



JANUARY 2024

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."

Accredited by 
National Institute of
Senior Centers



**Happy
New Year**



CLOSED

NEW YEARS DAY , MONDAY, JANUARY 1, 2024

MARTIN LUTHER KING JR DAY, MONDAY, JANUARY 15, 2024

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

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!

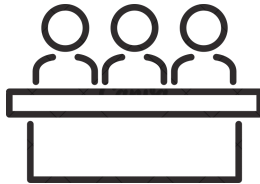
For members 60+ there is a suggested \$2 donation

50-59 is \$3.25

Ages 49 and under is \$7.67

MEMBERSHIP INFORMATION:

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



JOIN US FOR OUR MONTHLY DSA
ADVISORY MEETING
JANUARY 22, 2024
@ 12:00 PM
PALO DURO SENIOR CENTER
5221 PALO DURO NE, 87110



January 12, 2024
3:00 PM- 5:00PM

HEALTH EVENTS:

GEHM Clinic:

January 10th

8:30 AM-12:00 PM



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



*Sign up for Tai Chi for Arthritis 8 week program upstairs through

NDB Sports and Fitness Front Desk

505-764-6496

January 17, 2024 - March 6, 2024

Wednesdays 1:00 PM- 2:00PM



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

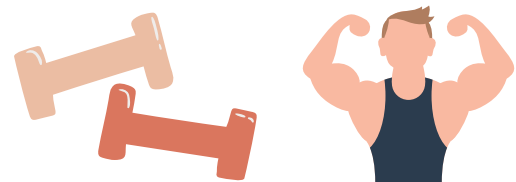
M-F, 8:00 AM-8:45 PM

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



****No class 12/15/2023-1/12/2024**

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

Card Making

Thursday, 10:30 am - 11:30 am

Advanced Beginner German

Tuesday, 10:30 am - 12:15 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

Mexican Spanish Tutorials \$\$

M, W, F

11:00 am - 1:00 pm

ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm

Thursday, 5:00 pm - 8:00 pm

Saturday, 11:45 am - 1:15 pm



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

***Will return in Feb 2024**

Email: abqfibro.com

Sharing memories through creative writing

Wednesday,

12:30 pm - 2:00 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

Madeline Silva, Recreation Assistant

Joshua Baca, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Tanner Keener, Program Assistant

Ariana Lira, Program 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

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

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

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

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

Open Gym (All Ages)

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Gymnasium

Monday

5:45 pm - 8:15 pm

Tuesday and Thursday

10:45 am - 2:00 pm

Friday (Family Night)

5:45 pm - 8:15 pm

Saturday

11:00 am - 2:30 pm

Senior Basketball

Gymnasium

Monday,

10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 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 \$7

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
Angelina Baca, Recreation Leader
Regina Canela, Recreation Leader
Hope Davis, Recreation Leader

Alexis Gonzales, Student Supervisor
Raquel Gonzales, Recreation Leader
Moses Janga, Recreation Leader
Mika Juan, Recreation Leader

Matthew Mendoza, Recreation Leader
Dominique Rodriguez, Recreation Leader
Amous Rodela, Recreation Leader
Jaeda Saucedo, Student Supervisor

YOUTH PROGRAM CALENDAR

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
1 NDB CLOSED NEW YEARS 	2 Program Hours: 7:30 am- 5:30 pm *Please bring breakfast and a sack lunch* Art Attack Time: TBD \$13	3 Program Hours: 7:30 am- 5:30 pm *Please bring breakfast and a sack lunch* Jungle Jam Time: TBD \$22	4 Program Hours: 7:30 am- 5:30 pm *Please bring breakfast and a sack lunch* Museum of Natural History and Science Time: TBD \$6	5 Program Hours: 7:30 am- 5:30 pm New Mexico's Birthday 1 PM- 3 PM Kids Night Out Science Club/Teen Gaming 6-8 pm \$5 Pizza Provided Sign Up in Advance
8 NO PROGRAM 😞	9 NO PROGRAM 😞	10 Recreation Rotation- Music/Dance Activities Country Dancing with Grandpa Carl 4:30 pm- 5:30 pm	11 National Law Enforcement Appreciation Day Cookies with a Cop 3:30 pm- 4:30 pm	12 100th Day of Youth Program Dress up as a Senior! Recreation- Senior Project 4:30 pm- 5:30 pm 
15 NDB CLOSED Martin Luther King Day 	16 National No Name Calling Week Anti-Bullying Presentation &Team Work Games 4:30 pm- 5:30 pm 	17 Recreation Rotation- Sing Along Songs & Line Dancing 4:30 pm- 5:30 pm 	18 National Popcorn Day Free Popcorn Recreation Rotation- Popcorn Science 4:30 pm- 5:30 pm 	19 Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm Throughout the Generations Family Movie and Dinner Night Peter Pan & Wendy 5 pm-8 pm Wear PJs, Bring Blankets, Sleeping Bags etc. Sign up at Youth Desk
22 Recreation Rotation-Arts and Crafts- My Year in a Review 4:30 pm- 5:30 pm Group 2 Kids Cook 4 pm- 5:30 pm Group 1	23 Recreation Rotation- Sports Activities 4:30 pm- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	24 Recreation Rotation- Country Dancing with Grandpa Carl 4:30 pm- 5:30 pm 	25 Recreation Rotation- Health and Fitness Education 4:30 pm- 5:30 pm	26 Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm 
29 Recreation Rotation-Arts and Crafts- My Year in a Review 4:30 pm- 5:30 pm Group 1 Kids Cook 4 pm- 5:30 pm Group 2	30 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2)	31 Recreation Rotation- Sing Along Songs & Line Dancing 4:30 pm- 5:30 pm		

