

North Domingo Baca Multigenerational Center

December 2025

7521 CARMEL AVE NE, 87113
505-764-6475

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

HOURS OF OPERATION:
MONDAY-FRIDAY | 8AM-9PM
SATURDAY | 9AM-3PM
SUNDAY | CLOSED

DECEMBER CLOSURES:

CHRISTMAS DAY
THURSDAY, DECEMBER 25
NEW YEARS DAY
THURSDAY, JANUARY 1

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page.

Meet Our Staff

Tom Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator

Natalie Martinez, Program Assistant
Bob Hastings, Program Assistant
Josh Baca, Recreational Assistant
Jazlyn Childers, Program Assistant
Anika Montoya, Front Desk Youth Staff
Maria Munoz, GSW
Cyrus Benavides, GSW
Dale Bowles, GSW

Fermin Gallegos, Fitness Manager
Cole Pierce, Program Assistant
Beverly Aranda, Program Assistant
Ashleigh Carabajal, Program Assistant
Melinda Mack, Recreational Assistant
Shane Santiago, Front Desk Temp

Joseluis Olivas, Cook
Meghan Martinez, Kitchen Aide
Ronald Harrison, Kitchen Aide

Jaeda Saucedo, Youth Recreation Leader
Leah Rodriguez, Youth Recreation Leader
Hope Davis, Youth Recreation Leader

Ryan Davis, Student Worker
Devin Fickler, Student Worker
Marissa Benavidez, Student Worker
Amous. Rodela, Student Worker
Daniel Ibarra, Student Worker
Malia Rey, Student Worker
Chase Roberts, Student Worker
Ava Morrow, Student Worker
Alexis Jaramillo, Student Worker
Jesse Sarada, Student Worker
Mauro Castro Mendoza, Student Worker
Ashley Manley, Student Worker

Show your NDB Holiday Spirit:

Crazy Hat Day
Monday,
Dec. 22nd



Crazy Sock Day
Tuesday,
Dec. 23rd



Ugly Christmas Sweater Day
Wednesday,
Dec. 24th

Accredited by **ncoa**
National Institute of
Senior Centers

DSA MISSION:

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

ONE
ALBUQUE
RQUE senior affairs

50+ VIDEO GAME

ROOM HOURS:

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



GAME ROOM HOURS:

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

***CLOSED**

Friday, 3:30 PM-6:00 PM
FOR YOUTH 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+ to use
fitness center.**

(Members under 18, must have a
parent/legal guardian present)



ROCKWALL HOURS:

M-F, 12:30 PM - 7:00 PM

***CLOSED**

Friday, 3:30 PM - 6:00 PM
FOR YOUTH PROGRAM

Special Announcements:

Teeniors Tech Help

No Class for the month of December

DSA ADVISORY COUNCIL MEETING

No Meeting for the month of December

For all of our holiday and seasonal
events, please visit

www.cabq.gov/seniors

and click on the 'Senior Affairs Events'
tab on the left side of the page.



North Domingo Baca Classes

American Sign Language

Mondays
9:30 am - 11:00 am
Wednesdays
1:00pm-2:30 pm



Signing & Singing the Hymn Book

Wednesdays
9:00 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!

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

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, 1:00pm - 2:30 pm

Chess Club

Thursday,
1:00 pm- 3:00 pm

Photography

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



French Group

Saturday,
9:30 am- 11:00 am

Italian Movie Night

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

Guitar Workshop with Laudente \$

Thursday, 6:30 pm - 7:30 pm

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm

ABQ Karate \$

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



Kendo \$

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

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 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

Email: abqfibro.com

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Sharing memories through creative writing

Wednesday,
12:30 pm- 2:00 pm

Woodcarvers

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



Health and Fitness Classes



Zumba \$4

Social Hall

Monday, Wednesday, Saturday
9:15 am- 10:15 am

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

Zumba (Gold) \$4

Social Hall

Tuesday,
9:15 am- 10:15 am

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

Korean Yoga Tai Chi

Quiong

Friday,
2:00 pm- 3:00 pm

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

Outside Walking Club

Fridays at 9:30 am
Meet in the Lobby

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

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

Tuesday Thursday
11:00 am-12:30 pm 10:45 am-11:45 am

Friday Saturday
6:00 pm-8:00 pm 12:30 pm -2:30 pm



Family Open Gym

Monday-Friday,
5:00 pm- 5:45 pm

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

Middle School Open Gym

Monday-Friday,
*Half court
3:00 pm-4:00 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

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

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

Chair Fit Gold \$6

NDB Aerobics Room

Monday

1:00pm-2:00pm

Fit/Tone with Jen \$4

NDB Aerobics Room

Tuesday,

9:15 am- 10:15 am

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

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

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

Feldenkrais

NDB Aerobics Room

Thursday,

Aerobics Room

10:00 am- 11:00 am

3:00 pm- 4:00 pm

La Blast \$6

NDB Aerobics Room

Thursday

11:00am-12:00pm

As the elderly population in the U.S. continues to grow, the alarming number of cyber crimes involving the at-risk population is also increasing.

You're Invited: A free financial resource built to empower

Cyber criminals often target those who are at risk, using sophisticated social engineering tactics. Knowledge is a powerful defense. Join us on December 17th at North Domingo Baca Senior Center for a free workshop to equip yourself with the tools needed to stop cyber criminals from targeting you.

Frauds & Scams Seminar
North Domingo Baca Senior Center
7521 Carmel Ave NE
Albuquerque, NM 87113

December 17, 2025
10:30am- 11:30am

Please sign up at the front desk

What We'll Discuss

- How do scammers trick you?
- Know the red flags
- Top 5 Scams
- Prevention is Key
- Identity Theft
- Resources available to you





ENGAGE
with Senior Affairs

ONE
ALBUQUE
RQUE

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

HOLIDAY LUNCHEON

THURSDAY, DECEMBER 25
11:00 AM-1:00 PM

SPACE IS LIMITED SO PLEASE RESERVE YOUR
TICKET IN PERSON AT NDBMC.

TICKETS GO ON SALE ON
FRIDAY, DECEMBER 5 AT 2:00 PM
\$4.00 PER PERSON

YOU MUST HAVE AN ACTIVE DSA MEMBERSHIP

7521 CARMEL AVE. NE, 87113
FOR MORE INFORMATION PLEASE 505.764.6475

*The facility will not be open for
regular scheduled activities.*



North Domingo Baca Multigenerational Center Community Events Calendar

TRIPS FOR THE MONTH

Please visit the front desk for more information

Trip to River of Lights - \$\$

Monday, December 1

Check in: 3:45 pm

Depart: 4:00 pm

Trip to Cervantes for Lunch - \$\$

Thursday, December 11

Depart @ 10:40 am

Trip to The Indian Pueblo

Cultural Center - \$\$

Thursday, December 18

Depart @ 8:40am

Upcoming trips for January:

Sign up at the front desk in person starting December 15

Nexus Brewery - \$\$

Wednesday, January 21

Wheels Museum & The Dog House \$\$

Thursday, January 29

Community Events

*Calendar is subject to change

Please visit the front desk for more information

December 5
.....
Birthday Cake
@12:00pm
In the Snack Bar

December 5
.....
Science Night
Sign up at the front desk

December 6
.....
AARP Driving
Sign up at the front desk

December 9
.....
Pie Social
@12:00 pm
In the snack bar

December 10
.....
GEHM CLINIC
@8:30am

December 11
.....
Live Music During Lunch
@ 11:30 am

December 11
.....
Make a Gingerbread
house @4:15
Sign up at the front desk

December 19
.....
The Enchanters
Chorus Group
Performing during Lunch

December 22
.....
B.I.N.G.O
@ 1:00 pm - 2:30 pm

December 31
.....
New Years
Balloon Drop @12:00 pm
Sign up at the front desk

December 25
.....
NDB Holiday Luncheon 11:00 am - 1:00 pm
Limited space. Tickets required \$ 4.00 per person. Tickets go on sale Dec. 5 @2:00pm
(must have an active DSA membership). Please see flyer for more details.