

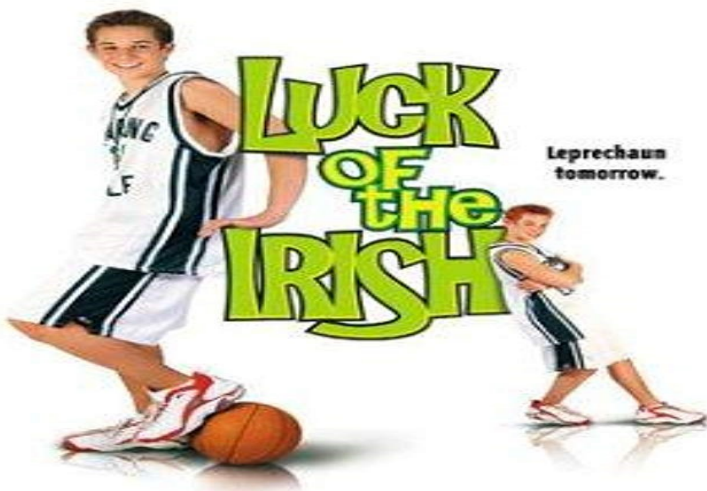
MARCH

VOLUME 6 ISSUE 3 **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.



INCLUSIVE FAMILY GAME NIGHT
When: March 6, 2020
Where: Social Hall
Time: 6:00pm-8:00pm

When: Friday, March 20, 2020

Where: Social Hall

Time: 6:00pm-8:00pm

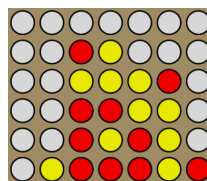
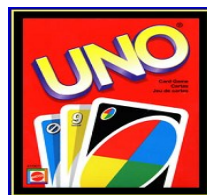
*Please sign-up at the front desk for

FREE community event!*

**Bring your
pillows, blankets, and snacks!**



**FREE popcorn,
snacks and
refreshments!**



TAKE A LOOK INSIDE

General Info.....	2
Announcements	2
Advisory Council	2
Upcoming Closings	2
Trips and Hikes	3
Trips coming up	3
New Class!.....	3
Special Events	4
Food Pantry.....	4
AARP Taxes.....	4
Ongoing Classes.....	5/6
March Lunch Menu	7
Breakfast Menu.....	7
Youth Corner.....	8
Things to do in ABQ....	9
Sports and Fitness.....	10

City of Albuquerque



Timothy M. Keller,
Mayor

Department of
Senior Affairs

Department Director,
Anna M. Sanchez
Deputy Director,
Anthony Romero
Associate Director,
Deby Brinkley
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:
1:30pm-2:00pm
Mon-Fri



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 March 6, 2020! Cost per slice is 75¢

Birthday Cake: Last Friday of the month, from 10:15am-11:15am. This month it will be March 27, 2020! **IT'S FREE**

AARP Driver Safety: First Saturday of the month, from 10:30am-2:30pm. This month it will be March 7, 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!



well hello,
march

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: March 24, 2020

Where: Palo Duro Senior Center
5221 Palo Duro NE

Hikes of the Month

Red Mesa East Loop

Friday, March 13, 2020

Atalaya Mountain

Friday, March 27, 2020



SIGN UP AT THE FRONT DESK!

Trips Of The Month!

Flea Market at Los Volcanes Senior Center

When: Friday, March 6, 2020

Check In: 8:00am

Depart: 8:15am

Estimated Return: 1:00pm

Cost: Free



Chocolate and Coffee Expo

When: Saturday, March 21, 2020

Check In: 9:00am

Depart: 9:15am

Estimated Return: 2:30pm

Cost: \$8.00, all expenses on your own



Techniques to work through transitions in your life and moving forward

When: Thursday, March 5, 2020

Time: 7:00pm-8:30pm

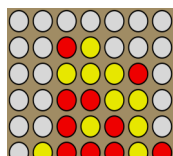
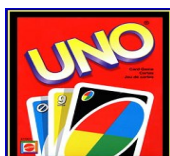
Where: North Domingo Baca

Fun and interactive exercises to learn how to deal with less stressful transitions.



INCLUSIVE FAMILY GAME NIGHT

When: March 6, 2020



Santuario de Chimayo

Tuesday, April 7, 2020

Check in: 8:30am

Estimated return: 4:30pm



Tarde de Oro

May TBA

Check in: TBD

Estimated return: TBD

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

Things Happening This Month!

St. Patty's

Come join us for
entertainment, music, food,
and fun!

When: Friday, March 13, 2020

Where: North Domingo Baca

Time: 11:30am-
1:00pm



When: Wednesday, March 25, 2020

Where: North Domingo Baca

Time: 3:00pm-5:00pm

Teeniors are tech savvy teens and young adults who help seniors learn technology such as a smart phone, computer, or anything online.

*RSVP @ Front Desk

Questions?

Contact 505-600-1297

teeniors@gmail.com

www.teeniors.com

Food Pantry with



When: March 17, 2020

Where: Social Hall

Time: 2:30pm-4:00pm



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*



MARCH

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
<p>2</p> <ul style="list-style-type: none"> Green Chili Chicken Posole Black Beans Celebrates Sliced Pears 1% Milk 	<p>3</p> <ul style="list-style-type: none"> Turkey w/ Gravy Stuffing Mixed Vegetables Chocolate Chip Cookie 1% Milk 	<p>4</p> <ul style="list-style-type: none"> Cheeseburger Baked Beans Baby Carrots Sliced Peaches 1% Milk 	<p>5</p> <ul style="list-style-type: none"> Pork Chop w/ Slice Apples White Rice Imperial Blend Orange 1% Milk 	<p>6</p> <ul style="list-style-type: none"> Breaded Cod w/ Tarter Sauce Steak Fries Coleslaw w/ Pineapple & Raisins Brownie 1% Milk
<p>9</p> <ul style="list-style-type: none"> Beef Fajitas Flour Tortilla Spanish Rice Pinto Beans Mixed Fruit 1% Milk 	<p>10</p> <ul style="list-style-type: none"> Chicken Alfredo w/ Penne Pasta Green Beans w/ Mushrooms Garlic Bread Stick Vanilla Pudding 1% Milk 	<p>11</p> <ul style="list-style-type: none"> Baked Ham w/ Pineapple Glaze Rice Pilaf Baby Carrots Yogurt w/ Granola 1% Milk 	<p>12</p> <ul style="list-style-type: none"> Chicken Fried Steak w/ Grilled Onions Roasted Red Potatoes Brussel Sprouts Sugar Cookie 1% Milk 	<p>13</p> <ul style="list-style-type: none"> Baked Ziti w/ Mozzarella Mixed Vegetable Garlic Bread Stick Apple 1% Milk
<p>16</p> <ul style="list-style-type: none"> Rotisserie Chicken Dinner Roll w/ Margarine Butter Baby Carrots Mashed Potato w/ Gravy Banana 1% Milk 	<p>17</p> <ul style="list-style-type: none"> Corned Beef Combread Red Potatoes Cabbage Green Jelly 1% Milk 	<p>18</p> <ul style="list-style-type: none"> Red Chili Dog w/ Cheese & Onions Tatar Tots Corn w/ Red Peppers Mandarin Orange 1% Milk 	<p>19</p> <ul style="list-style-type: none"> Green Chili Mestioaf w/ Ays Jus Brown Rice Malibu Blend Vegetables Sliced Peaches 1% Milk 	<p>20</p> <ul style="list-style-type: none"> Loaded Baked Potato w/ Cheese, Broccoli & chives Oriental Blend Vegetables Biscuit Apple Crisp 1% Milk
<p>23</p> <ul style="list-style-type: none"> BBQ Chicken Thigh Baked Beans Corn Bread Coleslaw w/ Pineapple & Raisins 1% Milk 	<p>24</p> <ul style="list-style-type: none"> Swedish Meatballs w/ Gravy White Rice Green Beans w/ Mushrooms Dinner Roll w/ Margarine Apricots 1% Milk 	<p>25</p> <ul style="list-style-type: none"> Turkey Pot Pie & Biscuit Au Gratin Potato Imperial Vegetables Apple Sauce 1% Milk 	<p>26</p> <ul style="list-style-type: none"> Red Beef Enchiladas Black Beans Corn w/ Red Peppers Flour Tortilla Sliced Peaches 1% Milk 	<p>27</p> <ul style="list-style-type: none"> Cajun Tilapia Pasta w/ Garlic Butter Sauce Italian Vegetables Grapes 1% Milk



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

NO SCHOOL MARCH 12 AND 13 for parent conferences

SPRING BREAK!!!

March 30 - April 3 (7:30am-6:00pm)

**Registration: 1st come, 1st served
(LIMIT 60) March 2—March 5**



Student of the Month: March 2020 Ivy Mondragon

Ivy Mondragon is our youth program student of the month of March 2020. Ivy is an outstanding student for our program and we are pleased to give her this reward. Some of her good characteristics are

listening, caring, and respectful. Ivy is a role model for her peers in the program.



GREAT JOB IVY MONDRAGON!!!



Current Youth Programs:

<u>ACTIVITIES TIME</u>	<u>DATE</u>	<u>COST</u>	
Parents Night Out	Friday, March 20	\$6.50	6:00 PM/8:00 PM
<u>FIELD TRIP LOCATIONS</u>	<u>DATE</u>	<u>COST</u>	<u>CHECK IN/RETURN</u>
Century Rio 24 (Group 2)	Monday, March 9	\$10.00	3:00 PM/5:45 PM
Century Rio 24 (Group 1)	Tuesday, March 10	\$10.00	3:00 PM/5:45 PM
Century Rio 24 (Group 3)	Wednesday, March 11	\$12.00	3:00 PM/5:45 PM
Game Day North Domingo Baca vs Manzano Mesa at Manzano Mesa	Wednesday, March 25	FREE	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: February 12– April 19, 2020

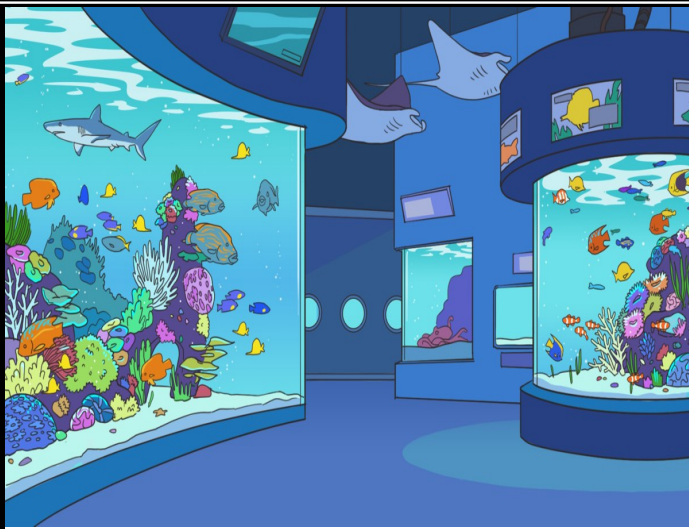
Where: ABQ Museum of Art & History
2000 Mountain Rd. NW, 87104

When: March 20—March 21, 2020

Time: 6:30pm-8:00am

Where: ABQ BioPark Aquarium

Pack your pajamas, and a pillow for an ultimate sleepover! You get to explore the Aquarium at night and learn in depth about ocean animals. \$30 a person



New Mexico Ice Wolves Hockey Team

When: Recurring event
(Feb 14– Mar 21, 2020)

Where: Outpost Ice Area
9530 Tramway Blvd. NE, Albuquerque,
NM

Cost: Regular Admission





ONE
ALBUQUE senior affairs
RQUE

NORTH DOMINGO BACA **SPORTS & FITNESS** **CENTER** **NEWSLETTER**

Location & contact information:

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

Hours of Operation:
Monday - Friday 8am-9pm
Saturday: 9am-3pm



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 March events listed in
50+ Sports & Fitness & Activities Catalog
Bowling, Racquetball, Badminton, and Road Race
FREE EQUIPMENT ORIENTATION FOR ALL MEMBERS:

*Available by appointment. *See fitness staff.*

ATTENTION:

BASIC FREE-WEIGHT CLASS:
2nd WEDNESDAY of Each Month
STARTING March 11 TH

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)
March 25th - 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, Office 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

Publisher 2010 & Up,

Level 2

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

Next Month's Class Will Be:

Word 2010 & UP Level 2

April 8, 9, 14, 15

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 Councilor

Brook Bassan

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

March 18th, 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
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		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		Aikido (Charles) 7:15-8:30p \$4/class	Chinese Dance Team for Fitness & Happiness 7-8:30 pm FREE

