

WELCOME TO NORTH DOMINGO BACA

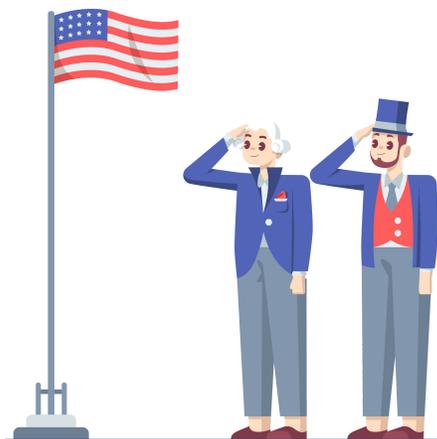
HOURS OF OPERATION:

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



**CLOSED
PRESIDENTS DAY,
MONDAY, FEBRUARY 19, 2024**

MEMBERSHIP INFORMATION:

**NEW/RENEWAL PARTICIPANTS ARE REQUIRED TO FILL OUT
PAPERWORK TO REGISTER FOR AN ANNUAL MEMBERSHIP
OF \$20.00**

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



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

SPECIALS:

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

A la Carte Items:

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

JOIN US FOR OUR MONTHLY
DSA ADVISORY MEETING
FEBRUARY 26, 2024
@ 12:00 PM
BEAR CANYON SENIOR
CENTER
4645 PITT NE, 87111



Coming soon!

The Department of Senior Affairs is excited to announce the opening of our newest multigenerational center! Located at Santa Barbara-Martineztown Park at 1825 Edith Blvd NE, this new facility will offer services for both youth and seniors including meals, out-of-school programs, a computer lab, and community meeting space. Stay tuned for more details, including how to participate in the Grand Opening happening in Spring 2024!

GEHM Clinic:

February 14th
8:30 AM-12:00 PM



MEET NORTH DOMINGO BACA STAFF



Thomas Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
Victoria Jaramillo, Senior Program Coordinator
Dejah Aranda, Office Assistant



Justine Pennington, Program Assistant
Maria Munoz, General Service Worker
Diego Valdez, General Service Worker
Dale Bowles, General Service Worker
Nigel Bigman, General Service Worker

Madeline Silva, Recreation Assistant
Joshua Baca, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant
Tanner Keener, Program Assistant
Ariana Lira, Program Assistant

GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

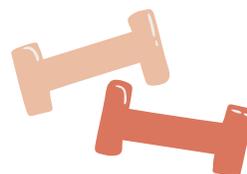
M-F, 8:00 AM-8:45 PM

SATURDAY, 9:00 AM-2:45 PM

CLOSED FOR CLEANING M-F

1:30 PM-2:00 PM

*You must be the age 16+
(under 18 an adult required) to
use fitness center.



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

Saturday,
9:30 am - 11:00 am

Advanced Beginner German

Tuesday, 10:30 am - 12:15 pm

Card Making

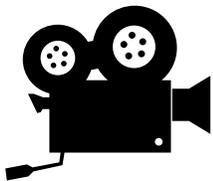
Thursday, 10:30 am - 11:30 am

Sharing memories through creative writing

Wednesday,
12:30 pm - 2:00 pm

Italian Movie Night

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



Bible Study

Monday, 9:00 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

Bible Study/Prayers

Friday, 9:00 am - 10:30 am

Open Bible Study

Friday 10:00 am - 11:00 am

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm - 3:00 pm



North Domingo Baca Art Class

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.

ABQ Karate \$

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am - 2:00 pm
Email: abqfibro.com

Brain Education

Friday,
2:00 pm - 3:00 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 and 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 - 8:15 pm
Friday,
11:00 am - 3:00 pm

50+ Senior pickleball

Monday,

6:00 pm - 8:15 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

Weights, Stretch, and Light Aerobics

Social Hall

Tuesday,
10:30 am - 11:10 am
Thursday,
9:30 am - 10:30 am

Feldenkrais

Thursday,

10:00 am - 11:00 am
6:00 pm - 7:00 pm

Kendo \$

Monday, 6:00 pm - 7:30 pm

Wednesday, 6:00 pm - 7:30 pm

Tai Ji Quan: Moving for better balance

2/7/24-4/3/24

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

Open Gym (All Ages)

***UNDER 18 REQUIRES A
PARENT/GUARDIAN**

Gymnasium

Tuesday and Thursday
10:45 am - 2:00 pm

Friday

5:45 pm - 8:15 pm

Saturday

***Half court youth and
family**

11:00 am - 12:30 pm

Saturday

All Ages Open Gym

11:00 am - 2:30 pm

50+ Senior Basketball

Gymnasium

Monday,
10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am

Badminton

Gymnasium

Tuesday,
6:00 pm - 8:00 pm

Fit/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 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

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

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 and Thursday

6:00 pm- 7:30 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

Mat Pilates Class \$8

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 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

10:00 am- 11:15 am

Saturday

9:15 am- 10:15 am



Youth Corner



After School Program Youth Program

August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

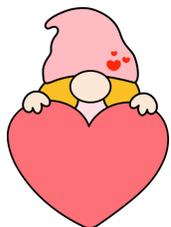
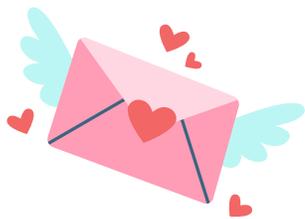
To join waitlist please speak to Youth Staff

Meet the Youth Staff

Jayden Aragon, Recreation Leader
Hope Davis, Student Supervisor
Moses Janga, Recreation Leader
Mika Juan, Recreation Leader

Isaiah Mendoza, Recreation Leader
Matthew Mendoza, Recreation Leader
Dominique Rodriguez, Recreation Leader

Leah Rodriguez, Student Supervisor
Amous Rodela, Recreation Leader
Jaeda Saucedo, Student Supervisor
Lily Wouters, Recreation Leader



YOUTH PROGRAM CALENDAR

♥ February 2024 ♥

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
				2 Ground Hog Day 4 pm- 4:30 pm Shadow Tag Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm Kids Night Out Science Club/Teen Gaming 6-8 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk
5 Recreation Rotation- Arts and Crafts- Superbowl Project 4:30 pm- 5:30 pm 	6 Jersey Day Wear your Favorite Team's Jersey! Special Guess 4:30 pm- 5:30 pm Recreation Rotation- Team Work Games 4:30 pm- 5:30 pm	7 "Feels Like Home" Black & African American Culture Night 4:30 pm- 6 pm Room 5 	8 Recreation Rotation- Football Physics 4:30 pm- 5:30 pm 	9 Recreation Rotation- Sports Day! 4:30 pm- 5:30 pm Father Daughter Dance Social Hall 6:30 pm- 8 pm
12 Recreation Rotation- Inventions 4:30 pm- 5:30 pm Group 2 Kids Cook 4 pm- 5:30 pm Group 1	13 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	14 Valentine's Day Valentines Dance Party 4 pm- 5:30 pm \$5 	15 Recreation Rotation- Learn about the heart 4:30 pm- 5:30 pm 	16 No Program 😞
19 Presidents Day CLOSED	20 Recreation Rotation- "Hearty" Relay Races 4:30 pm- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	21 Recreation Rotation- Line Dance 4:30 pm- 5:30 pm 	22 Recreation Rotation- Science Activity 4:30 pm- 5:30 pm 	23 Throughout the Generations Family Dinner and Movie UP 5:00 pm-8:00 pm Wear PJs, bring blankets, sleeping bags etc. Sign up at Youth Desk
26 Recreation Rotation-Art 4:30 pm- 5:30 pm Group 1 Kids Cook 4 pm- 5:30 pm Group 2	27 Recreation Rotation- Team Work Games 4:30 pm- 5:30 pm	28 Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm	29 Recreation Rotation- Reading and writing 4:30 pm- 5:30 pm	

