

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 
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 4TH 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

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

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

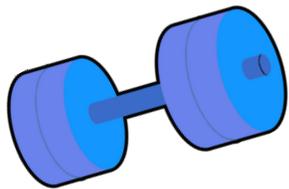
Feldenkrais
Thursday,
Aerobics Room
10:00 am- 11:00 am
3:00 pm- 4:00 pm

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

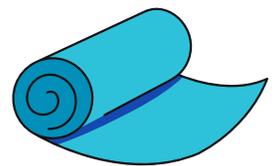
Kendo \$
Monday and
Wednesday,
6:00 pm- 7:30 pm

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

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

