



FEBRUARY 2023

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."



MEMBERSHIP INFORMATION!!!

NEW PARTICIPANTS ARE REQUIRED
TO REGISTER FOR AN ANNUAL
MEMBERSHIP OF \$20.00.



CLOSED

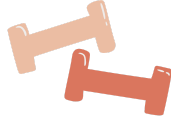
Monday, February 20, 2023, President's Day

FITNESS CENTER HOURS:

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

**CLOSED FOR CLEANING M-F
1:30PM-2:00PM**

SATURDAY, 9:00 AM-2:45 PM



TRACK HOURS:

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

SATURDAY, 9:00AM-2:45PM



GAME ROOM HOURS:

M-F, 8:00 AM-3:00 PM

6:00 PM-8:30 PM

SATURSDAY,

9:00 AM-2:30 PM



ROCK WALL HOURS:

M-F, 9:00 AM-3:00 PM,

6:30 PM-7:45 PM

CLOSED FRIDAYS

**4:00 PM-5:00 PM FOR
AFTER SCHOOL PROGRAM**



 **diverseIT**

February 15th

9:00 AM- 10:00 AM

Sign up at front desk



VISIT OUR WEBSITE

[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

-LOCATIONS AND CENTERS ON LEFT SIDE

-MULTIGENERATIONAL CENTERS

-NORTH DOMINGO BACA



HEALTH EVENTS:

GEHM Clinic

February 8th

9:00 AM-12:00 PM

Covid/Flu Shot Clinic

February 14th

9:00 AM-12:00 PM

Oak Street Health

February 21st

8:30 AM-10:30 AM



MESSAGE FROM SPORTS AND FITNESS:

It's that time of year again to start or keep working on your mental and physical health. North Domingo Baca has a lot to offer you to accomplish those goals. The fitness center upstairs offers cardio and weight machines along with free weights. If you need assistance or instructions on how to use the machines ask the staff to schedule you a Fitness Room Orientation. Please look over the newsletter and see all the offerings from low impact to high impact classes. Best of luck.

Don't hesitate to ask our fitness team questions on helping you succeed in your journey this year.





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

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 60+ there is a suggested \$2 donation

50 - 59 is \$3.25

Ages 49 and under is \$7.67

MEET NORTH DOMINGO BACA STAFF

Thomas Gallagher, Center Manager

Vacant, Center Supervisor

Sarah Ruden, Youth/Community Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Victoria Jaramillo, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Aubrey Sandoval, Program Assistant

Maria Munoz, General Service Worker

Diego Valdez, General Service Worker

Voivod Benavides, General Service Worker

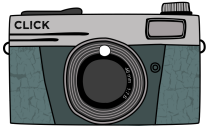
Juan Arroyo, General Service Worker



North Domingo Baca Classes

Photography

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



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 Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm



Bible Study

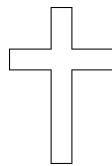
Monday, 8:30 am - 10:00 am

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

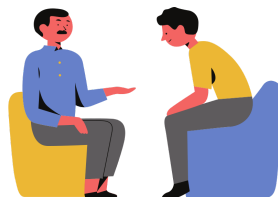
3rd Thursday of the month
1:00 pm-2:30 pm

Albuquerque Fibromyalgia Support Group

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

Beginning German

Tuesday,
10:30 am- 12:00 pm



ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm
Thursday, 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
Friday, 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

Italian Culture Group Film

First Friday of the month,
6:00 pm- 8:00 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, 9:30 am- 10:30 am
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- 8:00 pm
Friday,
11:00 am- 2:00 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

Tai Chi for Arthritis & Fall Prevention

Monday and Wednesday,
1:00 pm- 2:00 pm

Tai Ji Quan Moving for better balance

Tuesday and Thursday,
1:00 pm- 2:00 pm



Open Gym for Adults and Teens

Gymnasium

Monday and Friday
5:00 pm- 8:15 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium
Tuesday and Thursday
10:30 am- 2:30 pm
Monday- Friday
5:00 pm- 6:00 pm
Saturday
11:00 am- 2:00 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

Senior Basketball

Gymnasium
Monday,
12:00 pm- 2:30 pm
Wednesday,
6:00 pm- 8:15 pm
Saturday,
9:00 am- 11:00 am

Grade/Middle School Basketball

Gymnasium
M-F 2:30 pm- 4:00 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN



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

Gentle Flow Yoga \$10

NDB Aerobics Room
Tuesday
4:30 pm- 5:30 pm

Weight Training 101 \$

Jan 11, 2023 -March 1, 2023
1:30 pm- 2:30 pm



Qigong with Lillian \$

NDB Aerobics Room
Tuesday and Thursday
8:30 am- 10:00 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room
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
6:00 pm- 7:30 pm
Thursday
6:00 pm- 7:30 pm

Indian Classical Dance-Shalaka

NDB Aerobics Room
Thursday
4:30 pm- 5:30 pm
Friday
4:15 pm- 6:15 pm

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room
Monday and Wednesday
4:30 pm- 5:30 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

Yoga with Misa \$7-10

NDB Aerobics Room
Tuesday
10:15 am- 11:30 am
Saturday
9:15 am- 10:15 am



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 join the waitlist please speak to Youth Staff

Meet the Youth Staff

Jorge Ayala, Rec Leader

Ryan Allison, Rec Leader

Joshua Baca, Rec Leader

Hope Davis, Rec Leader

Alexis Gonzales, Student Supervisor

Gravin Hauenstein, Rec Leader

Tanner Keener, Student Supervisor

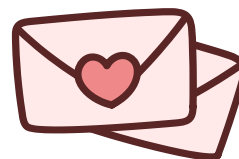
Olivia Mahoney, Rec Leader

Leah Rodriguez, Rec Leader

Dominique Rodriguez, Rec Leader

Jaeda Saucedo, Youth Supervisor

Issa Velasques, Rec Leader



IMPORTANT YOUTH PROGRAM DATES February

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
		1 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm Chinese New Year Celebration 	2 Ground Hog Day Recreation Rotation- Shadow Project 4 pm- 5 pm & Culture Project 	3 WEAR RED DAY Wear Red to Raise Awareness about Heart Disease Kids Night Out Science Club/Teen Gaming 6-8 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk
6 Recreation Rotation- Arts and Crafts- Superbowl Project 4 pm- 5 pm 	7 Jersey Day Wear your Favorite Team's Jersey! Special Guess 4 pm- 5 pm Recreation Rotation- Team Work Games 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	8 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm or "Feels Like Home" Black & African American Culture Night 4 pm- 6 pm Social Hall 	9 Recreation Rotation- Educational Worksheets 4 pm- 5 pm 	10 Recreation Rotation- Kids Choice! 4 pm- 5 pm  Father Daughter Dance Social Hall 6 pm- 8 pm
13 Recreation Rotation-Arts and Crafts 4 pm- 5 pm 	14 Valentine's Day Valentines Party 4 pm- 5:30 pm \$5 	15 Recreation Rotation- Sing Along Songs 4 pm- 5 pm 	16 National Popcorn Day Free Popcorn Recreation Rotation- Brain Teasers 4 pm- 5 pm	17 Recreation Rotation- Kids Choice! 4 pm- 5 pm Family Movie Night Up 6 pm-8 pm Wear PJs, Bring Blankets, Sleeping Bags etc. Sign up at Youth Desk
20 Presidents Day CLOSED 	21 Recreation Rotation- "Hearty" Relay Races 4 pm- 5 pm  Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	22 Recreation Rotation- Line Dance 4 pm- 5 pm 	23 Recreation Rotation- Science Activity 4 pm- 5 pm 	24 Recreation Rotation- Kids Choice! 4 pm- 5 pm 
27 Recreation Rotation-Arts and Crafts 4 pm- 5pm 	28 Recreation Rotation- Team Work Games 4 pm- 5 pm			



Calendar is Subject to Change