

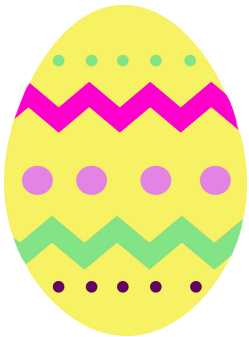


APRIL 2022

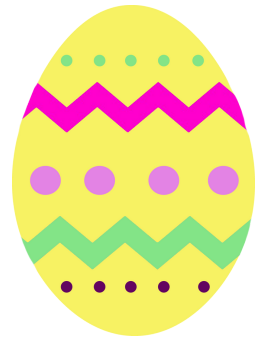
7521 CARMEL AVE NE 87113

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**

**VISIT OUR WEBSITE
[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.

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.



ONE
ALBUQUE
RQUE

April 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1 • Turkey w/Gravy • Stuffing • Vegetables • Fruit • 1% Milk
4 • Salisbury Steak w/ Gravy • Roasted Redskin Potatoes • Vegetables • Fruit • 1% Milk	5 • Rotisserie Chicken • Brown Rice • Beets w/Onions • Dinner Roll • Fruit • 1% Milk	6 • Turkey Chef Salad • Orzo Pasta w/Red Peppers • Croissant • Pudding • 1% Milk	7 • Frito Pie • Vegetables • Corn Chips • Fruit • 1% Milk	8 • Garlic Tilapia • Pasta w/Diced Tomatoes • Vegetables • Fruit • 1% Milk
11 • Sloppy Joe • Tater Tots • Vegetables • Yogurt • 1% Milk	12 • Egg Salad Sandwich • Mediterranean Mixed Bean Salad • Fruit • 1% Milk	13 • Chicken Fajitas • Spanish Brown Rice • Vegetables • Fruit • 1% Milk	14 • Chicken Tender w/ BBQ Sauce • Steamed Potatoes • Vegetables • Fruit • 1% Milk	15 • Baked Cod w/Tartar Sauce • Orzo Pasta w/Black Olives • Vegetables • Chocolate Cake • 1% Milk
18 • Carne Adovada • Vegetables • Pinto Beans • Cookie • 1% Milk	19 • Beef Fajitas • Sweet Potatoes • Vegetables • Fruit • 1% Milk	20 • Beef Patty w/ Mushroom & Swiss • Vegetables • Hamburger Bun • Fruit • 1% Milk	21 • Spaghetti w/Meat Sauce • Vegetables • Fruit • 1% Milk	22 • Southwest Omelet • Stewed Tomatoes • Hash Browns • Fruit • 1% Milk
25 • Bean & Rice Burrito topped w/Red Chile & Cheese • Vegetables • Cake • 1% Milk	26 • Beef Tips w/Bowtie Pasta • Vegetables • Wheat Roll • Fruit • 1% Milk	27 • Baked Chicken • Southern Black Eyed Peas • Brown Rice w/Red Peppers • Fruit • 1% Milk	28 • Baked Ziti • Steamed Green Beans • Seasonal Vegetables • Apple Sauce • 1% Milk	29 • Roast Beef w/Gravy • Parsley Potatoes • Vegetables • Fruit • 1% Milk

The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative providing locally sourced produce ensuring our seniors a healthy meal.

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!



Anna Sanchez,
Director,
Department of
Senior Affairs

Health Events:

GEHM Clinic

April 13th

9:00AM-12:00PM

Med Care

April 14th and 26th

11:00 AM- 12:00 PM

Be Brave with Heart Fall Prevention

April 6, 2022

10:00 AM- 11:30 AM



Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help older adults, 60 and older, learn about digital technology and how to navigate the internet. Visit with center staff for enrollment details.



TRACK HOURS:

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

CLOSED FOR CLEANING M-F

2:00PM-2:45PM

SATURDAY 9:00AM-2:15PM



FITNESS CENTER HOURS:

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

CLOSED FOR CLEANING M-F

1:30PM-2:00PM

SATURDAY 9:00AM-2:45PM

ROCK WALL HOURS:

M-F 9:00AM-2:00PM

6:30PM-7:45PM

SAT 10:00AM-2:00PM

CLOSED 2:00PM-5:00PM FOR
CLEANING/AFTER SCHOOL
PROGRAM



GAME ROOM HOURS:

M, T, W OPEN 8:00AM-8:45PM

THURSDAY CLOSED 2:15PM-3:15PM
FOR YOUTH PROGRAM

FRIDAY CLOSED 4:00PM-5:00PM
FOR YOUTH PROGRAM

SATURDAY: 9:00AM-2:45PM

North Domingo Baca Classes

Photography

Wednesday, 9:00 am- 10:30 am

Thursday, 6:00 pm- 8:00 pm



Learn to Paint and Draw with Kelly

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

Card Making

Thursday, 10:30 am-11:30 am



Quilting Cluster

Friday, 10:00 am- 4:00 pm

Bible Study

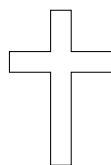
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 8:45 am-10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



Kendo

Wednesday, 6:00 pm- 7:30 pm

Friday, 6:00 pm- 7:30 pm

Ballroom Dancing

Saturday, 1:00 pm-2:00 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month

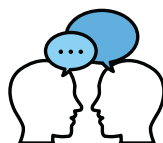
1:00 pm-2:30 pm

Intermediate French

Saturday, 9:30 am- 11:00 am

Beginning German

Tuesday, 10:30 am- 12:00 am



ABQ Karate \$

Monday, 5:00 pm- 8:00 pm

Wednesday, 5:00 pm- 8:00 pm



Beginning Line Dancing

Thursday, 1:30 pm- 3:00 pm

Intermediate Line Dancing

Wednesday, 1:30 pm- 3:00 pm



Mah Jongg

M,W,TH

12:00 pm- 1:30 pm

Feldenkrais

Thursday, 10:00 am- 11:00 am

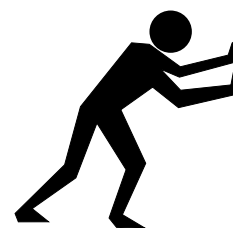
and 6:00 pm- 7:00 pm

Albuquerque Fibromyalgia

Support Group

1st Tuesday of the month,

1:00 pm- 2:30 pm



Health and Fitness Classes



Zumba \$2

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am

Unified Rec for Individuals with Disabilities

Gymnasium

Thursday:

6:30 pm-7:30 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Learn to play pickleball

Gymnasium

Wednesday

12:00 pm- 2:00 pm

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

12:00 pm- 2:00 pm

Monday-Friday

5:00 pm- 5:45 pm

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



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 9:15 am- 10:15 am

Saturday 10:20 am- 11:20 am

Gentle Exercise

M,W,F

9:30 am- 10:30 am

50+ Basketball

Gymnasium

Monday

12:00 pm- 2:00 pm

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am



Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and

10:15 am - 11:15 am

Yoga with Lynn \$10

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Open Gym for adults and teens

Gymnasium

Monday 6:00 pm-8:00 pm

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

Open play pickleball

Gymnasium

Friday

12:00 pm- 2:00 pm

FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 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) \$5

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

Friday,

10:00 am- 11:00 am

Qigong with Diane

NDB Aerobics Room

Monday

12:00 pm- 1:00 pm

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 12:00 pm

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 10:00 am

Boomer Yoga \$8

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 pm

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday,

4:30 pm- 5:30 pm

Friday,

4:15 pm- 6:15 pm

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

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

Yoga with Misa

NDB Aerobics Room

Saturday

9:00 am- 10:15 am





Community Events

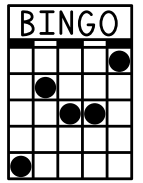
**April Birthday Cake
Celebration in
Lobby
April 4th**



**Senior Arts and Crafts
April 4th, April 18th, April 25th
1:00 pm -2:30 pm**



**Senior Lunch and
Movie
April 22nd
Noon- 1:30 pm**



**Bingo
April 8th
In Social Hall
1:00 pm-2:30 pm**



**Family Game Night
Alice in Wonderland
April 8th
6:00 pm -8:00 pm**



**Pie Social
April 11th
75¢**



**Live Music Entertainment
April 13th
Amphitheater
11:30 am- 1 pm**



**Senior Trip:
Los Poblamos Organic Farm
April 20th
8:30 am - 4:00 pm
Sign up by April 15th**



**Family Movie Night
The Lorax
April 15th
6:00 pm- 8:00 pm**



**Lunch with Tom & Sarah
April 27th
Restaurant TBD
10:30 am - 1:00 pm**



**Community Gardening
April 22nd
2:15 pm- 3:15 pm**



**Community Dance Night
April 22nd
6:00 pm- 8:00 pm**



**Family Tennis Every
Saturday
Half Court
11:15 am - 2:15 pm**



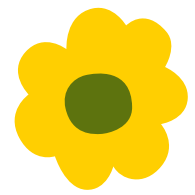
**Walking Club
Monday, Wednesday
and Friday
Walking with NDB
Staff
8:30 am - 10:30 am
5:30 pm - 7:30 pm**



**Stepping Stones
Tuesdays & Thursdays
9:15 am- 10:15 am ages 18+
2:15 pm- 3:15 pm ages 5-17**



Youth Corner



NDB After School Program

Monday - Friday | 2:00 pm - 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

Josh Baca, Rec Leader

Hope Davis, Rec Leader

Alexis Gonzales, Rec Leader

Berto Ibarra, Student Supervisor

Tanner Keener, Student Supervisor

Erin Magrath, Rec Leader

Nick Moskola, Rec Leader

Leah Rodriguez, Rec Leader

Jaeda Saucedo, Rec Leader

Santana Sisneros, Student Supervisor

Preston Stanley, Rec Leader

IMPORTANT YOUTH PROGRAM DATES

Make it Mondays, Team Tuesdays, Wiggle Wednesdays, Thinker Thursdays, Fun Day Fridays

April 1st- Parents Night Out- Science Club and Teen Gaming

From 6 pm - 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
Room 5 and Room 3



April 6th- National Student Athlete Day

Visit from UNM Student Athletes
Gym
4 pm- 5 pm



April 7th- World Health Day

Health and Hygiene presentation and activity for NDBs After School kids



April 8th Alice in Wonderland Family Game Night

From 6 pm - 8 pm join us in playing fun family giant games in the Gym

April 15th and April 18th- No Youth Program

Vernal Holiday



April 15th- Family Movie Night

From 6 pm - 8 pm, have the whole family join us for The Lorax and popcorn. You are welcome to wear pjs, bring blankets, sleeping bags, etc.

April 21st- Community Farmers Market and Art Fair

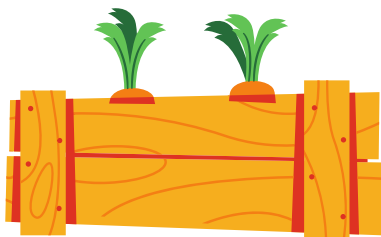
1 pm- 3 pm

April 21st- National Kindergarten Day

Celebration for Kindergarteners
4-5 pm

April 22nd- Earth Day Community Gardening

Social Hall Patio from 2:15 pm- 3:15 pm



April 28th- National Superhero Day

Celebrate by wearing your favorite superhero shirt