



APRIL 2024

7521 CARMEL AVE NE, 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:

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

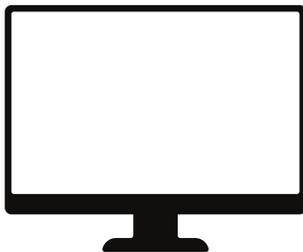
SATURDAY 9:00AM - 3:00PM

"WE ARE COMMITTED TO
PROVIDING RESOURCES WITH
CARE AND COMPASSION THAT
HELP OUR COMMUNITY THRIVE
WHILE EMBRACING AGING."

Accredited by 
National Institute of
Senior Centers

MEMBERSHIP INFORMATION:

**NEW/RENEWAL PARTICIPANTS ARE REQUIRED
TO FILL OUT PAPERWORK TO REGISTER FOR
AN ANNUAL MEMBERSHIP OF \$20.00**



SAVE THE DATE

50+ Senior Tech Connect

April 19, 2024

8:30 am - 12:30 pm

@ Manzano Mesa Multigenerational Center

Visit our website:

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



BREAKFAST



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

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

HOT CEREAL W/ MILK
\$0.70

HASH BROWNS \$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

LUNCH

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

SAVE THE DATE

Tarde De Oro

May 9, 2024

@ 1:30 PM

Kim Theater

423 Central Ave NW,
87102

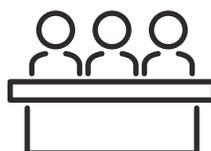


JOIN US FOR OUR MONTHLY DSA ADVISORY MEETING

APRIL 15, 2024

@ 12:00 PM

HIGHLAND SENIOR CENTER
131 MONROE NE, 87108



ATTENTION:

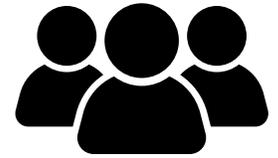
Gym schedule will change effective June 2024 due to Summer Program. Thank you!



MEET NORTH DOMINGO BACA STAFF



Thomas Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
Victoria Jaramillo, Senior Program Coordinator
Dejah Aranda, Office Assistant



Tanner Keener, Program Assistant
Justine Pennington, Program Assistant
Maria Munoz, General Service Worker
Diego Valdez, General Service Worker
Dale Bowles General Service Worker

Madeline Silva, Recreation Assistant
Joshua Baca, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant
Ariana Lira, Program Assistant

GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

3:45 PM- 4:45 PM FOR
AFTER SCHOOL PROGRAM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

*CLOSED M-F

3:45 PM- 4:45 PM FOR
AFTER SCHOOL PROGRAM



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

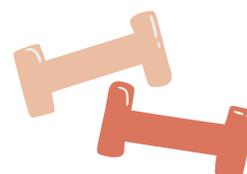
M-F, 8:00 AM-8:45 PM

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.**



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

Saturday,
9:30 am - 11:00 am

Advanced Beginner German

Tuesday, 10:30 am - 12:15 pm

Card Making

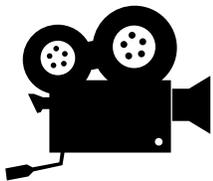
Thursday, 10:30 am - 11:30 am

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



Bible Study

Monday, 9:00 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am - 10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am - 2:00 pm

Email: abqfibro.com

Brain Education

Friday,
2:00 pm - 3:00 pm



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 for Seniors \$3

Gymnasium

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

Learn to play pickleball

Gymnasium

Wednesday,

12:00 pm - 2:00 pm

Open play pickleball

Gymnasium

Thursday,

6:00 pm - 8:15 pm

Friday,

11:00 am - 3:00 pm

50+ Senior pickleball

Monday,

6:00 pm - 8:15 pm

Badminton

Gymnasium

Tuesday,

6:00 pm - 8:00 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

Yoga with Lynn \$10

Monday, 9:00 am - 10:00 am

Friday, 1:00 pm - 2:00 pm

Kendo \$

Monday, 6:00 pm - 7:30 pm

Wednesday, 6:00 pm - 7:30 pm

Feldenkrais

Thursday,

10:00 am - 11:00 am

6:00 pm - 7:00 pm

Weights, Stretch, and Light Aerobics

Social Hall

Tuesday,

10:30 am - 11:10 am

Thursday,

9:30 am - 10:30 am

Fit/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

Open Gym (All Ages)

***UNDER 18**

REQUIRES A

PARENT/GUARDIAN

Gymnasium

Tuesday and

Thursday

10:45 am - 2:00 pm

Friday

5:45 pm - 8:15 pm

Saturday

***Half court youth and family**

11:00 am - 2:30 pm

Saturday

All Ages Open Gym

11:00 am - 2:30 pm

50+ Senior Basketball

Gymnasium

Monday,

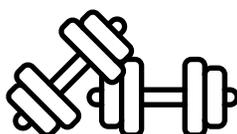
10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am



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

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

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

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

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 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

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Art of Chair Yoga \$5

NDB Aerobics Room

Tuesday/Thursday

8:30 am- 9:30 am



Youth Corner

After School Program Youth Program

August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary
\$15 Month Per Child

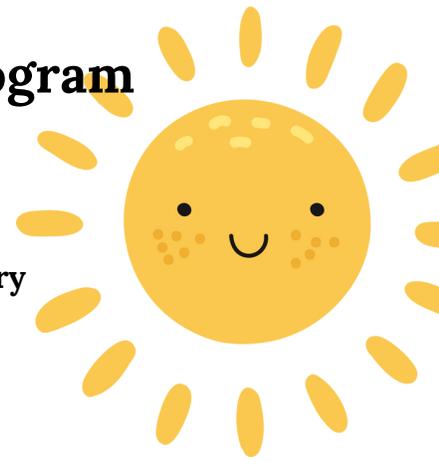
Active \$20 DSA Youth Membership Required
To join waitlist please speak to Youth Staff

Meet the Youth Staff

Jayden Aragon, Recreation Leader
Hope Davis, Student Supervisor
Moses Janga, Recreation Leader
Mika Juan, Recreation Leader

Isaiah Mendoza, Recreation Leader
Matthew Mendoza, Recreation Leader
Dominique Rodriguez, Recreation Leader

Leah Rodriguez, Student Supervisor
Amous Rodela, Recreation Leader
Jaeda Saucedo, Student Supervisor
Lily Wouters, Recreation Leader



YOUTH PROGRAM CALENDAR



MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
1 April Fools National Fun Day Program Hours: 7:30 am- 5:30 pm Art Attack 12 pm- 3 pm Price: \$15	2 International Children's Book Day Readout loud World Autism Awareness Day Program Hours: 7:30 am- 5:30 pm	3 Program Hours: 7:30 am- 5:30 pm Walk-a-thon- 10 am – 12 pm @ Manzano Mesa National Walking Day!	4 National Body Care Day Program Hours: 7:30 am- 5:30 pm	5 Program Hours: 7:30 am- 5:30 pm Teen Skate Night Social Hall Free Entry 5- 7 pm
-----Spring Break-----				
8 Recreation Rotation-Arts and Crafts 4:30 pm- 5:30 pm Group 2 Kids Cook 4 pm- 5:30 pm Group 1 	9 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) 	10 Recreation Rotation- "Feels Like Home" Arab Heritage Night 4:30 pm- 6 pm Social Hall	11 National Pet Day Recreation Rotation- Write about our pet or our dream pet! 4:30 pm- 5:30 pm 	12 Recreation Rotation- Kids Choice! 4 pm- 5:30 pm Throughout the Generations Family Picnic and Movie Lorax 5 pm- 8 pm Wear PJs, bring blankets, sleeping bags etc. Sign up Prior
15 World Art Day Recreation Rotation-Arts and Crafts 4:30 pm- 5:30 pm Group 1 Kids Cook 4 pm- 5:30 pm Group 2	16 Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Teen Tuesday Mini Golf Night Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	17 Recreation Rotation- Sing Along Songs & Musical Yoga 4:30 pm- 5:30 pm 	18 Recreation Rotation- Gardening 4:30 pm- 5:30 pm 	19 International Creativity Day Recreation Rotation- Kids Choice! 4 pm- 5 pm
22 Earth Day  Recreation Rotation-Make Bee Hotels & Enjoy Dirt and Worms! 4:30 pm- 5:30 pm 	23 Recreation Rotation- Frisbee Golf & Tennis 4:30 pm- 5:30 pm 	24 Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm 	22 Recreation Rotation- S.T.E.M Project 4:30 pm- 5:30 pm 	26 No Program 😞
29 Recreation Rotation-Arts and Crafts 4:30 pm- 5:30 pm 	30 Recreation Rotation- Team Work Games 4:30 pm- 5:30 pm 			

Calendar is Subject to Change

