



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



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.



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senior affairs

**January 2026**

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

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**HOURS OF OPERATION:**

Monday-Friday  
8:00AM-9:00PM  
Saturday  
9:00AM-3:00PM

**NDB WILL BE CLOSED:**

THURSDAY, JANUARY 1 -  
NEW YEAR'S DAY  
MONDAY, JANUARY 19 -  
MARTIN LUTHER KING DAY

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

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## **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)



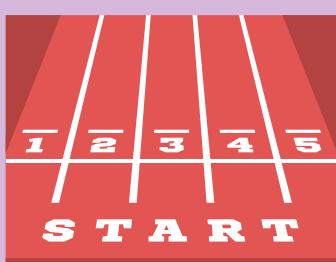
## **TRACK HOURS:**

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



## 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!

## 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

## Open Bible Study

Monday and Wednesday,  
9:00 am-11:00 am



## 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**

## Chess Club

Thursday,  
1:00 pm- 3:00 pm



## Photography

Wednesday, 9:00 am- 11:00 am  
Wednesday, 6:00 pm- 7:30 pm



## French Group

Saturday,  
9:30 am- 11:00 am

## Italian Movie Night

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

## Guitar Workshop with Laudente \$

Thursday, 6:30 pm - 7:30 pm

## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm

# 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

## 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**

## Yoga with Lynn \$10

Monday, 9:30 am- 10:30 am

Friday, 1:00 pm-2:00 pm

## Korean Yoga Tai Chi Qiong

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

# GYM SCHEDULE

## Open Gym (All Ages)\*UNDER 18 REQUIRES A PARENT/GUARDIAN

Tuesday

Thursday

11:00 am-12:30 pm 10:45 am-11:45 am

Friday

Saturday

6:00 pm-8:00 pm 12:30 pm -2:30 pm



## Family Open Gym

Monday-Friday,  
5:00 pm- 5:45 pm

Saturday,

\*Half court youth  
and family

11:00 am-12:30 pm

## Middle School Open Gym

Monday-Friday,  
\*Half court  
3:00 pm-4:00 pm

## Women's 50+ Senior Basketball

Monday,  
6:00 pm- 8:00 pm

## 50+ Senior pickleball

Tuesday,

\*Half Court

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



## 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

\*Bring yoga mat, block, strap

## Restorative Yoga with Dr. Maddoux \$10

NDB Aerobics Room

Tuesday

4:30 PM - 5:30 PM

## Chair Fit Gold \$6

NDB Aerobics Room

Monday

12:30 pm - 1:30 pm &  
1:30 pm - 2:30 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

### DSA ADVISORY COUNCIL MEETING

January 26, 2026

Bear Canyon Senior Center

4645 Pitt NE, 87111

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For all of the DSA events, please visit  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
and click on the 'Senior Affairs Events'  
tab on the left side of the page.



### 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

Joseluis Olivas, Cook  
Meghan Martinez, Kitchen Aide  
Ronald Harrison, Kitchen Aide

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

Jaeda Saucedo, Youth Recreation Leader  
Leah Rodriguez, Youth Recreation Leader  
Hope Davis, Youth Recreation Leader  
Ryan Davis, Student Worker  
Devin Fickler, Student Worker  
Marissa Benavidez, 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  
Jesse Sarada, Student Worker  
Mauro Castro Mendoza, Student Worker  
Ashley Manley, Student Worker

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## Special Events & Announcements



As the elderly population in the U.S. continues to grow, the alarming number of cyber crimes involving the at-risk population is also increasing.



### You're Invited: A free financial resource built to empower

Cyber criminals often target those who are at risk, using sophisticated social engineering tactics. Knowledge is a powerful defense. Join us on January 22nd at North Domingo Baca Senior Center for a free workshop to equip yourself with the tools needed to stop cyber criminals from targeting you.

Frauds & Scams Seminar  
North Domingo Baca Senior Center  
7521 Carmel Ave NE  
Albuquerque, NM 87113

January 22, 2026  
10:30am- 11:30am

#### What We'll Discuss

- How do scammers trick you?
- Know the red flags
- Top 5 Scams
- Prevention is Key
- Identity Theft
- Resources available to you

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



# Happy New Year

Wishing you the best year ever!  
Thank you for being part of our family.  
-NDB Staff

# Community Events Calendar

## TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up starts December 15

Must sign up in person

### Trip to Flying Roadrunner Bakery & Old Town - \$\$

#### Friday, January 16

Check in: 8:15 am

Depart: 8:30 am

Return: 11:30 am

### Nexus Brewery - \$\$

#### Wednesday, January 21

Check in: 10:45 am

Depart: 11:00 am

Return: 1:00 pm

### Trip to Wheels Museum & Dog House Drive In - \$\$

#### Thursday, January 29

Check in: 9:00 am

Depart: 9:15 am

Return: 1:30 pm

### Upcoming trips for February:

Please visit the front desk for more information

Sign up at the front desk starting January 15th.

Must sign up in person

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

#### Tuesday, February 10

Check in: 10:15 am

Depart: 10:30 am

Return: 1:30 pm

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

#### Thursday, February 26

Check in: 10:15 am

Depart: 10:30 am

Return: 1:30 pm

# Community Events

\*Calendar is subject to change

Please visit the front desk for more information

#### January 3

##### **AARP Driving**

Sign up at the front desk

##### **Birthday Celebration**

#### January 6

**@12:00pm In the Snack Bar**  
**Wear Red or Green to**  
**Celebrate NM 114<sup>th</sup> Birthday**

#### January 7

##### **50's Sock Hop Party**

**@3:30 pm - 5:00 pm**

#### January 8

##### **Cookies with a Cop**

**@3:30 pm**

Sign up at the front desk

#### January 13

##### **Teeniors - Tech Help**

Please sign up at the front desk

#### January 13

##### **Pie Social**

**@12:00 pm In the snack bar**

#### January 14

##### **GEHM CLINIC**

**@8:30am**

#### January 16

##### **National Popcorn Day!**

**@12:00 pm in the Snack Bar**

#### January 22

##### **Frauds & Scams Seminar**

**@ 10:30 am - 11:30 am**

Sign up at the front desk

#### January 8 & 22

##### **Live Music During Lunch**

**@ 11:30 am**

#### January 26

##### **B.I.N.G.O**

**@ 1:00 pm - 2:30 pm**

