



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.

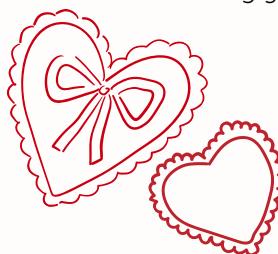
We have an array of events planned at our senior and multigenerational centers, including our first-ever "Love Stories Contest" highlighting relationships of 50+ years (details are available at each center).

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
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.

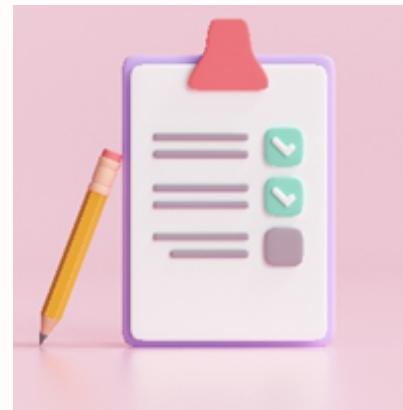
We will profile submissions throughout 2026 in recognition and celebration!

 **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



Rotary Club

Tuesday, 12:00 pm- 1:30 pm



Sharing memories through creative writing

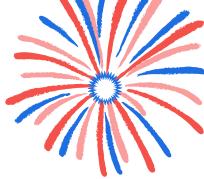
Wednesday,
12:30 pm- 2:00 pm



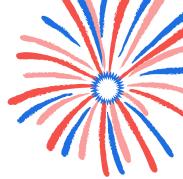
Woodcarvers

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





Health and Fitness Classes



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

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



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

Jazzercise \$

Social Hall

Monday 9:15 am- 10:00 am &

4:30 pm-5:30 pm

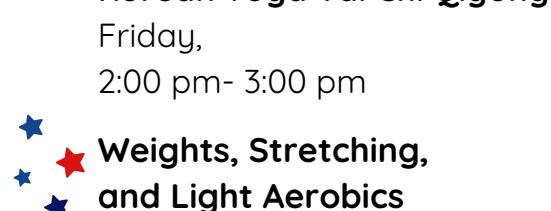
Tues/Thurs 8:05 am-9:05 am

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



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

GYM SCHEDULE

Open Gym (All Ages)

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



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

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



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

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
2nd & 4th 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

Music Appreciation

Thursday

1:00 pm- 3:00 pm

Yoga Flow with Cheryl \$10

NDB Aerobics Room

2nd & 4th Friday

11:45 AM - 1:00 PM



Bible Study 101

Tuesday

10:00 am -11:30 am

Walking with NDB Staff

Track

Tues & Thursday

3:00 pm - 4:00 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



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 20th

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

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER



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.