

**JULY 2025**

7521 CARMEL AVE NE, 87113

**505-764-6475**

# **WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER**

## **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 **ncoa**  
National Institute of  
Senior Centers

**CLOSED**  
**INDEPENDENCE DAY**  
FRIDAY, JULY 4, 2025

**ATTENTION:**  
GYM, ROCKWALL &  
GAMEROOM SCHEDULE WILL  
CHANGE EFFECTIVE JUNE-  
AUGUST 2025 DUE TO  
SUMMER PROGRAM.

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



## **TRACK HOURS:**

M-F, 8:00 AM-8:45 PM  
SATURDAY, 9:00 AM-2:45 PM

## **ROCKWALL HOURS:**

M-F, 12:30 PM - 7:00 PM  
SATURDAY, 10:00 AM - 2:00 PM  
**CLOSED M-F, 10:00 AM - 11:30 AM &  
3:30 PM - 5:00 PM  
FOR YOUTH SUMMER PROGRAM**



## **GAME ROOM HOURS:**

MONDAY-FRIDAY,  
8:00 AM-8:30 PM  
SATURDAY, 9:00 AM-2:30 PM

**\*CLOSED M-F  
10:00 AM-11:30 AM &  
3:30 PM-5:30 PM  
FOR YOUTH SUMMER  
PROGRAM**

## **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 a parent/legal  
guardian required) to use  
fitness center.**



# BREAKFAST



MONDAY-FRIDAY | 8:00AM-9:00AM

## 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

## DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30  
HOT TEA \$0.30 | MILK \$0.25 |  
ORANGE JUICE \$0.25

## FULL BREAKFAST \$1.50

2 EGGS W/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

## MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

## ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

## A la Carte Items:

CHEESE \$0.25  
1 PANCAKE \$0.25  
1 FRENCH TOAST \$0.25  
TOAST \$0.20  
ENGLISH MUFFIN \$0.20  
EGG \$0.25  
BACON (2 SLICES) \$0.50  
SAUSAGE (2 SLICES) \$0.50  
RED OR GREEN  
CHILE \$0.25  
OATMEAL \$0.70  
POTATO SQUARES \$0.30  
TORTILLA \$0.20

## WEEKLY BREAKFAST SPECIALS:

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



## HOW LUNCH WORKS:

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 ages 60+ there is a suggested \$2 donation**

**Ages 50-59 is \$3.25**

**Ages 49 and under is \$7.67**

## SPECIAL ANNOUNCEMENTS

### DSA ADVISORY COUNCIL

#### MEETING:

JULY 21, 2025

@ 12:00 PM

NORTH VALLEY SENIOR CENTER  
3825 4<sup>TH</sup> ST NW, 87107

### BOARDS & COMMISSIONS

#### NEEDS YOU

Join one of our  
50 Boards & Commissions  
Shape the future of our city!

**APPLY TODAY**

**[cabq.gov/boards](http://cabq.gov/boards)**

# North Domingo Baca Classes

## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm



## Guitar Workshop with Laudente

Thursday, 6:00 pm - 7:30 pm

## Improver Line Dancing

Monday, 1:30 pm - 3:00 pm

Tuesday, 1:30 pm - 3:00 pm

Class starts 7/15/25

## 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  
**Rotary Club**

Tuesday, 12:00 pm- 1:30 pm

## Knitting/Crocheting

Tuesday,  
1:00 pm- 3:00 pm

## American Sign Language

Monday & Wednesday,  
3:00 pm - 5:00 pm

## Italian Movie Night

2nd Friday of Every Month

6:00 pm- 8:00 pm

## French Group

Saturday,  
9:30 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!



## Photography

Wednesday, 9:00 am- 11:00 am

Wednesday, 6:00 pm- 7:30 pm

## Sharing memories through creative writing

Wednesday,  
12:30 pm- 2:00 pm

## Chess Club

Thursday,  
1:00 pm- 3:00 pm

## Woodcarvers

Tuesday, 5:00 - 7:00 pm

**Must be 9 yrs old & up**

## ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm

Thursday, 5:00 pm- 8:00 pm

Saturday, 11:45 am- 1:15 pm



## Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month

11:30 am- 1:00 pm

Email: [abqfibro.com](mailto:abqfibro.com)

## 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



## Open Bible Study

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

## Bible Study/Prayers

Friday, 9:00 am- 10:30 am

## Open Bible Study

Friday 10:00 am- 11:00 am

## Mixed Fellowship/Prayers /Bible Study

Monday, 1:15 pm - 2:30 pm

## Bible Study for Women

Tuesday,

6/3/25- 7/29/25

6:30 pm - 8:00 pm

# Health and Fitness Classes



**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

**Korean Yoga Tai Chi  
Quiong**  
Friday,  
2:00 pm- 3:00 pm

**Yoga with Lynn \$10**  
Monday, 8:30 am- 9:30 am  
Friday, 1:00 pm-2:00 pm  
Aerobics Room

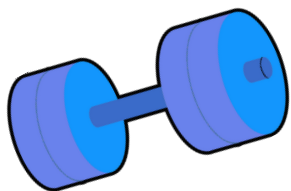
**Feldenkrais**  
Thursday,  
Aerobics Room  
10:00 am- 11:00 am  
3:00 pm- 4:00 pm

**FIT for Seniors \$3**  
Gymnasium  
Tuesday and Thursday,  
9:30 am- 10:30 am

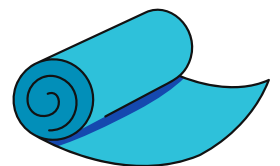
**Kendo \$**  
Monday and  
Wednesday,  
6:00 pm- 7:30 pm

**Fit/Tone with Jen \$4**  
Tuesday,  
9:15 am- 10:15 am

## 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  
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  
**Sign up at [Jazzercise.com](http://Jazzercise.com)**



# GYM SCHEDULE

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

Tuesday  
11:00 am-12:15 pm

Thursday  
10:45 am-11:45 am

Friday  
6:00 pm-8:00 pm

Saturday  
12:30 pm -2:30 pm

## **50+ Senior Basketball**

Monday,  
11:00 am-12:15 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

## **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



## **50+ Senior pickleball**

Tuesday,  
\*Half Court

11:00 am-12:15 pm

## **Learn to play pickleball**

Wednesday,  
10:45 am-12:15 pm

## **Open play pickleball (All Ages)**

Thursday,  
6:00 pm- 8:00 pm  
Friday,  
10:45 am-12:15 pm

## **Badminton**

Tuesday,  
6:00 pm- 8:00 pm



# Back To School Supply Drive

**Help students succeed this fall by donating school supplies today!**

We are collecting a range of supplies to support elementary school teachers and students in the classroom. Your generous donations are essential for academic success.



## **Items Needed:**

- Spiral notebooks (wide-lined)
- Wide-lined paper
- Washable markers
- Table Caddies
- 4 Drawer Medium Towers
- 10-Drawer Organizer Carts
- Facial tissues
- #2 Pencils, Crayons
- Lysol wipes
- Dry Erase markers
- Flair pens
- Colored pencils



**Bring Donations to your local senior or multigenerational center before July 31, 2025**

**For more information call 505.764.1009**



# 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

Tuesday

10:00 am- 11:15 am

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

## **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

## **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

## **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

# North Domingo Baca Multigenerational Center Community Event Calendar



## Trips for the Month

Trip to

Duran's Pharmacy & Gift Shop

\$\$

Friday, July 25

Depart @ 10:30 am

## July Celebrations

Teen Night

Friday, July 11

6:00 pm - 8:30 pm

PRE-REGISTRATION REQUIRED

CABQ.GOV/TEEN-NIGHTS

Youth Summer Program

Talent Show

"Around the World"

Friday, July 25

Starts @ 5:00 pm

## Community Events

\*Calendar is subject to change

➤ July  
9

GEHM Clinic  
@ 8:30 am



Teeniors  
Tech Help



No Class for July

➤ July  
11

July Birthday's Cake  
Snack Bar  
@ 12:00 pm

July  
21

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



➤ July  
15

Pie Social in the  
Snack Bar  
@ 12:00 pm



July  
31

Live Music During  
Lunch  
@ 11:30 am

