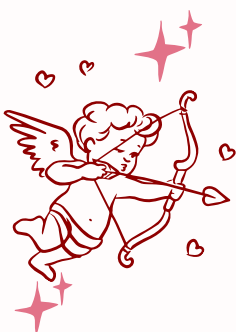


# WELCOME TO DEPARTMENT OF SENIOR AFFAIRS NORTH DOMINGO BACA MULTIGENERATIONAL CENTER



## Happy February!

As the month of love arrives, the Department of Senior Affairs celebrates the connections that make our community strong.

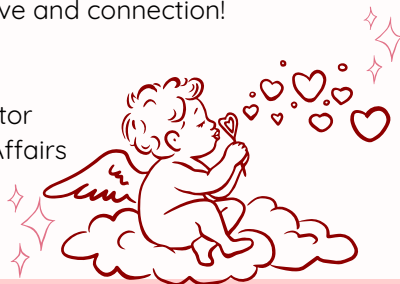
We have an array of events planned at our senior and multigenerational centers, including our first-ever “Love Stories Contest” highlighting relationships of 50+ years (details are available at each center).

We’re grateful for your continued support and love for our Department! As we navigate tougher times ahead and head into budget season, we need your feedback to sustain critical services. Small, incremental operational changes may be necessary to maintain the support our older adults deserve but we always welcome your input. Almost every month throughout the year, (full schedule available on our website or at your center) the DSA Advisory Council holds a public, open meeting to discuss matters and provide time to hear directly from our constituents. This month’s Advisory Council meeting will occur on February 23 at Santa Barbara Martineztown Multigenerational Center at 12:00 pm—we encourage you to join us!

Also every month, I’ll host a “Coffee with Constituents” session at every location to discuss and address matters with the public. I’d love for you to join me! This month’s “Coffee with Constituents” will be held at Highland Senior Center on Thursday, February 26th from 8:30-9:30am. Your voice matters and we look forward to hearing your thoughts at these sessions or through reaching out to your center manager.

Wishing you a February filled with love and connection!

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



## February 2026

7521 Carmel Ave NE, 87113  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6475

**HOURS OF OPERATION:**  
Monday-Friday  
8:00AM-9:00PM  
Saturday  
9:00AM-3:00PM

**NDB WILL BE CLOSED:  
MONDAY, FEBRUARY 16  
PRESIDENTS’ DAY**

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

\*Schedules, Classes, Events and Trips  
are subject to change

# The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of 250 words detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way. Alongside your written story, we ask that you provide a photograph that captures the essence of your relationship.

We will profile submissions throughout 2026 in recognition and celebration!



**Drop entries off at any  
Senior or Multigenerational Center.**



**Stories will be collected until February 14, 2026.**

**ONE  
ALBUQUE  
RQUE**

senior affairs

We're pleased to announce that our Department of Senior Affairs [Annual Survey](#) will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!

Thank you in advance for your participation!





## **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 18 & under)



## **TRACK HOURS:**

MONDAY-FRIDAY

8:00 AM-8:45 PM

SATURDAY

9:00 AM-2:45 PM



## **50+ VIDEO GAME ROOM HOURS:**



MONDAY-FRIDAY

9:00 AM-2:00 PM

## **ROCKWALL HOURS:**

MONDAY - FRIDAY

12:30 PM - 7:00 PM

CLOSED

MONDAY - FRIDAY

3:30 PM - 6:00 PM

FOR YOUTH PROGRAM



## **GAME ROOM HOURS:**

MONDAY-FRIDAY

8:00 AM-8:30 PM

SATURDAY

9:00 AM-2:30 PM

\*CLOSED M-F

3:30 PM - 6:00 PM

FOR YOUTH AFTER  
SCHOOL PROGRAM

# 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

## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm

## Music Appreciation

Thursday,  
1:00 pm- 3:00 pm

## Guitar Workshop with 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

## Chess Club

Thursday,  
1:00 pm- 3:00 pm

## Euchre

Thursday,  
12:15 pm- 2:15 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,  
10:00 am -11:30 am

## French Group

Saturday,  
9:30 am- 11:00 am

## German Intermediate

Tuesday,  
10:00 am- 11:30 am

## Italian Movie Night

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

## 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

## 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

[www.abqfibro.com](http://www.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

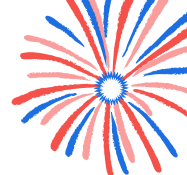
Happy  
Valentine's  
Day







# Health and Fitness Classes



## Enhance Fitness

Social Hall

Monday, Wednesday & Friday

8:05 am - 9:05 am &

10:15 am - 11:15 am

## Zumba (Gold) \$4

Social Hall

Tuesday,

9:15 am- 10:15 am

## 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

## Korean Yoga Tai Chi Qigong

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

## 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](http://Jazzercise.com)

# 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

## 50+ Senior pickleball

Tuesday,

\*Half Court

11:00 am-12:30 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

## 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

## 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

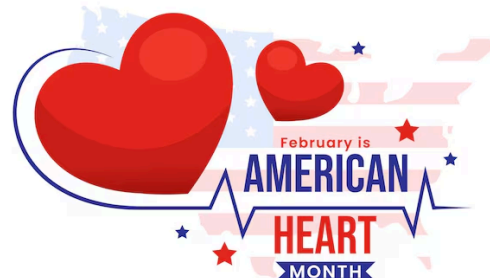
Saturday

12:30 pm -2:30 pm

## 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

## Yoga Flow with Cheryl \$10

NDB Aerobics Room

2<sup>nd</sup> & 4<sup>th</sup> Friday

11:45 AM - 1:00 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

## 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

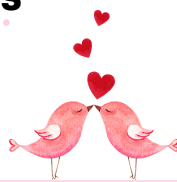
NDB Aerobics Room

Thursday

11:00 am-12:00 pm

# Special Events & Announcements

**WHAT'S NEW!**



## Euchre

Thursday  
12:15 pm- 2:15 pm

## Bible Study 101

Tuesday  
10:00 am -11:30 am

## Music Appreciation

Thursday  
1:00 pm- 3:00 pm

## Walking with NDB Staff

Track  
Tues & Thursday  
3:00 pm - 4:00 pm

## Yoga Flow with Cheryl \$10

NDB Aerobics Room  
2<sup>nd</sup> & 4<sup>th</sup> Friday  
11:45 AM - 1:00 PM

## German Intermediate

Tuesday,  
10:00 am- 11:30 am

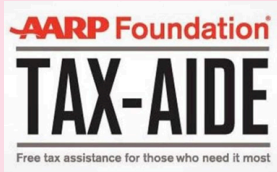
## DSA ADVISORY COUNCIL MEETING

February 23, 2026 at 12:00 pm  
Santa Barbara Martineztown Multigenerational Center  
1825 Edith Blvd NE, 87102



## Its Tax season!

AARP Foundation Tax-Aide offers free tax preparation for all ages every Monday at NDB starting February 2nd - April 13th. Call 311 to make an appointment.



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

January 14 to April 29

Wednesdays

1:15pm-2:15pm

**Limited Enrollment**  
Reserve your space today!  
Call (505) 884-4529



**JOIN US**  
— for —

**SENIOR DAY**

**FEBRUARY 13, 2026**

[WWW.AGING.NM.GOV/SENIORDAY](http://WWW.AGING.NM.GOV/SENIORDAY)



Join us at the Roundhouse on February 13th for Senior Day at the Legislature — a special opportunity to connect, learn, and be heard. Enjoy a free resource fair, learn more about New Mexico Aging Services' initiatives and budget priorities, and help advocate for funding that creates positive impacts in the lives of New Mexicans every day.

The day will include a resource fair, legislative tours, speakers, and opportunities to connect with legislators, community leaders, and organizations serving older adults.

**FREE AND OPEN TO OLDER ADULTS, CAREGIVERS, AND COMMUNITY MEMBERS ACROSS NEW MEXICO.**

# North Domingo Baca Multigenerational Center Staff

Tom Gallagher, Center Manager  
Amber Maestas, Center Supervisor  
Sarah Ruden, Youth Program Coordinator  
Natalie Martinez, Office Assistant  
Bob Hastings, Program Assistant  
Josh Baca, Recreational Assistant  
Jazlyn Childers, Program Assistant  
Anika Montoya, Front Desk Youth Staff  
Maria Munoz, General Services  
Cyrus Benavides, General Services  
Leon Masceneras, General Services

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  
Janel Powell, Kitchen Aide

Jaeda Saucedo, Youth Recreation Leader  
Leah Rodriguez, Youth Recreation Leader  
Ryan Davis, Student Worker  
Devin Fickler, 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  
Mauro Castro Mendoza, Student Worker  
Harlan Solomon, Student Worker





## Special Events & Announcements



**NORTH DOMINGO BACA**

# OPEN MIC NIGHT

**SING INSPIRE PERFORM**

Enjoy great vibes & live performances all evening!

**SIGN UP TO PERFORM AT THE FRONT DESK**  
Last day to sign up is Friday, February 20<sup>th</sup>

**FRIDAY, FEBRUARY 27**  
4:30 PM - 6:30 PM

**NORTH DOMINGO BACA MULTIGENERATIONAL CENTER**



**YOU & ME**

# SWEETHEART PICKLEBALL TOURNAMENT

**FRIDAY, FEBRUARY 13 AT 9:00 AM**

Registration starts Monday, February 2nd  
Mixed Doubles  
Open Divisions

Limited Registration!!! See front desk for more info.



**NORTH DOMINGO BACA**

# *My First Valentine*

## DANCE

**FATHER DAUGHTER** **MOTHER SON**

WHERE FIRST DANCES BECOME FOREVER MEMORIES

**FEBRUARY 13 AT 5:15PM**

7521 Carmel Ave NE 87113

RSVP (505)764-6475

PLEASE DRESS TO IMPRESS



NORTH DOMINGO BACA,

# *Valentine's Day Party*

**FRIDAY, FEBRUARY 13, 2026**

**2:00 PM – 4:00 PM**

**MUSIC | REFRESHMENTS | CHIPS & SALSA**

Please sign up at the front desk

7521 Carmel Ave. NE  
505-764-6475

# Community Events Calendar

## TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up starts January 15

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

### Trip to The Albuquerque Museum

Wednesday, February 4

Check in: 8:15 am

Depart: 8:30 am

Return: 12:00 pm

### Trip to Golden Crown Panaderia \$\$

Wednesday, February 11

Check in: 10:15 am

Depart: 10:30 am

Return: 1:15 pm

### Trip to The Original Cocina Azul \$\$

Thursday, February 26

Check in: 10:15 am

Depart: 10:30 am

Return: 1:30 pm

### Upcoming trips for March:

Please visit the front desk for more information

Sign up at the front desk starting February 15th.

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

### Trip to Two Fools Tavern \$\$

Wednesday, March 18

Check in: 10:30 am

Depart: 10:45 am

Return: 12:30 pm

### Trip to Sergio's Bakery & Cafe \$\$

Tuesday, March 24

Check in: 10:30 am

Depart: 10:45 am

Return: 1:00 pm

## Community Events

\*Calendar is subject to change

Please visit the front desk for more information

February 6 **Birthday Celebration**  
@12:00pm In the Snack Bar

February 7 **AARP Driving**  
Sign up at the front desk

February 10 **Pie Social**  
@12:00 pm In the snack bar

February 11 **GEHM CLINIC**  
@8:30am

February 13 **Sweetheart Pickleball  
Tournament**  
@9:00 am  
Sign up at the front desk

February 13 **Valentine's Day Party**  
@2:00 pm - 4:00 pm  
Sign up at the front desk

February 13 **My First Valentine Dance**  
@5:15 pm  
Sign up at the front desk

February 12 & 26 **Live Music During Lunch**  
@ 11:30 am

February 23 **B.I.N.G.O with**   
@ 1:00 pm - 2:30 pm

February 27 **Open Mic Night**  
@ 4:30 pm - 6:30 pm

Check back next month for: Teeniors Tech Help

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