

WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

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."

Visit our website:
<https://www.cabq.gov/seniors>

Accredited by 
National Institute of
Senior Centers

IN CELEBRATION OF NATIONAL SENIOR CENTER MONTH



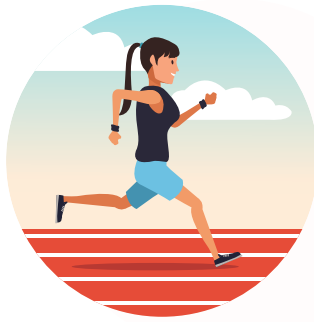
Barelas
Senior Center
Fiesta 

GET READY FOR A JAM-PACKED
PARTY WITH LIVE MUSIC,
DELICIOUS GRUB, AND ALL-
AROUND GOOD TIMES!

5 SEPTEMBER | 9 am - 3 pm
2025
714 Seventh St SW 87102

50+ VIDEO GAME ROOM HOURS:

MONDAY-FRIDAY,
9:00 AM-2:00 PM



TRACK HOURS:

M-F, 8:00 AM-8:45 PM
SATURDAY, 9:00 AM-2:45 PM

ROCKWALL HOURS:

M-F, 12:30 PM - 7:00 PM
*CLOSED
M-F, 3:45 PM - 6:00 PM
FOR YOUTH PROGRAM



GAME ROOM HOURS:

MONDAY-FRIDAY,
8:00 AM-8:30 PM
SATURDAY, 9:00 AM-2:30 PM
*CLOSED

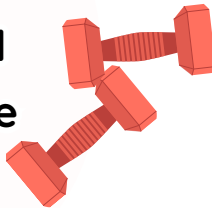
M-F, 3:45 PM-6:00 PM
FOR YOUTH PROGRAM



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.



SPECIAL ANNOUNCEMENTS



DSA ADVISORY COUNCIL MEETING:

NO MEETING FOR THE MONTH OF
AUGUST 2025



ATTENTION:

GYM, ROCKWALL & GAMEROOM
SCHEDULED WILL CHANGE
EFFECTIVE MONDAY, AUGUST 4TH.



BOARDS & COMMISSIONS NEEDS YOU

Join one of our 50 Boards & Commissions
Shape the future of our city!
APPLY TODAY: cabq.gov/boards



JOIN US IN OUR NEW 50+ VIDEO GAME ROOM LOCATION: CLASSROOM 7

PLEASE SEE ROOM HOURS INSIDE THE NEWSLETTER



BREAKFAST



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

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

DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30
HOT TEA \$0.30 | MILK \$0.25 |
ORANGE JUICE \$0.25

FULL BREAKFAST \$1.50

2 EGGS W/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

A la Carte Items:

CHEESE \$0.25
1 PANCAKE \$0.25
1 FRENCH TOAST \$0.25
TOAST \$0.20
ENGLISH MUFFIN \$0.20
EGG \$0.25
BACON (2 SLICES) \$0.50
SAUSAGE (2 SLICES) \$0.50
RED OR GREEN
CHILE \$0.25
OATMEAL \$0.70
POTATO SQUARES \$0.30
TORTILLA \$0.20

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00
FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50



HOW LUNCH WORKS:



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

Ages 50-59 is \$3.25

Ages 49 and under is \$7.67

North Domingo Baca Classes

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm



Guitar Workshop with Laudente \$

Thursday, 6:00 pm - 7:30 pm

Improver Line Dancing

Monday, 1:30 pm - 3:00 pm

Tuesday, 1:30 pm - 3:00 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



Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

American Sign Language

Monday & Wednesday,
9:00 am - 11:00 am

Italian Movie Night

2nd Friday of Every Month
6:00 pm- 8:00 pm

French Group

Saturday,
9:30 am- 11:00 am



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!



Photography

Wednesday, 9:00 am- 11:00 am

Wednesday, 6:00 pm- 7:30 pm

Sharing memories through creative writing

Wednesday,
12:30 pm- 2:00 pm

Chess Club

Thursday,
1:00 pm- 3:00 pm

ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm
Thursday, 5:00 pm- 8:00 pm
Saturday, 11:45 am- 1:15 pm



Albuquerque Fibromyalgia Support Group

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

Email: abqfibro.com

Living with MS Support Group

1st & 3rd Thursday of Every Month
6:00 pm- 7:30 pm

Ostomate Support Group

2nd Saturday of Every Month
1:00 pm- 2:15 pm



Open Bible Study

Monday and Wednesday,
9:00 am-11:00 am

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

Woodcarvers

Tuesday, 5:00 - 7:00 pm
Must be 9 yrs old & up

Health and Fitness Classes



Kendo \$

Monday and Wednesday,
6:00 pm- 7:30 pm

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

Fit/Tone with Jen \$4

Tuesday,

9:15 am- 10:15 am

Weights, Stretching, and Light Aerobics

Social Hall

Tuesday | 10:15 am- 11:10 am

Thursday | 9:30 am- 10:30 am

* Bring 2 weights (1 lbs - 3 lbs) every

Thursday

Jazzercise \$

Social Hall

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

Sign up at [Jazzercise.com](https://www.jazzercise.com)

Yoga with Lynn \$10

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm



Feldenkrais

Thursday,

Aerobics Room

10:00 am- 11:00 am

3:00 pm- 4:00 pm

Korean Yoga Tai Chi

Quiong

Friday,

2:00 pm- 3:00 pm



Aging Alone Together

Join DOROT's six-week online program designed for solo agers — individuals who, by choice or circumstance, expect to age independently. Each session offers practical tools and discussions on key topics like building community, future medical planning, financial/legal matters, and aging at home or elsewhere.

In partnership with the City of Albuquerque and Older Rainbow Community Albuquerque.

Space is limited. Please commit to attending at least 5 of the 6 sessions.

WHEN: Thursdays, August 14th – September 18th

TIME: 10:00AM-11:30 MT / 12:00-1:30PM ET

WHERE: Online via Zoom

📞 505-768-3630

🌐 cabq.gov/seniors/events

GYM SCHEDULE

**Open Gym (All Ages)*UNDER 18
REQUIRES A PARENT/GUARDIAN**



Tuesday 11:00 am-12:30 pm Thursday 10:45 am-11:45 am
Friday 6:00 pm-8:00 pm Saturday 12:30 pm -2:30 pm



50+ Senior Basketball
Monday,
11:00 am-12:30 pm

Wednesday,
6:00 pm-8:00 pm

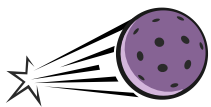
Saturday,
9:00 am-11:00 am

Women's 50+ Senior Basketball
Monday,
6:00 pm- 8:00 pm

Middle School Open Gym
Monday-Friday,
*Half court
3:00 pm-4:00 pm

Family Open Gym
Monday-Friday,
5:00 pm- 5:45 pm

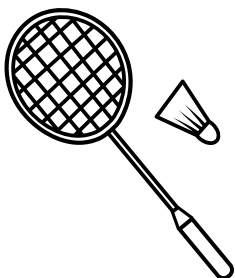
Saturday,
*Half court youth
and family
11:00 am-12:30 pm



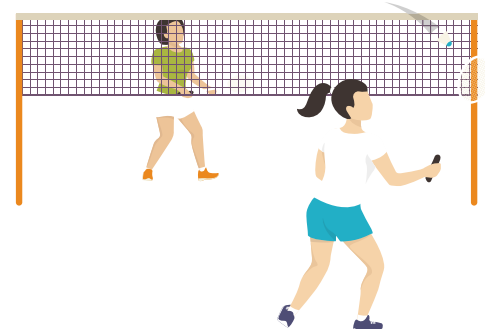
50+ Senior pickleball
Tuesday,
*Half Court
11:00 am-12:30 pm

Open play pickleball (All Ages)
Thursday,
6:00 pm- 8:00 pm
Friday,
11:00 am-2:30 pm

Learn to play pickleball
Wednesday,
12:00 pm-3:00 pm



Badminton
Tuesday,
6:00 pm- 8:00 pm



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 & Tone

Gymnasium

Tuesday/Thursday

8:15 am - 9:15 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:15 am- 10:15 am

Yoga Flow with Cindy \$10

NDB Aerobics Room

Wednesday

4:15 PM - 5:15 PM

*Bring yoga mat, block,
strap

Restorative Yoga

with Dr. Maddoux \$10

NDB Aerobics Room

Tuesday

4:30 PM - 5:30 PM

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:00 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

6:30 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Wednesday

5:30 pm- 6:45 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

Tai Chi for Arthritis

NDB Aerobics Room

Wednesday

8/6/25-9/24/25

1:00 PM - 2:00 PM

American Kenpo Karate

NDB Aerobics Room

Monday

9:30 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

Kung Fu

NDB Aerobics

Room

Saturday

10:30 am- 12:30 pm

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat
and water bottle

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Monday, 5:30 pm- 6:30 pm
Thursday, 4:30 pm- 5:30 pm
Friday, 4:15 pm- 6:15 pm

North Domingo Baca Multigenerational Center Community Event Calendar



Trips for the Month



Trip to Los Volcanes Senior Center

Community Safety Series

Learn tips to help keep you safe,
your property safe and how
ACS/APD can help.

Tuesday, August 12

Depart @ 9:15 am



Trip to Green Jeans Food Hall

\$\$


Thursday, August 28


Depart @ 11:00 am



Community Events

*Calendar is subject to change

August
1
.....
Birthday Cake
@ 12:00 pm 
in the Snack Bar

August
12
.....
Pie Social
@ 12:00 pm 
in the Snack Bar

August
13
.....
GEHM Clinic
@ 8:30 am

 Teeniors
Tech Help 
Ask front desk for more info
.....

August
14 & 28
.....
Live Music During
Lunch
@ 11:30 am  

August
18
.....
B.I.N.G.O. 
@ 1:00 pm - 2:30 pm