



NORTH DOMINGO BACA
MULTIGENERATIONAL
CENTER

JANUARY 2022

505-764-6475

7521 CARMEL AVE NE 87113

WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:

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

SATURDAYS 9:00AM-3:00PM

CLOSED

Martin Luther King Jr. Day

January 17, 2021



Masks are required!!



CLOSED

New Years Day

January 1, 2021



"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

[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

Breakfast

Monday-Friday 8AM-9AM

Breakfast Menu

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 CARTE 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

Milk \$0.25

Orange Juice \$0.25

Coffee \$0.30

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.

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January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 • Baked Cajun Salmon • Brown Rice • Brussel Sprouts • Dinner Roll/Margarine • Applesauce • 1% Milk	4 • Beef Tip w/Bowtie Pasta • Seasonal Vegetable • Breadstick • Yogurt • 1% Milk	5 • Turkey Pot Pie • Steamed Broccoli • Baked Apples • Mediterranean Mixed Bean Salad • 1% Milk	6 • Omelet with Cheese, Mushrooms and Spinach • Diced Potatoes • Peach Cobbler • 1% Milk	7 • Pork Chop • Brown Rice • Buttery Peas • Seasonal Fruit • 1% Milk
10 • Salisbury Steak w/ Mushrooms and Gravy • Mashed Potatoes • Green Beans w/ Tomatoes • Applesauce • 1% Milk	11 • Chicken Alfredo w/ Green Chile • Steamed Carrots • Steamed Broccoli • Seasonal Fruit • 1% Milk	12 • Baked Cod w/Tartar Sauce • Seasonal Vegetable • Corn Bread • Chocolate Chip Cookie • 1% Milk	13 • Meatloaf w/Tomato Gravy • Diced Red Potato • Collard Greens • Jell-O • 1% Milk	14 • Pork Chop/Sweet & Sour • Brown Rice • Stir Fry • Seasonal Fruit • 1% Milk
17 Closed Holiday Martin Luther King Day	18 • Sloppy Joe w/ Hamburger Bun • Brussel Sprouts • Seasonal Fruit • 1% Milk	19 • Green Chile Chicken Posole • Seasonal Vegetable • Flour Tortilla • Vanilla Pudding • 1% Milk	20 • Baked Ziti • Green Beans w/ Tomatoes • Breadstick • Seasonal Fruit • 1% Milk	21 • BBQ Pulled Pork • Carrots • Broccoli • Seasonal Fruit • 1% Milk
24 • Rotisserie Chicken • Mashed Potatoes • Southern Black-Eyed Peas • Chocolate Chip Cookie • 1% Milk	25 • Carne Adovada • Pinto Beans • Spanish Rice • Applesauce • 1% Milk	26 • Baked Cod w/ Tartar Sauce • Orzo • Cauliflower • Dinner Roll w/ Margarine • Seasonal Fruit • 1% Milk	27 • Mac & Cheese w/ Broccoli • Sweet Potatoes • Cherry Cobbler • 1% Milk	28 • Chicken Parmesan w/ Marinara and Cheese • Brown Rice • Steamed Carrots • Jell-O w/ Fruit • 1% Milk
31 • Pasta Primavera • Vegetables • Dinner Roll with Margarine • Warm Cinnamon Pineapple Chunks • 1% Milk				

MEMBERSHIPS!!!!

NEW PARTICIPANTS WILL BE REQUIRED TO REGISTER AND OBTAIN A MEMBERSHIP IN ORDER TO CONTINUE SERVICES. NEW MEMBERSHIPS HAVE A \$20.00 ANNUAL FEE, HOWEVER, A FEE WAIVER CAN BE REQUESTED. EXISTING MEMBERSHIPS WILL BE RENEWED AND EXTENDED DUE TO THE COVID-19 PANDEMIC CLOSURES OF OUR CENTERS.

Happy New Year!

We hope your Holiday celebrations were safe and joyous, and any new year's resolutions made are off to a great start. Looking forward to the new year with great optimism, we are continuing to adjust to the many different circumstances that impact how we provide services and deliver programs. We appreciate your continued cooperation in helping us ensure the safety of our community by taking precautions to keep yourself healthy.

This year, we plan to increase our efforts in gathering more feedback from our members on what programs and services meet the needs of the community. Our members will see an increase in surveys distributed throughout our services, please know we value this feedback and use it to constantly raise standards and expectations within our Department. We thank you in advance for your participation.

Another exciting program we will continue into the new year is our digital literacy programs. We will expand this program even further with a technology "tablet loaner program" where members can check out a tablet device and learn how it operates at their own pace. Any interest in learning new technology can start with any of our digital literacy programs. You can join one of our FREE classes offered at our senior and multigenerational centers. Please visit with center staff for schedule details as classes rotate the centers.

Finally, as many of us have set our new year's resolutions to eat better or become healthier, the Department of Senior Affairs is doing its best to ensure we provide healthy nutrition for our senior meal programs. A new addition to our nutrition program is the "New Mexico Grown" state grant initiative that utilizes locally grown produce provided by our own New Mexican farmers. Providing fresh produce warrants our vegetables are higher in vitamins than frozen or canned foods and providing locally sourced produce with less single use packaging lessens our environmental impact.

If you haven't set any new year's resolutions yet, we challenge you to find a new passion for 2022 by visiting our senior or multigenerational centers and look to join a new program or activity. You can locate our current schedules for any of our center events and activities by visiting cabq.gov/seniors or visiting with our center staff.

As always, if you have any suggestions or questions, please do not hesitate to reach out or join me for our monthly scheduled "Coffee with the Director" to visit about any of our programs or services.



**Anna Sanchez,
Director,
Department of
Senior Affairs**



TRACK HOURS:

M-F 8:00AM-1:45PM
SATURDAY 9:00AM-1:45PM
CLOSED 1:30PM-2:00PM
FOR CLEANING M-F

ROCK WALL HOURS:

M-F 8:00AM-1:45PM
6:00PM-8:30PM
CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM



Health Event:

GEHM Clinic
January 12, 2022
8:30AM-12:00PM



DONATIONS FOR LIBRARY:
**Children/Adult books,
Magazines, Puzzles, Games,
Cd's and books on tape.**



Did you know?

January is, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter) and the warmest month of the year within most of the Southern Hemisphere (where it is the second month of summer).



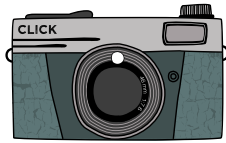
GAME ROOM HOURS:

M-F 8:00 AM-2:00PM
6:00PM-8:30PM
CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM
SATURDAY: 9:00AM-2:45PM

North Domingo Baca Classes

Photography

North Domingo Baca
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm



Learn to Paint and Draw with Kelly

North Domingo Baca
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.



Pottery: Clay Class

Open Studio
Thursday, 9:00 am-1:00 pm
Beginners/Intermediate
Tuesday 9:00 am-1:00 pm

Quilting Cluster

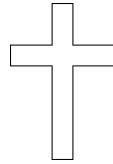
North Domingo Baca
Friday, 10:00 am- 4:00 pm

Men's Bible Study

Monday, 8:30 am - 10:00 am

Women's Bible Study

Tuesday, 6:30 pm-8:00 pm



Card Making

Thursday, 10:30 am-11:30 am

Ballroom Dancing

Tuesday, 10:20 am-11:15 am
Saturday, 1:00 pm-2:00 pm



Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm-2:30 pm

Albuquerque Fibromyalgia Support Group

Tuesday, 1:00 pm- 2:30 pm

Beginner Rockwall Climbing

Tuesdays & Thursdays
9:15 Am- 10:15 am ages 18+
2:15 Pm- 3:15 pm ages 5-18



ABQ Karate

Monday, 5:00 pm- 8:00 pm
Wednesday, 5:00 pm- 8:00 pm



Line Dancing

Thursday, 1:30 pm- 3:00 pm
Instructor: Mary

Intermediate Line Dancing

Wednesday, 1:30 pm- 3:00 pm



Mah Jongg

Monday- Friday,
12:00 pm- 1:30 pm

Feldenkrais

Thursday, 10:00 am- 11:00 am
and 6:00 pm- 7:00 pm

Kendo

North Domingo Baca
Wednesday, 6:30 pm- 8:00 pm
Friday, 6:30 pm- 8:00 pm

Health and Fitness Classes



Zumba

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am

Open Gym (All Ages)

Gymnasium

Tuesdays-Thursdays

12:00 pm- 1:45 pm

Zumba (Gold)

Social Hall

Tuesday, 9:15 am- 10:15 am

Unified Rec for Individuals with Disabilities

Gymnasium

Monday-Friday

5:00 pm- 6:00 pm

Thursday:

6:00 pm-8:00 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am



50+ Basketball

Gymnasium

Monday,

12:00 pm- 1:45 pm

Wednesday

12:00 pm- 1:45 pm

6:00 pm-8:00 pm

Friday

12:00 pm- 1:45 pm

Ta'i Chi Chih with Marc "A moving meditation"

Wednesday

10:00 am- 11:00 am

Jazzercise

M,W 4:30 pm-5:30 pm

Tues/Thurs 8:05 am-9:05 am

Friday 9:15 am- 10:15 am

Saturday 10:20 am- 11:20 am

FIT for Seniors

North Domingo Baca

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

10:30 am

Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and

10:15 am - 11:15 am

Yoga with Lynn

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Youth Night

Gymnasium

Monday 6:00 pm-8:00 pm

Gentle Exercise

M,W,F

9:30 am- 10:30 am

Sports and Fitness

Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Aikido

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

LaBlast (Dance Fitness)

NDB Aerobics Room

Monday,

9:00 am- 10:00 am

Thursday,

10:00 am- 11:00 am

Dance 2 Enhance with Ana

NDB Aerobics Room

Monday,

5:30 pm- 6:30 pm

Tuesday,

5:00 pm- 6:00 pm

Wednesday,

8:15 am- 9:15 am

Friday,

10:00 am- 11:00 am

Qigong with Diane

NDB Aerobics Room

Friday

1:00 pm- 2:00 pm

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

Tai Chi

NDB Aerobics Room

Wednesday

7:30 pm- 8:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Monday

4:30 pm- 5:30 pm

Wednesday

4:30 pm- 5:30 pm

Thursday,

4:30 pm- 5:30 pm

Friday,

4:00 pm- 6:30 pm

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 11:30 am

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 9:30 am

Hula

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 pm- 12:30 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Chinese Folk Dance

NDB Aerobics Room

Tuesday

10:00 am- 1:00 pm

Saturday,

12:30 pm- 2:00 pm

Yoga with Misa

NDB Aerobics Room

Saturday

9:00 am- 10:15 am





Community Events

January 14, 2022- North Domingo Baca Open House

New Members, join us for tour of NDB from Noon- 3 pm

January 18, 2021- La Cueva BSU Presentation and Raffle

Please Join as Lau Cuevas BSU members give a presentation and host a raffle in Social Hall from 3 pm- 4 pm

January 21, 2022 -Family Movie Night

From 6 pm-8 pm Join us while we watch Encanto. You are welcome to wear pjs, bring blankets, sleeping bags, etc.

January 28, 2022-Community Dance Night

Come join us for dance night in Social Hall from 6 pm- 8 pm



January Birthday Cake
Celebration in Lobby
January 3rd

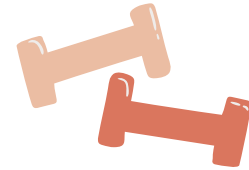


National Popcorn Day
January 19th
in Lobby
25¢



Come join us for our
Pie Social
January 10th in Lobby
75¢

7 Week Weight Loss
Transformation Challenge
January 4 to February 22,
2022
Registration deadline: January
3, 2022
Call or Text Margaret Garcia:
505-301-4660



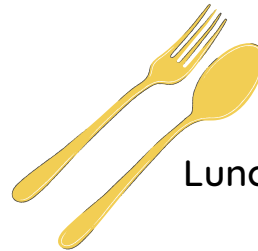
55+ Events



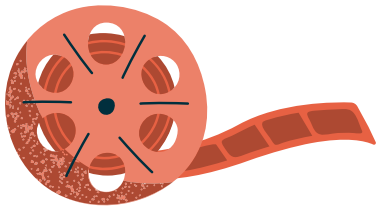
55+ Arts and Crafts
January 17th and
January 31st
12:30-1:15 pm



Senior Trip:
International Balloon
Museum
January 10th
9:30 am- 11:30 pm



Lunch With Tom and
Sarah
Golden Coral
10 am- 12 pm



Movie Every Friday
During Lunch in
Social Hall



Youth Corner



NDB After School Program

Monday-Friday 2-5:30 pm

\$15 a month Per Child

Transportation only provided from E.G. Ross Elementary
Membership Required



To register please visit play.cabq.gov

Meet the Youth Staff

Sarah Ruden, Program Coordinator

Hope Davis, Rec Leader

Humberto Ibarra, Student Supervisor

Nick Moskola, Rec Leader

Santana Sisneros, Student Supervisor

Alexis Gonzales, Rec Leader

Tanner Keener, Student Supervisor

Erin Magrath, Rec Leader

Leah Rodriguez, Rec Leader

Jaeda Saucedo, Rec Leader

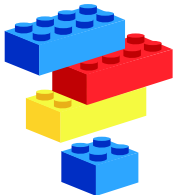
JANUARY IMPORTANT DATES



January 3rd- No Youth Program

January 7th - Celebrate National Law Enforcement Day

Please join us from 3:30 pm- 4:30 pm for Cookies with a cop



January 7th- After School- After School Parent Night Out

From 6pm- 8:30 pm, drop your children off to participate in Science club and Teen gaming! Must be registered in our after school program to participate.

January 17th- Martin Luther King Jr Day- NDB Closed

January 21st- Family Movie Night

From 6pm-8:30, have the whole family join us for a movie and popcorn.

You are welcome to wear pjs, bring blankets, sleeping bags, etc.