,

10:00 am- 11:00 am

6:00 pm- 7:00 pm

Kendo \$

Monday and Wednesday,
6:00 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

Weights, Stretching, and Light Aerobics

Social Hall

Tuesday,

10:15 am- 11:10 am

Thursday,

9:30 am- 10:30 am

GYM SCHEDULE

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

Tuesday
11:00 am - 12:30 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



Thursday
10:45 am - 11:45 am

Family Open Gym

Monday - Friday,

5:00 pm - 5:45 pm

Saturday,

*Half court youth and

family

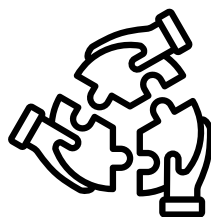
11:00 am - 2:30 pm

Middle School Open Gym

Monday - Friday,

*Half court

3:00 pm - 4:00 pm



Open play pickleball (All Ages)

Thursday,

6:00 pm - 8:00 pm

Friday,

11:00 am - 2:30 pm

Friday
6:00 pm - 8:00 pm

Saturday

11:00 am - 2:30 pm

Badminton

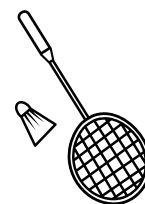
Monday / Tuesday,

*Half Court

1:00 pm - 2:30 pm

Tuesday,

6:00 pm - 8:00 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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

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

Saturday

9:00 am- 10:30 am

Yoga Flow with Cindy \$10

NDB Aerobics Room

Wednesday

4:15 PM - 5:15 PM

*Bring yoga mat, block, strap

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

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat and water bottle

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 PM - 5:30 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

9:00 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

North Domingo Baca Multigenerational Center Community Event Calendar

Upcoming Trips



- **November 14** Trip to Durans Pharmacy for Lunch
*Depart @ 11:30 am

November Celebrations

**November
4**

November Birthday's
Cake celebration in
the Snack Bar
@ 12:00 pm



**November
22**

Thanksgiving family dinner
and Movie in Social Hall
@ 5:30 pm- 8:00 pm

**November
8**

Veteran Celebration
& Dance with Live
Music in the Social Hall
@ 4:00 pm- 6:00 pm



Community Events


*Calendar is subject to change

➤ **November 1** Live Flamenca
Performance from Spain
in the Social Hall
@ 4:00 pm - 5:00 pm

➤ **November 8** Science Night
@6:00 pm - 8:00 pm

➤ **November 12** Pie Social in the
Snack Bar @ 12:00 pm 

➤ **November 16** Craft Fair @ Manzano
Mesa
@9:00 am- 1:00 pm

➤ **November 18** Turkey Bingo 
Room 1
@ 1:00 pm - 2:30 pm

November 19 Teen Tuesday
@ 6:00 pm - 7:00 pm

November 19 Estate/ Will Planning
Room 1 @ 9:00 am

November 20 BernCo Treasurer
Community outreach
"Your Money matters"
@ 11:00 am - 1:30 pm

November 21 Bank of America Fraud
and Scams Presentation
@ 10:00 am - 11:00 am



November 21 Live Music During Lunch
@ 11:30 am - 1:00 pm