



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



4th of July
INDEPENDENCE DAY
 CELEBRATION

Thursday, July 2, 2026 at 1:00 pm
 Join us at the East Patio

**MUSIC | ICE CREAM | CHIPS & SALSA
 SUNDAE**

Please RSVP at the front desk

NORTH DOMINGO BACA
 MULTIGENERATIONAL CENTER
 7521 CARMEL AVE. NE

July 2026

7521 Carmel Ave NE, 87113
 505-764-6475
www.cabq.gov/seniors

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."

NDB WILL BE CLOSED:
**FRI., JULY 3RD &
 SAT. JULY 4TH**
INDEPENDENCE DAY

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



GAME ROOM HOURS:

MONDAY-FRIDAY

8:00 AM-8:30 PM

SATURDAY

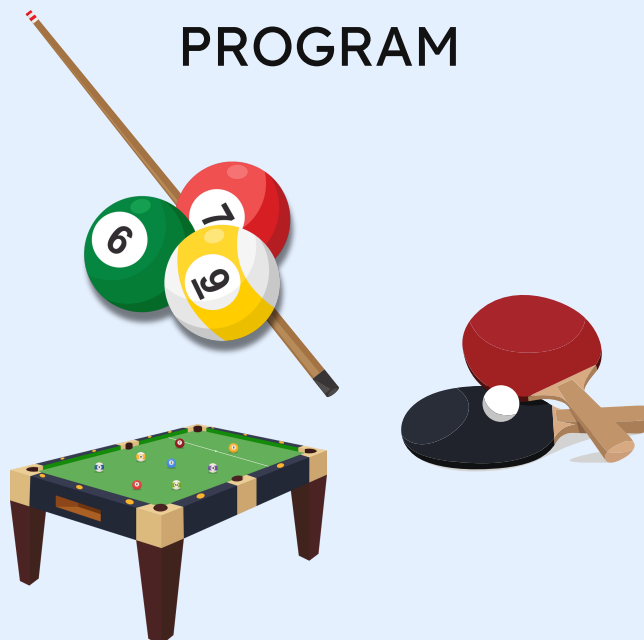
9:00 AM-2:30 PM

*CLOSED M-F

10:00 AM - 11:00 AM

3:30 PM - 5:30 PM

FOR YOUTH SUMMER PROGRAM



NORTH DOMINGO BACA CLASSES

American Sign Language

Monday, 10:30 am - 11:45 am
Wednesday, 12:30 pm-1:45 pm

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm

Guitar Workshop w/ 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,
9:00 am -11:00 am

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

French Group

Saturday,
9:30 am- 11:00 am

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

Rotary Club

Tuesday, 12:00 pm- 1:30 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

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

Sharing memories through creative writing

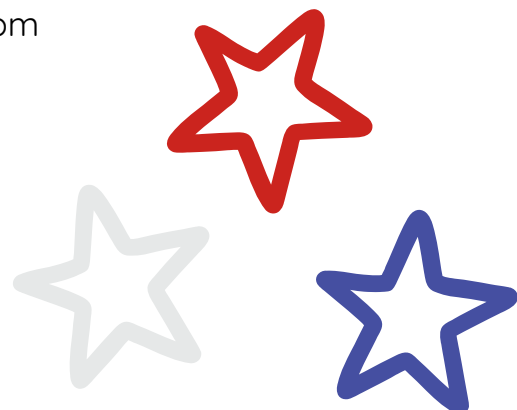
Wednesday,
12:30 pm- 2:00 pm

Woodcarvers

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

Attention

**The schedule for the Gym, Rockwall,
Gameroom and classes will be
effective June 15th - July 31st
due to the Summer Youth Program.**



HEALTH & FITNESS CLASSES

Enhance Fitness

Social Hall
Monday, Wednesday & Friday
8:05 am - 9:05 am &
10:15 am - 11:15 am

***Accepting for waitlist only**

Please see front desk for more information



Yoga with Lynn \$10

Monday, (no class for July)
Friday, (Please visit the front
desk for the class time)

Jazzercise \$

Social Hall

Class Passes available at

www.jazzercise.com

Summer Sale going on now!

Monday 9:15 am & 4:30 pm
Tues/Thurs 8:05 am
Wednesday 4:30 pm
Friday 9:10 am
Saturday 10:20 am



FIT for Seniors \$3

Gymnasium
Tuesday and Thursday,
9:30 am- 10:30 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

Zumba (Gold) \$4

Social Hall
Tuesday,
9:15 am- 10:15 am

Zumba \$5

Social Hall
Monday, Wednesday, Saturday
9:15 am- 10:15 am

GYMNASIUM SCHEDULE

50+ Senior Basketball

Monday,
10:45 am-12:00 pm

Wednesday,
6:00 pm-8:00 pm

Saturday,
9:00 am-11:00 am



Family Open Gym

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

Saturday,
*Half court
11:00 am-12:30 pm

Women's 50+ Senior Basketball

Monday,
6:00 pm- 8:00 pm

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

Tuesday,
*Half court
10:45 am-12:00 pm

Thursday,
10:45 am-12:00 pm

Friday,
6:00 pm-8:00 pm

Saturday,
12:30 pm -2:30 pm

50+ Senior pickleball

Tuesday,
*Half Court
10:45 am-12:00 pm



Learn to play pickleball

Wednesday,
10:45 am -12:00 pm

Open Play Pickleball (All Ages)

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

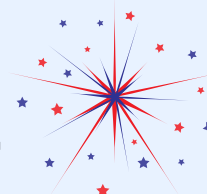
Badminton

Tuesday,
6:00 pm- 8:00 pm



Attention

The schedule for the Gym, Rockwall, Gameroom,
and classes will be effective
June 15th - July 31st due to the Summer Youth Program.



SPORTS & 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 and Thursday
8:15 am - 9:15 am

Yoga Flow with Cindy \$10

NDB Aerobics Room
Wednesday
4:15 PM - 5:15 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

La Blast \$6

NDB Aerobics Room
Thursday, 11:00 am-12:00 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

Kuchupudi/Mohiniyattom Dance \$20.00

NDB Aerobics Room
Wednesday, 7:00 pm- 8:30 pm

Hula \$

NDB Aerobics Room
Wednesday
5:30 pm- 6:45 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 & water bottle

Feldenkrais

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

FIREWORKS PARFAIT

Ingredients

- 2 cups vanilla lowfat Greek yogurt
- 2 tablespoons shredded coconut plus 1/4 tsp. for garnish
- 1 tablespoon agave nectar
- 1/2 cup raspberries
- 1/2 cup strawberries sliced
- 1/2 cup blueberries

Instructions

- Mix yogurt, coconut and agave in bowl.
- Layer berries and yogurt mixture to create red, white and blue layers in tall glass. Top with remaining berries and coconut.



Physical Therapy Talks

1st Wednesday of each month
2:00 pm—3:30 pm

Talks 45-60 minutes with exercise to follow

North Domingo Baca Aerobics Room

Informal talks covering details of anatomy and physiology to help individuals maximize exercise effectiveness, minimize risk of injury and optimize functional movements.

Topics will be as follows:

July: Balance
August: Hip and knee
September: Ankle and foot

20 participant max
1st come 1st serve
Free to current active members

Presenter: Leslie Herman, PT (NM lic#1699)



Special Events & Announcements

**Performance by
FANGHUA DANCE
GROUP**

Come join us for an
unforgettable dance!
Wednesday, July 8, 2026



In the
Social Hall
11:45AM

NORTH DOMINGO BACA

KARAOKE PARTY

JULY 31 2:00 PM - 3:30 PM
7521 CARMEL AVE. NE 87113



Sign up to perform
at the front desk.
Last day to sign up
is Friday, July 24th.

**RSVP at the
Front Desk**

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
 Jazlyn Childers, Program Assistant
 Jaeda Saucedo, Program Assistant
 Anika M., Front Desk Student Worker
 Maria Munoz, General Services
 Cyrus Benavides, General Services
 Leon Mascarenas, General Services
 Michael Coriz, Goodwill SCSEP
 William Banach, SCSEP
 Angel, Front Desk JMP
 Lucia, Front Desk JMP

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

Summer Youth Program Staff!

Leah, Youth Supervisor

Daniel , Group 1 Rec Leader Jayleigh, Group 1 Rec Leader Noah, Group 1 Rec Leader Lilly K., Group 1 Rec Leader Jaliyah, Group 1 Rec Leader Javion, Group 1 Rec Leader Alexandria, Group 1 Rec Leader Jayden, Group 1 Rec Leader	Chase, Group 3 Rec Leader Jesse, Group 3 Rec Leader Elizabeth, Group 3 Rec Leader Indigo, Group 3 Rec Leader Avery, Group 3 Rec Leader Bailey, Group 3 Rec Leader Montae, Group 3 Rec Leader Ryan, Group 3 Rec Leader Rylie, Group 3 Rec Leader Alexis, Group 3 Rec Leader Devin, Group 3 Rec Leader
Harlan, Group 2 Rec Leader Lilly M., Group 2 Rec Leader Rio, Group 2 Rec Leader Haley, Group 2 Rec Leader Ava, Group 2 Rec Leader Mauro, Group 2 Rec Leader Manase, Group 2 Rec Leader Shams, Group 2 Rec Leader Reagan, Group 2 Rec Leader	Amous, Group 4 Rec Leader Aaliyah, Group 4 Rec Leader Lexi, Group 4 Rec Leader Jeriah, Group 4 Rec Leader Kaylee, Volunteer

Special Events & Announcements



Department of Senior Affairs

YOUTH TALENT SHOW

Come support DSA Youth!
July 24 - 5 PM
7521 Carmel Ave NE 87113

Experience our incredible lineup of talented singers, dancers, comedians, magicians, and so much more!

ONE ALBUQUE RQUE **FREE ENTRY**

Fitness Knows No Age
Sports & Fitness Wellness Walk

Walk with us for National Wellness Month



SAVE THE DATE
Thursday, August 13
9:00 AM to 10:00 AM

Location: North Domingo Baca Multigenerational Center

Scan membership card upstairs in Fitness Center first, meet at Main Entrance

Bring a water bottle & a buddy!

ONE ALBUQUE RQUE All Members welcome!



2026

TEEN NIGHTS

SPORTS & GAMES

JULY 17TH

NORTH DOMINGO BACA MULTIGENERATION CENTER FROM 6 P.M. TO 9 P.M.

FREE TEEN EVENT WITH ROCK CLIMBING, GAMES, GA GA PIT AND PIZZA! PRE-REGISTRATION REQUIRED.

CABQ.GOV/TEEN-NIGHTS

ONE ALBUQUE RQUE



IMPORTANT NOTICE

SOME SENIOR CENTERS & FITNESS FACILITIES WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training August 3 to August 7, 2026:

- Barelas Senior Center
- North Valley Senior Center
- Highland Senior Center
- Bear Canyon Senior Center

Normal business hours will resume on **August 10, 2026** for Barelas and Highland facilities.

Normal business hours will resume on **August 9, 2026** for North Valley.

Normal business hours will resume on **August 8, 2026** for Bear Canyon.

During this time, meal services will be available at our other locations:

- Manzano Mesa Multigenerational Center
- North Domingo Baca Multigenerational Center
- Santa Barbara Martineztown Multigenerational Center
- Los Volcanes Senior Center & Fitness Facilities
- Palo Duro Senior Center & Fitness Facilities

Thank you for your cooperation!

Community Events Calendar

DSA ADVISORY COUNCIL MEETING

July 20, 2026 at 12:00 pm
Highland Senior Center
131 Monroe NE, 87108

Coffee with Constituents

July 23, 2026 from 8:30 am - 9:30 am
Santa Barbara Martineztown
Multigenerational Center
1825 Edith Blvd NE, 87102

There will be no scheduled trips for June & July to accommodate the Summer Youth Program.

See you all in August for our next adventure!
Sign up starts July 15th



UPCOMING TRIPS FOR AUGUST:

Sign up at the front desk starting July 15th.
Must sign up in person
Days and Times are subject to change
Trips are at your own expense

Trip to NM Museum of Natural History & Science \$\$

Thursday, August 20

Check in: 8:15 am
Depart: 8:30 am
Return: 12:30 pm

Trip to Mac's La Sierra \$\$

Friday, August 28

Check in: 10:15 am
Depart: 10:30 am
Return: 1:00 pm

Community Events

*Calendar is subject to change
Please visit the front desk for more information

No Class for July

AARP Driving
Sign up at the front desk

July 1

Birthday Celebration
12:00 pm In the Snack Bar

July 2

4th of July
Ice Cream Sundae Celebration
1:00 pm
Sign up at the front desk

July 8

Performance by Fanghua Dancing Group
11:45 am In the Social Hall

July 14

Pie Social
12:00 pm In the snack bar

July 15

GEHM CLINIC
8:30 am

July 27

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

July 9, 23 & 30

Live Music During Lunch
11:30 am in the Social Hall

July 30

Live Music
10:00 am in the Amphitheater

July 31

Karaoke Party
2:00 pm - 3:30 pm
Sign up at the front desk

Teeniors - Tech Help
Next class is in September

For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website.