

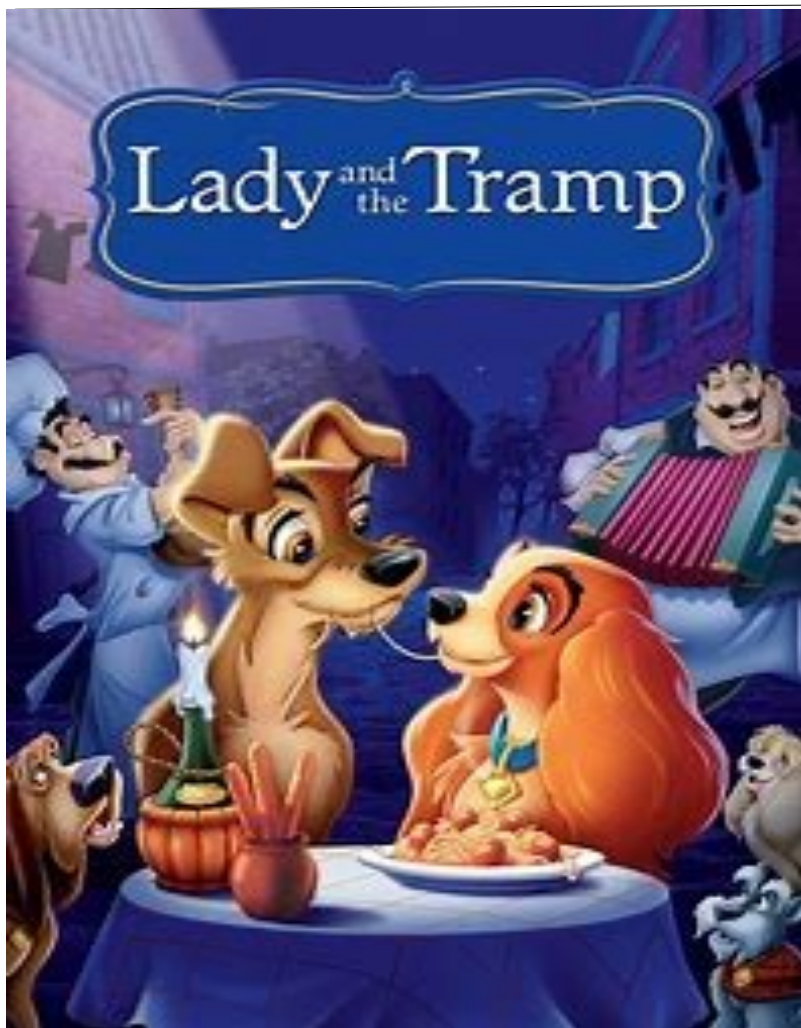
FEBRUARY

VOLUME 6 ISSUE 2 **2020**

North Domingo Baca Multigenerational Center's Monthly **Newsletter**

MISSION STATEMENT

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



Bring your family and friends to enjoy a movie night with the community. Follow the story of Lady and the Tramp as they embark in an unexpected love story!

When: Friday, February 21, 2020

Where: Social Hall

Time: 6:30pm-8:00pm

Please sign-up at the front desk for this FFFF community event!

*Bring you pillows,
blankets, and
snacks!*

*Come in at 6:00pm
for a special Lady
and the Tramp
craft!*



FFFF Popcorn!



TAKE A LOOK INSIDE

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City of Albuquerque



**Timothy M. Keller,
Mayor**

**Department of
Senior Affairs**

**Department Director,
Anna M. Sanchez
Associate Director,
Anthony Romero
Division Manager,
Nikki Peone**

**North Domingo Baca
Multigenerational
Center**

7521 Carmel Ave NE
Albuquerque, NM 87113
Phone: (505)764-6475

Hours of Operation

Monday-Friday
8:00am-9:00pm
Saturday
9:00am-3:00pm
Sunday: Closed
Gym Closes:



Visit our Website:
cabq.gov/seniors

Announcements



Memberships: Memberships can be purchased for \$20.00 a year at the front desk! This includes access to both multigenerational centers and members who are 50+ also have access to all six senior centers.

Pie Social: First Friday of the month, from 10:15am-11:15am. This month it will be February 7, 2020! Cost per slice is 75¢

Birthday Cake: Last Friday of the month, from 10:15am-11:15am. This month it will be February 28, 2020! **IT'S FREE**

AARP Driver Safety: First Saturday of the month, from 10:30am-2:30pm. This month it will be February 1, 2020! It's \$15 for AARP Members and \$20 for non AARP Members. The instructor takes cash or check. Must sign up at the front desk!



UPCOMING CLOSINGS:



February 17th
(Presidents Day)



Advisory Council

- Promotes awareness and education on senior issues, increasing community involvement and commitment to seniors.
- Advocates on behalf of seniors, insuring the senior population is represented and the policies support the mission of the Department of Senior Affairs.
- Supports the program development by acting as the eyes and ears of the department, assessing needs and skills of seniors, becoming knowledgeable of available services in the community, assessing and giving recommendations on program development and delivery services, and supporting the funding and development of activities.
- Support the development of strategic alliances, identifying and encouraging essential partnerships between the City of Albuquerque Department of Senior Affairs and other entities.

When: February 24, 2020

**Where: Palo Duro Senior Center
5221 Palo Duro NE**

Hikes of the Month

Mesa Penistaja

Friday, February 14, 2020

**Battleship Rock to McCauley
Hot Springs**

Friday, February 28, 2020



SIGN UP AT THE FRONT DESK!

Trips Of The Month!

ABQ POLICE MUSEUM

When: Tuesday, February 11, 2020



Check In: 8:30am

Depart: 8:45am

Estimated Return: 2:30pm

Cost: \$2 admission

NM STATE LEGISLATURE SENIOR DAY

When: Friday, February 14, 2020

Check In: 7:45am

Depart: 8:00am

Estimated Return: 4:00pm

Cost: All expenses on your own!



NATIONAL FIERY FOODS & BBQ SHOW

When: Friday, February 28, 2020



Check In: 3:30pm

Depart: 3:45pm



New Class! Personal Defense/Aikido

Tuesday (Aerobics room)

6:15pm-7:15pm Aikido weapons

7:20pm-8:30pm Aikido

Thursday (Aerobics room)

6:15pm-7:15pm Personal Defense

7:20pm-8:30pm Aikido

1st, 4th, 5th Saturday's Only (Room 5)

9:30am -11:30am Personal Defense/Aikido

Personal Defense is based on the principals of Aikido which emphasize moving out of the way and avoiding conflict. This class will be low impact and suitable for seniors. Skills involved will be recognizing danger, moving out of the way and learning to parry strikes and break grips. The intent is to learn how to remain safe.



Next Month's Trips!

FLEA MARKET AT LOS VOLCANES SENIOR CENTER



When: Friday, March 6, 2020

Time: 8:00am-1:00pm

Cost: All expenses on your own!

Please reserve lunch at Los Volcanes

CHOCOLATE & COFFEE EXPO

When: Saturday, March 21, 2020

Time: 9:00am-2:30pm



**PLEASE SIGN UP AT THE FRONT DESK FOR
ALL TRIPS! TRANSPORTATION IS FREE!**

Things Happening This Month!

Happy Valentine's Day



CUPID STRIKES AGAIN

When: Friday, February 14, 2020
Where: Social Hall
Time: 11:30am-1:00pm

Bring your sweetheart and enjoy a wonderful lunch.

Reservations for lunch must be made at the front desk!

Intergenerational Event!



When: Tuesday, February 25, 2020
Where: Social Hall
Time: 11:30am-1:00pm

Come join us for entertainment, music, food, and fun as we celebrate Mardi Gras!

Reservations for lunch must be made at the front desk!


Intergenerational Event!



Food Pantry with



When: Tuesday, February 25, 2020
Time: 2:30pm-4:00pm
Where: Social Hall



AARP Free Tax Help

TAXES

AARP will be here every Monday, starting February 3rd and going through April 13th. Appointment times will be between 8:30am and 3:30pm.


To make an appointment go to aarp.org/taxaide



February 2020



Lunch Meal: 11:30am-1:00pm, Monday through Friday. Have to make reservations the day before, prior to 1:00pm, anything after 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, the cost for ages 50-59 is \$3.25, and the cost for ages 49 and under is \$7.67.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 3 Pasta Primavera Green Beans Wheat Roll w/ margarine Pineapple Tidbits w/ Cinnamon | 4 Taco Soup Pinto Beans Stewed Tomatoes Tortilla w/ margarine Banana | 5 Memphis Dry Rubbed Chicken Brown Rice Mixed Vegetables Cornbread w/ margarine Orange | 6 Beef Tips & Bowtie Pasta Peas & Carrots Crescent Roll w/ margarine Peach Crumble | 7 Pork Chop w/ Apples Mashed Red Potatoes Brussel Sprouts Dinner Roll w/ margarine Apricots |
| 10 Oven Fried Chicken w/ Mushroom & Onion Gravy Mac-N-Cheese Spinach Wheat Bread w/ margarine Orange | 11 Turkey w/ Gravy Mashed Potato Mixed Vegetables Dinner Roll w/ margarine Oatmeal Cookie | 12 Breaded Pollock w/ Tarter Sauce Bowtie Noodles Succotash Wheat Bread w/ margarine Fresh Pear | 13 Red Chile Beef Enchiladas Spanish Rice Pinto Beans Mixed Fruit | 14 Spinach Lasagna Mixed Vegetables Garlic Breadstick Cottage Cheese w/ Pineapple |
| 17  | 18 Ham and Potato Soup Mixed Vegetables Biscuit w/ margarine Sliced Peaches | 19 Italian Chicken Steak Fries Crinkle Cut Carrots Granny Smith Apple | 20 Meatloaf White Rice Mixed Vegetables Dinner Roll w/ margarine Yogurt | 21 Red Chili (beans, beef, cheese & onions) Cauliflower & Squash Tortilla w/ margarine Brownie |
| 24 Roasted Pork w/ Caramelized Onions Red Potatoes Mixed Vegetables Dinner Roll w/ margarine Sliced Apricots | 25 Soft Chicken Tacos Spanish Rice Corn w/ Peppers Cantaloupe | 26 Cheeseburger Baked Beans Baby Carrots Sliced Peaches | 27 Meatball Sub w/ Provolone Steak Fries Green Beans & Onions Orange | 28 Salmon w/ Garlic Sauce Angel Hair Pasta Mixed Vegetables Breadstick Chocolate Chip Cookie |



BREAKFAST MENU: 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

BREAKFAST BURRITO \$1.50

BACON OR SAUSAGE (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

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

A LA CART ITEMS

- EGG \$0.25
- BACON (2 SLICES) \$0.50
- SAUSAGE (2 SLICES) \$0.50
- CHEESE \$0.25
- HASH BROWNS \$0.30
- RED OR GREEN CHILE \$0.25
- HOT CEREAL W/ MILK \$0.70
- 1 PANCAKE \$0.25
- 1 FRENCH TOAST \$0.25
- ENGLISH MUFFIN \$0.20
- TOAST \$0.20
- TORTILLA \$0.20

Drinks

- Hot Cocoa \$0.30
- Hot Tea \$0.30



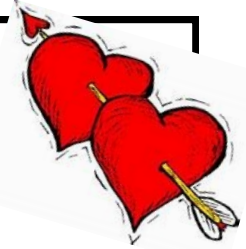


NDB YOUTH CORNER



After School Program

North Domingo Baca Youth Afterschool Program currently services
 E.G. Ross Elementary & Desert Ridge Middle School Students only.
 Pick up is at 2:00 pm Monday through Friday and the program runs no later than 6:00 pm.
 For more information call the front desk at 764-6475



Antoinette Sigala, Youth Program Coordinator

Auburn Manymules, Youth Leader
 Cristian Ramirez, Youth Leader
 Denise Lueras, Youth Leader
 Devin Fickler, Youth Leader
 Ethan Fickler, Youth Leader

Jordan Gonzales, Youth Leader
 Julian Gurule, Youth Leader
 Makenna Quintana, Youth Leader
 Maria Payan, Youth Leader

Matthew Romero, Youth Leader
 Mikayla Norris, Youth Leader
 Natalia Vera, Youth Leader
 Reaghan Allison, Youth Leader
 Ryan Sanchez, Youth Leader



TEEN PROGRAM STARTED!

We are now accepting Middle School students!

Grades 6th Thru 8th.

Registration: Space Limited

Must attend Desert Ridge Middle School

Fee: \$20/year membership plus \$15/month



Student of the Month: February 2020 Jonavan Hall-Francois

Jonavan Hall-Francois is our Youth Program Student of the Month for February 2020. Jonavan is a great role model for his peers, an awesome student in our program and we are pleased to give him this reward.

Some of his good characteristics are being a great listener, thoughtful, caring to others and has wonderful humor.

He is respectful to his peers and to the staff. Jonavan has such a kind heart. Great JOB and Congratulations Jonavan Hall-Francois



Current Youth Programs:

ACTIVITIES

Movie Day
 Parents Night Out

DATE

Friday, February 7
 Friday, February 21

COST

FREE
 \$6.50

TIME

TBA
 6:00 PM/8:00 PM

FIELD TRIP LOCATIONS

Century Rio 24 (Group 2)
 Century Rio 24 (Group 1)
 Century Rio 24 (Group 3)
 Game Day North Domingo Baca vs
 Manzano Mesa at Manzano Mesa

DATE

Monday, February 10
 Tuesday, February 11
 Wednesday, February 12
 Wednesday, February 26

COST

\$10.00
 \$10.00
 \$12.00
 FREE

CHECK IN/RETURN

3:00 PM/5:45 PM
 3:00 PM/5:45 PM
 3:00 PM/5:45 PM
 3:00 PM/5:30 PM



Things To Do In Albuquerque

IMAGINE STORYTIME

Come enjoy this family event with stories, songs, & music inspired by the spirit of "Sesame Street" & the Muppets! Each week presents a different theme. Geared towards ages 3-6, but everyone is welcomed!



When: Tuesday, February 4th, 11th, & 18th

Time: 2:00pm-3:00pm

Where: ABQ Museum of Art & History

THE
DIRTY BOURBON
DANCE HALL & SALOON
ALBUQUERQUE, NEW MEXICO

When: Every Saturday in February

Time: 7:00pm-8:00pm

Where: 9800 Montgomery Blvd, NE

Just show up for a FREE beginners lesson and be ready to have a great time!



SCUBA DAY

When: February 15th

Time: 10:00am-2:00am

Where: ABQ BioPark Aquarium

Cost: Regular Admission

Explore the sport of scuba diving! Local dive shops will be there to answer any questions related to diving as well as give a special narrated dive in the shark tank. You can also enter for a grand prize giveaway of a dive





ONE ALBUQUERQUE senior affairs

NORTH DOMINGO BACA SPORTS & FITNESS CENTER NEWSLETTER

Hours of Operation:

Monday - Friday 8am-9pm

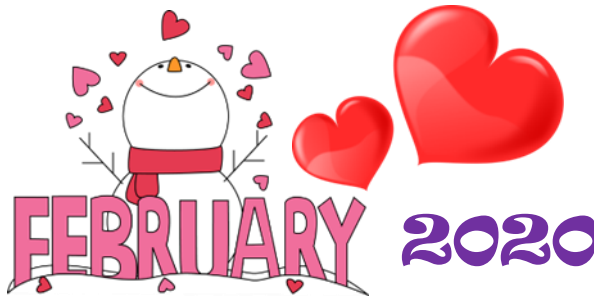
Saturday: 9am-3pm

Closed on

February 17, 2020

For

PRESIDENTS' DAY



Location & contact information:

7521 Carmel Ave. NE
Albuquerque, NM
87113
(2nd Floor)
(505) 764-6496

50+Sports & fitness Program Mission

Our goal is to promote a healthy lifestyle and help maintain independence in the later years of life... [and] to offer a broad range of physical education and recreational activities designed to enhance the quality of life of older adults.

Watch for February events listed in
50+ Sports & Fitness & Activities Catalog
Basketball, Eight ball Pool, Swimming, Shuffleboard & Huachas
FREE EQUIPMENT ORIENTATION FOR ALL MEMBERS:

*Available by appointment. *See fitness staff.*

ATTENTION:

BASIC FREE-WEIGHT CLASS:

1 st WEDNESDAY of Each Month

STARTING February 5TH

Learn how to workout safely with free weights.

Sign up in advance at the Fitness Center Desk.

Note: class is limited to 4 participants.

GROUP EXERCISE CLASSES /DATES/TIMES/DESCRIPTIONS:

See back of page for details about all of our NDB Fitness Center classes.

FREE BODY COMPOSITION TESTING in Fitness Center:

(4th Wednesday of each month)

February 26rd - 8:30a-1:30p & 2:00 – 7:00pm

NDB 50+ Sports & Fitness Staff

Joel Mahoney, Sports and Fitness Program Manager

Ericka Aguilar, Recreation Assistant

Mia Chavez, Recreation Assistant

Jan Ankersen, Program Assistant



Ongoing Classes



Arts and Crafts

Drawing, Painting &

Art Critique

Saturday, 9:00am-11:00am

Learn to Draw & Paint

w/ Kelly

Friday, 9:00am-11:00am

Knitting Guild

1st Saturday of the month

12:00pm-3:00pm

ABQ Modern Quilt Guild

1st Tuesday of the month

6:00pm-8:30pm

Quilting Cluster

Friday, 10:00am-4:00pm

Art Club

3rd Saturday of the month

12:00pm-2:30pm

Card Making \$5

Thursday, 10:30am-11:30am

Photography

Wednesday, 9:00am-11:00am

Thursday, 6:00pm-8:00pm

Fitness

Kendo

\$10/month kids; \$20/month adults

Wednesday, 6:45pm-8:45pm

Taekwondo \$70/month

Monday/Tuesday/Thursday

Personal Defense/Aikido\$

Saturday, 9:30am-11:45am

Zumba \$4

Monday/Wednesday/Saturday

9:10am-10:10am

Tuesday (Gold), 9:10am-10:10am

Jazzercise \$

Monday & Wednesday

9:15am-10:15am

4:15pm-6:40pm

Tuesday & Thursday

8:05am-9:05am

4:30pm-5:15pm

Friday, 9:15am-10:10am

Saturday, 10:20am-11:30am

Enhance Fitness

Monday/Wednesday/Friday

8:05am-9:05am

10:15am-11:15am

Fit for Seniors \$5

Tuesday/Thursday

9:10am-10:10am

Yoga \$5

Monday, 9:00am-10:00am

Wednesday, 5:00pm-6:00pm

Friday, 1:00pm-2:00pm

Feldenkrais

Thursday, 9:30am-10:30am

Thursday, 6:00pm-7:00pm

Beginning Line Dance

Thursday, 1:30pm-3:00pm

Intermediate Line Dance

Tuesday, 5:45pm-7:30pm

Beginning Ballroom \$4

Thursday, 7:00pm-8:00pm

Language

Beginning Spanish \$5

Thursday, 11:00am-12:00pm

Spanish Level 2 \$5

Friday, 12:30pm-1:30pm

Conversational Spanish \$5

Wednesday, 10:15am-11:15am

Beginning French

Thursday, 11:00am-12:30pm

Lower Intermediate French

Thursday, 1:00pm-2:30pm

Intermediate French

Saturday, 9:30am-11:00am

Japanese Language \$10

Saturday, 9:00am-11:00

Italian for Beginners \$

Monday, 6:00pm-8:00pm

Computer

Excel 2010 & Up, Level 1

Feb 5th, 6th, 11th, & 12th

Next Month's Class Will Be:

Publisher 2010 & Up,

Level 2

Mar 11th, 12th, 17th, & 18th

Card Games

Bridge

Thursday, 8:30am-11:30am

Hand & Foot Card Game

Monday, 6:30pm-8:45pm

Hearts & Spades

Tuesday, 9:00am-12:00pm

Canasta

Monday, 6:30pm-8:30pm

Bible Oriented

Prayer Battle

Friday, 9:00am-10:30am

Bible Study

Wednesday, 9:00am-10:00am

Community Bible Study

Wednesday, 6:30pm-8:30pm

Woman's Bible Study

Tuesday, 10:00am-11:30am

Men's Bible Study

Monday, 9:00am-10:00am

Other

Aviation History Group

1st Thursday of the month,

7:00pm-8:30pm

NM Woodturners

1st Saturday of the month,

9:00am-2:45pm

ABQ Woodworkers

3rd Saturday of the month,

9:00am-1:00pm

Chinese American Speakers

4th Saturday of the month,

9:00am-1:00pm

Railroad Club Youth/Adult

2nd Saturday of the month,

9:00am-3:00pm

Wordwrights Writing Class

Monday, 1:30pm-3:30pm

Toastmasters \$

"Off-the-Cuff"

1st & 3rd Wednesday of the month

5:45pm-7:15pm

Italian Cine Club

1st Friday of the month

6:30pm-8:30pm

Northeast Area Command

2nd Tuesday of the month, 6:30pm-9:00pm

District 4 Councilman

Winter

3rd Wednesday of the month,

6:30pm-8:30pm

Bead Society General Meeting

4th Monday of the Month

6:00pm-8:30pm

Health

Fibromyalgia Support

1st Tuesday of the month

1:00pm-3:00pm

ABQ Grief Support

Every Other Friday, 12:00pm-1:30pm

GEHM Clinic

November 20th, 9:00am-11:00am

Living w/ MS

3rd Thursday of the month,

1:00pm-2:30pm

Tai Ji Quan

Tuesday, 11:00am-12:00pm

| Sat. | Mon. | Tues. | Wed. | Thurs. | Fri. |
|--|--|---|---|---|--|
| | Aerobics 8:15-9:15am | Chinese Dance 8:00-10:00 am FREE | Aerobics 8:15-9:15am | Qi Gong (Lilly) 9-10 am FREE | Aerobics 8:15-9:15am |
| Chinese Folk Dance (All Ages) 9:00-11:00 am Free | Gentle Exercise 9:30-10:30 am | Flex & Tone IN SOCIAL HALL 10:15-11:15a | Gentle Exercise 9:30-10:30 am | Flex & Tone IN SOCIAL HALL 10:15-11:15a | Gentle Exercise 9:30-10:30a |
| Kung Fu (All Ages) (David) 11:15-1:15p Free | Yoga (Beg./Int.) (Mindy) 10:40-11:45am \$6/class | Tai Chi (Theresa) 10:30-11:30am \$5/class | VINYASA YOGA (MISA) 10:45-11:45 \$5.00 | Yoga (Beg./Int.) (Mindy) 10:30-11:30a \$6/class | Kundalini Yoga & Meditation (Jenna) 11:00-12:30pm \$10/class |
| Starts Jan 11 Beginning Hula (Cindi) 1:30-2:30PM \$30 3 classes | | | ZUMBINI 1:30-2:15 pm | *PRIVATE YOGA* 12:30-1:30 PM (MISA) | |
| | Gentle Exercise SOCIAL HALL 1:30-2:30 P | | Gentle Exercise SOCIAL HALL 1:30-2:30 P | Chinese Folk Dance (All Ages) 2:30-4:00 pm FREE | |
| | Starting Feb 18 QiGong 5 Dragons \$7 (Lilly) 2:00PM-3:15PM | Yoga With Ashley 3:30-4:45 pm \$5.00/class | | Indian Classical Bharata Natyam Dance (Shalaka) 4:30-5:30 pm \$20 | |
| | Indian Classical Bharata Nat- yam Dance \$20 (Shalaka) 4:30-5:30pm | Hula & Hawaiian Culture (Cindi) 5:00-6:00pM \$6/class | Yoga With Ashley 4:30-5:45pm \$5.00/class | | |
| | Vinyasa Flow Yoga Mixed Levels (Misa) 5:45-7:00p \$5/class | Aikido Weapons (Charles) 6:15-7:15pm \$4/Class | Middle Eastern Beginning Belly Dance Class (Mariella) 5:55-6:55 pm \$5/\$10/\$33 | Aikido Weapons (Charles) 6:15-7:15 pm \$4/Class | Indian Classical Bharata Natyam Dance (Shalaka) 4:30-6:30 pm \$20 |
| | Argentine Tan- go (John) 7:15-8:45p \$15/class | Aikido (Charles) 7:15-8:30p \$4/class | Kundalini Yoga & Meditation (Jenna) 7:15-8:15 PM \$10/class | Aikido (Charles) 7:15-8:30p \$4/class | Chinese Dance Team for Fitness & Happiness 7-8:30 pm FREE |