



WELCOME TO DEPARTMENT OF SENIOR AFFAIRS NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

A Message of Care and Commitment This August

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque’s growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I’m happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque’s older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

August 2026

7521 Carmel Ave NE, 87113
505-764-6475
www.cabq.gov/seniors

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."**

**For a full list of programs,
activities, and events
happening across DSA
centers, please visit the
DSA website.**

FITNESS CENTER HOURS:

MONDAY - FRIDAY

8:00 AM-8:45 PM

SATURDAY

9:00 AM-2:45 PM

CLOSED FOR CLEANING

MONDAY - FRIDAY

1:30 PM-2:00 PM

*You must be ages 16 & up to use
fitness center.

(A parent/legal guardian is
required for ages 16 & 17)



TRACK HOURS:

MONDAY-FRIDAY

8:00 AM-8:45 PM

SATURDAY

9:00 AM-2:45 PM



ROCKWALL HOURS:

ATTENTION:

THE ROCKWALL WILL
BE CLOSED UNTIL
FURTHER NOTICE DUE
TO THE ANNUAL
RECERTIFICATION.

THANK YOU FOR YOUR
PATIENCE AND
UNDERSTANDING.



GAME ROOM HOURS:

MONDAY-FRIDAY

8:00 AM-8:30 PM

SATURDAY

9:00 AM-2:30 PM

CLOSED

MONDAY - FRIDAY

3:30 PM - 6:00 PM

FOR YOUTH

AFTER SCHOOL PROGRAM

NORTH DOMINGO BACA CLASSES

American Sign Language

Monday, 9:30 am - 11:00 am
Wednesday, 1:00pm-2:30 pm

French Group

Saturday,
9:30 am- 11:00 am

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm

Music Appreciation

1st & 4th Thursday,
11:00 am- 1:00 pm

Guitar Workshop w/ Laudente \$

Thursday, 6:30 pm - 7:30 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!

Photography

Wednesday, 9:00 am- 11:00 am
Wednesday, 6:00 pm- 7:30 pm

Open Bible Study

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

Open Bible Study

Friday, 10:00 am- 11:00 am

Mixed Fellowship/Prayers /Bible Study

Monday, 1:00pm - 2:30 pm

Bible Study 101

Tuesday,
9:00 am -11:00 am

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

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

Chess Club

Thursday,
1:00 pm- 3:00 pm

Euchre

Thursday,
12:15 pm- 2:15 pm

ABQ Karate \$

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

Kendo \$

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

Discussion Group

2nd Tuesday of every month
1:00 pm- 2:30 pm

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

Albuquerque Fibromyalgia Support Group

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

www.abqfibro.com

Sharing memories through creative writing

Wednesday,
12:30 pm- 2:00 pm

Woodcarvers

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

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Neuro Up for Parkinson's

NDB Aerobics Room

Mon. & Wed., 8:15 am- 9:15 am

Please go to the Fitness Center to sign up

Tai Chi for Arthritis & Fall Prevention

Sept. 2 - Dec. 16, Wed., 1:15 pm - 2:15 pm
Call 505-884-4529 to reserve your spot

WHAT'S NEW!

Yoga Flow with Cindy \$10

New class time, 5:30 pm - 6:30 pm

Hula \$

New class time, 4:15 pm - 5:15 pm

ATTENTION:

**GYMNASIUM & GAMEROOM SCHEDULE
WILL CHANGE EFFECTIVE
SATURDAY, AUGUST 1ST**

SPORTS & 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 and Thursday

8:15 am - 9:15 am

Yoga Flow with Cindy \$10

NDB Aerobics Room

Wednesday

5:30 pm- 6:45 pm

Restorative Yoga

with Dr. Maddoux \$10

NDB Aerobics Room

Tuesday, 4:30 pm - 5:30 pm

Chair Fit Gold \$6

NDB Aerobics Room

Monday, 1:00 pm - 2:00 pm

La Blast \$6

NDB Aerobics Room

Thursday, 11:00 am-12:00 pm

Fit/Tone with Jen \$4

NDB Aerobics Room

Tuesday, 9:15 am- 10:15 am

Kuchupudi/Mohiniyattom Dance \$20.00

NDB Aerobics Room

Wednesday, 7:00 pm- 8:30 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

4:15 pm - 5:15 pm

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

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat and water bottle

Neuro Up for Parkinson's

NDB Aerobics Room

Mon. & Wed.

8:15 am- 9:15 am

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

Feldenkrais

NDB Aerobics Room

Thursday,

10:00 am- 11:00 am

3:00 pm- 4:00 pm

Physical Therapy Talks

1st Wednesday of each month

2:00 pm—3:30 pm

**Talks 45-60 minutes with
exercise to follow**

North Domingo Baca Aerobics Room

Informal talks covering details of anatomy and physiology to help individuals maximize exercise effectiveness, minimize risk of injury and optimize functional movements.

Topics will be as follows:

August: Hip and knee

September: Ankle and foot

20 participant max

1st come 1st serve

Free to current active members

Presenter: Leslie Herman, PT (NM lic#1699)



HEALTH & FITNESS CLASSES

Enhance Fitness

Social Hall

Monday, Wednesday & Friday

8:05 am - 9:05 am &

10:15 am - 11:15 am



Korean Yoga Tai Chi Qigong

Friday,

2:00 pm- 3:00 pm

Zumba (Gold) \$4

Social Hall

Tuesday,

9:15 am- 10:15 am

Zumba \$5

Social Hall

Monday, Wednesday, Saturday

9:15 am- 10:15 am

Jazzercise \$

Social Hall

Monday 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

FIT for Seniors \$3

Gymnasium

Tuesday and Thursday,

9:30 am- 10:30 am

Yoga with Lynn \$10

Monday, 9:30 am- 10:30 am

Friday, 1:00 pm-2:00 pm

Weights, Stretching, & 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

GYM SCHEDULE

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

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 pickleball

Tuesday,

*Half Court

11:00 am-12:30 pm



Learn to play pickleball

Wednesday,

12:00 pm-3:00 pm

Open play pickleball (All Ages)

Thursday, 6:00 pm- 8:00 pm

Friday, 11:00 am-2:30 pm

Badminton

Tuesday,

6:00 pm- 8:00 pm



Special Events & Announcements



In memory of our
Fallen Family Member
Frank Commiskey

Coffee with Constituents

August 27, 2026 from 8:30 am - 9:30 am
Bear Canyon Senior Center
4645 Pitt NE, 87111

Tai Chi for Arthritis & Fall Prevention

Join Ilene for a FREE, 16-session evidence-based program that uses gentle movements from Sun Style Tai Chi to

- improve balance
- ease joint pain
- leave you feeling calm, relaxed, and well



North Domingo Baca Multigenerational Center
7521 CARMEL NE 87113

Sept. 2 to Dec. 16
Wednesdays
1:15pm-2:15pm



Limited Enrollment
Reserve your space today!
Call (505) 884-4529
or visit the front desk

Fitness Knows No Age Sports & Fitness Wellness Walk

Walk with us for
National Wellness Month



Thursday, August 13
9:00 AM to 10:00 AM

Location: North Domingo Baca
Multigenerational Center

Scan membership card upstairs in
Fitness Center first, meet at
Main Entrance

Bring a water bottle
& a buddy!



All Members welcome!

DSA ADVISORY COUNCIL MEETING

SAVE THE DATE

NO MEETING
FOR AUGUST

September 21, 2026 at 12:00 pm
North Domingo Baca Multigenerational Center
7521 Carmel Ave. NE 87113

Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council>

Aug. - Dec. 2026 schedule:

August - No meeting

Monday, September 21, 12:00-1:30 p.m. - North Domingo Baca Multigenerational Center

Monday, October 19, 12:00-1:30 p.m. - Barelas Senior Center

Monday, November 16, 12:00-1:30 p.m. - Conway Wood Northwest Multigenerational Center

December - No meeting

Schedule Link: <https://www.cabq.gov/seniors/documents/2026-schedule-of-meetings.pdf>

Special Events & Announcements



Calling All Artisans & Crafters!

5th Annual Ageless Artisan Craft Fair
Saturday, November 14, 2026 | 9:00 am – 2:00 pm
Manzano Mesa Multigenerational Center
501 Elizabeth St. SE
Questions? Call 505-275-8731

Applications Open:
August 3, 2026, 8:00 am

Applications Close:
August 28, 2026, 5:00 pm

Vendor applications will be available beginning August 3 on the Senior Affairs Events webpage and at any Senior or Multigenerational Center.

ONE ALBUQUE RQUE senior affairs

Estate Planning for Seniors

Learn about organizing your legal, financial, and healthcare documents to protect your assets and dictate your future wishes.



Attend ONE of these FREE presentations:

Tuesday, August 4, 2026

4–5pm

Manzano Mesa Multigenerational Center
501 Elizabeth St SE, ABQ, NM 87123

Wednesday, August 12, 2026

4–5pm

Barelas Senior Center
714 7th St SW, ABQ, NM 87102

Thursday, August 20, 2026

3:30–4:30pm

North Valley Senior Center
3825 4th St NW, ABQ, NM 87107

Tuesday, August 25, 2026

3:30–4:30pm

Los Volcanes Senior Center
6500 Los Volcanes Rd NW, ABQ, NM 87121

Presented by attorney and judge
Cristy J. Carbón-Gaul



in conjunction with



Please sign up at the front desk at the Center where you plan to attend.



NORTH DOMINGO BACA

Pottery class

Sign Up Info

LOTTERY ENTRY:
August 17th – August 21st

LOTTERY DRAWING:
August 24th

Those selected will be notified by phone by August 25th

- Must have an active DSA membership.
- Must sign up at the front desk in person.

Class Dates

Beginning I & II Pottery

- Tuesday, 9:30 am – 1:00 pm
- September 15th – December 15th

Open Studio

- Thursday, 9:30 am – 1:00 pm
- September 17th – December 17th

- Mandatory attendance will be required the first 8 weeks of class and only 2 absences will be allowed.

ONE ALBUQUE RQUE senior affairs

IMPORTANT NOTICE

**SOME SENIOR CENTERS & FITNESS FACILITIES
WILL BE TEMPORARILY CLOSED FOR
EMPLOYEE TRAINING**

**These facilities will be closed for Employee Training
August 3 to August 7, 2026:**

Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center

Normal business hours will resume on **August 10, 2026** for Barelas and Highland facilities.

Normal business hours will resume on **August 9, 2026** for North Valley.

Normal business hours will resume on **August 8, 2026** for Bear Canyon.

**During this time, meal services will be
available at our other locations:**

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center & Fitness Facilities
Palo Duro Senior Center & Fitness Facilities

Thank you for your cooperation!

Community Events Calendar

TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up at the front desk starting July 15th

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

Trip to NM Museum of Natural History & Science \$\$ **Thursday, August 20**

Check in: 8:15 am

Depart: 8:30 am

Return: 12:30 pm

Trip to Mac's La Sierra \$\$ **Friday, August 28**

Check in: 10:15 am

Depart: 10:30 am

Return: 1:00 pm

UPCOMING TRIPS FOR SEPTEMBER:

Please visit the front desk for more information

Sign up at the front desk starting August 15th

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

Trip to Sergio's Italian Bakery & Cafe \$\$ **Thursday, September 10**

Check in: 4:15 pm

Depart: 4:30 pm

Return: 7:00 pm

Trip to Telephone Museum \$\$ **Wednesday, September 23**

(Must bring cash to pay)

Check in: 9:15 am

Depart: 9:30 am

Return: 12:30 pm

Community Events

***Calendar is subject to change**

Please visit the front desk for more information

August 1

AARP Driving

Sign up at the front desk

August 7

Birthday Celebration

12:00 pm In the Snack Bar

August 11

Pie Social

12:00 pm In the snack bar

August 12

GEHM CLINIC

8:30 am

August 13

Sports & Fitness Wellness Walk

9:00 am

Sign up at the Fitness Center desk

August 24

B.I.N.G.O

1:00 pm - 2:30 pm

**August
13 & 27**

Live Music During Lunch

11:30 am

**For a full list of programs,
activities, and events
happening across DSA
centers, please visit the
DSA website.**