



AUGUST 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 8:00AM-9:00AM

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 \$ Free

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.

**ONE
ALBUQUE
RQUE**

AUGUST 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
1 • Meatloaf w/ Tomato Gravy • Roasted Red Potatoes • Succotash • Fresh Seasonal Fruit • Whole Grain Dinner Roll w/ Margarine • 1% Milk	2 • Green Chile Chicken Enchiladas • Pinto Beans • Calabacitas • Mandarin Oranges • 1% Milk	3 • Philly Cheese Steak Sandwich • Steamed Carrots • Cinnamon Apples • 1% Milk	4 • Spaghetti w/ Marinara Sauce • Broccoli w/ Red Peppers • Seasonal Vegetable • Garlic Bread Sticks • Yogurt • 1% Milk	5 • Salmon w/ Pineapple • Brown Rice Pilaf • Diced Beets • Seasonal Vegetable • Honeydew Melon • 1% Milk
8 • Sweet and Sour Pork • Brown Rice • Fajita Blend Veggies • Green Peas • Vanilla Pudding • 1% Milk	9 • Cheeseburger w/ Mushrooms • Seasonal Vegetable • Tater Tots • Banana • 1% Milk	10 • Lime Fish Tacos • Calabacitas • Steamed Carrots • Fresh Seasonal Fruit • 1% Milk	11 • Beef Tips w/ Gravy • Spinach w/ Onions • Sweet Potatoes • Watermelon or Fresh Seasonal Fruit • 1% Milk	12 • Chicken Alfredo • Zucchini w/ Red Peppers • Seasonal Vegetable • Fresh Peaches or Fresh Seasonal Fruit • 1% Milk
15 • Omelet w/ Red Chile • Stewed Tomatoes • Diced Potatoes • Whole Grain Biscuit w/ Margarine • Mandarin Oranges • 1% Milk	16 • Spaghetti W/ Meatballs • Green Beans • Seasonal Vegetable • Pineapple • 1% Milk	17 • Roasted Pork Loin w/ Brown Gravy • Scalloped Potatoes • Seasonal Vegetable • Whole Grain Roll • Pears • 1% Milk	18 • Pollock w/ Tartar Sauce • Brown Rice • Seasonal Vegetable • Green Peas • Fresh Seasonal Fruit • 1% Milk	19 • CHILLED MEAL • Chicken Salad Sandwich on Whole Grain Bread • Fresh Cucumber Slices • Cole Slaw • Cantaloupe • 1% Milk
22 • Salisbury Steak w/ Brown Gravy • Seasonal Vegetable • Mandarin Oranges • Roasted Rosemary Potatoes • 1% Milk	23 • BBQ Pork • Baked Beans • Whole Grain Roll • Fresh Seasonal Fruit • Broccoli & Red Peppers • 1% Milk	24 • Baked Chicken w/ Brown Rice Pilaf • Sweet Potatoes • Green Beans • Red Grapes • 1% Milk	25 • Spinach Lasagna • Seasonal Vegetable • Summer Squash • Garlic Breadstick • Yogurt • 1% Milk	26 • Baked Garlic Tilapia • Ancient Grain Blend • Brussels Sprouts • Corn & Bell Peppers • Honeydew Melon • Cookies • 1% Milk
29 • Sliced Ham • Corn Bread • Pinto Beans • Collard Greens • Peaches • 1% Milk	30 • Beef & Vegetable Stir Fry • Buttered Noodles • Fresh Seasonal Fruit • Green Beans w/ Mushrooms • 1% Milk	31 • Fish & Chips • Stewed Tomatoes • Warm Sliced Apples • Whole Grain Roll • 1% Milk	Sept. 1 • Chicken Alfredo • Steamed Broccoli • Seasonal Vegetable • Fresh Strawberries • 1% Milk	Sept. 2 • Green Chile Cheeseburger • Tater Tots • Sliced Tomatoes • Watermelon • 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. .



Dear Members,

As we continue to be responsive to the needs and interests of our community, we are returning to full-length activities catalog this month. As we have seen an increase in member participation in recent months, it serves as a reminder of how critical our programs are. One of our priorities is creating opportunities to gain new skills, engage and socialize as way of adding joy and fun to our lives. It is our goal that as you read the recent activities catalog, you'll find events and programs that motivate you and match your interests.

We are excited to pave the path for happy and healthier aging in our community. Members can pick up a copy of the updated catalog in all senior, multigenerational and fitness centers. You also can find them in your local library, and other various business and community partner locations throughout Albuquerque or find it in the Sunday Journal on August 7, 2022. We welcome you to join any of our upcoming activities!

As always, the department of Senior Affairs is here for you. If you have any questions, please do not hesitate to reach out to me directly. I also invite you to join us at Coffee with Constituents at Los Volcanes Senior Center on August 10, 2022 beginning at 9:30 where we offer an opportunity to visit about concerns, welcome your feedback or we are always happy to hear your compliments!

I hope you will join us, as we always look forward to visiting with you

Sincerely,



Anna Sanchez,
Director,
Department of
Senior Affairs



TRACK HOURS:

M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
2:00PM-2:45PM
SATURDAY 9:00AM-2:15PM

ROCK WALL HOURS:

*Summer Hours until 8/5/22
M-F 9:00AM-2:00PM
6:30PM-7:45PM

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

PROGRAM

Starting 8/6/22
Monday-Friday
8:00am-2:00pm
5:00pm-8:45pm
Saturday
9:00am-2:15pm



GAME ROOM HOURS:

M-F OPEN: 8:00AM-9:30AM
12:00PM-3:30PM, AND 6:00PM-8:45PM
SATURDAY: 9:00AM-2:45PM

*Summer Hours until 8/5/22

Closed 9:30am to 11:45am and 3:30pm to
5:30pm

Starting 8/6/22
Monday-Friday
8:00am-3:00pm
6:00pm-8:45pm
Saturday
9:00am-2:30pm

Health Events:

GEHM Clinic
August 10th
9:00AM-12:00PM

All about Medicare 101/ Pres Medicare

August 2nd, 16th, 30th
10:00AM-12:00PM



Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT 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.



FITNESS CENTER HOURS:

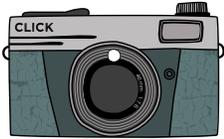
M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
1:30PM-2:00PM
SATURDAY 9:00AM-2:45PM



North Domingo Baca Classes

Photography

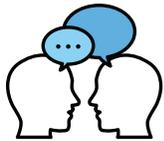
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm



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.

French Group

Saturday, 9:30 am- 11:00 am



Music Group

Wednesday,
10:00 am- 12:00 pm

Italian Culture Group Film

First Friday of the month,
6:00 pm- 8:00 pm



Quilting Cluster

Friday, 10:00 am- 4:00 pm

Bible Study

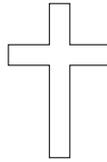
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am-10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



Family Centered Prayer Battle

Friday, 9:00 am- 10:30 am

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,
1:00 pm- 2:30 pm

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 Group

M,W,TH
12:00 pm- 1:30 pm

Feldenkrais

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

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Card Making

Thursday, 10:30 am-11:30 am



Health and Fitness Classes



Zumba \$4

Social Hall

Monday, Wednesday, and
Saturday

9:15 am- 10:15 am

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

Learn to play pickleball

Gymnasium

Wednesday

*Summer Hours until 8/5/22

10:45 am- 12:45 pm

Starting 8/6/22

12:00pm-2:00pm

Open play pickleball

Gymnasium

Friday

*Summer Hours until 8/5/22

10:45 am- 12:45 am

Starting 8/6/22

12:00pm-2:00pm

FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 9:30 am- 10:30 am

Unified Rec for Individuals with Disabilities

Gymnasium

Thursday

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

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Enhance Fitness

Social Hall

M,W,F

8:05 am- 9:05 am and

10:15 am - 11:15 am

Middle School Basketball

Gymnasium

*Summer Hours until 8/5/22

M-F

4:00 pm - 4:45 pm

Starting 8/6/22

M-F 2:45pm-4:00pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Open Gym for adults and teens

Gymnasium

Monday 6:00 pm-8:00 pm

*UNDER 18 REQUIRES A

PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

*Summer Hours until 8/5/22

10:45 am- 11:45 am

Monday-Friday

5:00 pm- 5:45 pm

Starting 8/6/22

Tuesday and Thursday

12:00pm-2:00pm

Monday- Friday

5:00pm-5:45pm

Saturday

11:15am-2:15pm

*UNDER 18 REQUIRES A

PARENT/GUARDIAN

50+ Basketball

Gymnasium

*Summer Hours until 8/5/22

Monday

10:45 am- 11:45 am

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

Starting 8/6/22

Monday

12:00pm-2:00pm

Wednesday

6:00pm-8:00pm

Saturday

9:00am-11:am

60+ Basketball

Gymnasium

Saturday

9:00am-11:00am



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Gentle Exercise

M,W,F

9:30 am- 10:30 am

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

Boomer Yoga \$8

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 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

9:00 am- 11:00 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Aikido

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 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

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Community Events



**August Birthday
Cake Celebration in
Lobby
August 1st**



**Senior Arts and Crafts
August 12th
1:00 pm -2:30 pm**



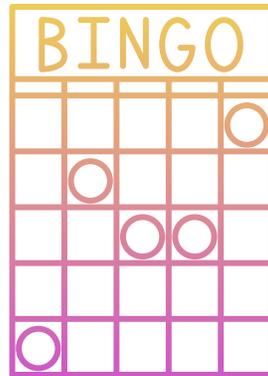
**Senior Lunch and
Movie
August 5th, 19th, 26th
Noon- 1:30 pm**



**Pie Social
August 8th
75¢**



**Family Game Night
"Old School" theme
August 12th
6:00 pm -8:00 pm**



**Bingo
August 11th
1:00 pm -2:30 pm**



**Family Movie Night
August 12, 2022
6:00 pm- 8:00 pm**



**Teen Tuesdays
Ages 13-19
August 16th & August
23rd
5:30 pm- 7:00 pm**



**Community Dance Night
August 26th
6:00 pm- 8:00 pm**



**Lunch with NDB
Staff
August 17th
Restaurant TBD
10:30 am - 1:00 pm**

Youth Corner

NDB After School Youth Program

Monday - Friday | 2 PM - 5:30 pm

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To register please visit

PLAY.CABQ.GOV

Meet the Youth Staff

Jorge Ayala, Rec Leader

Ryan Allison, Rec Leader

Joshua Baca, Rec Leader

Hope Davis, Rec Leader

Alexis Gonzales, Student Supervisor

Gavin Hauenstein, Rec Leader

Tanner Keener, Student Supervisor

Erin Maggrath, Rec Leader

Femma Olvera- Martinez, Rec Leader

Bella Quintana, Rec Leader

Leah Rodriguez, Rec Leader

Sarah Ruden, Program Coordinator

Jaeda Saucedo, Rec Leader

Preston Stanley, Rec Leader

Eric Talamantes, Rec Leader

IMPORTANT YOUTH PROGRAM DATES

Mondays- Make it Mondays

Tuesdays- Team Tuesdays

Wednesdays- Wiggle Wednesdays

Thursdays- Thinker Thursdays

Fridays- Fun Fridays

August 9, 2022- Open House for After School Parents

August 10, 2022- First Day of NDB After School Program

August 11, 2022- International Youth Day

August 12, 2022- Celebrate National Creamsicle Day

August 19, 2022- Celebrate National Senior Citizen Day

August 25, 2022- Celebrate National Women's Equality Day

Calendar is Subject to Change