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.”

Gymnasium schedule will change effective June 13th thru August 5th due to the summer youth program. Please see gym door for new schedule. Thank you for your understanding!

Closed Monday, June 20, 2022

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 19, 2022, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

Visit our website
https://www.cabq.gov/seniors
Breakfast Menu

**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

**BREAKFAST BURRITO $1.50**
BACON OR SAUSAGE (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

**ENGLISH MUFFIN SANDWICH $1.00**
BACON OR SAUSAGE

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**A LA CARTE ITEMS**

**EGG $0.25**
**BACON (2 SLICES) $0.50**
**SAUSAGE (2 SLICES) $0.50**
**CHEESE $0.25**
**HASH BROWNS $0.30**
**RED OR GREEN CHILE $0.25**
**HOT CEREAL W/ MILK $0.70**
**1 PANCAKE $0.25**
**1 FRENCH TOAST $0.25**
**ENGLISH MUFFIN $0.20**
**TOAST $0.20**
**TORTILLA $0.20**

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**Drinks**

Hot Cocoa $0.30
Hot Tea $0.30
Milk $0.25
Orange Juice $0.25
Coffee $0.30

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**Breakfast Menu**

**Monday-Friday 8:00AM-9:00AM**

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**Lunch Meal:**

11:30am-1:00pm, Monday through Friday. Have to make reservations the day before, prior to 1:00pm, anything after 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, the cost for ages 50-59 is $3.25, and the cost for ages 49 and under is $7.67.

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**MEMBERSHIPS!!!!**

NEW PARTICIPANTS WILL BE REQUIRED TO REGISTER AND OBTAIN A MEMBERSHIP IN ORDER TO CONTINUE SERVICES. NEW MEMBERSHIPS HAVE A $20.00 ANNUAL FEE.
Hello!

It feels like the month of May came and went! In celebration of May’s Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

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We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez,  
Director,  
Department of Senior Affairs

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Health Events:  
GEHM Clinic  
June 15th  
9:00AM-12:00PM

All about Medicare 101/Pres Medicare  
June 8th  
10:00AM-12:00PM

Loaner Tablet Program  
To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help older adults, 60 and older, learn about digital technology and how to navigate the internet. Visit with center staff for enrollment details.

FITNESS CENTER HOURS:  
M-F 8:00AM-8:45PM  
CLOSED FOR CLEANING M-F  
1:30PM-2:00PM  
SATURDAY 9:00AM-2:45PM

GAME ROOM HOURS:  
M-F OPEN: 8:00AM-9:30AM  
12:00PM-3:30PM, AND 6:00PM-8:45PM  
SATURDAY: 9:00AM-2:45PM  
*Summer Hours:  
Closed 9:30am to 11:45am and 3:30pm to 5:30pm

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TRACK HOURS:  
M-F 8:00AM-8:45PM  
CLOSED FOR CLEANING M-F  
1:30PM-2:00PM  
SATURDAY 9:00AM-2:15PM

ROCK WALL HOURS:  
M-F 9:00AM-2:00PM  
6:30PM-7:45PM  
CLOSED 2:00PM-5:00PM FOR CLEANING/AFTER SCHOOL PROGRAM  
*Summer Hours:  
Closed 9:30am to 11:45am and 3:30pm to 5:30pm
North Domingo Baca Classes

Photography
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm

Learn to Paint and Draw with Kelly
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

Ukulele Group
Wednesday, 10:00 am- 12:00 pm

Italian Culture Group Film
Friday, 6:00 pm- 6:00 pm

Quilting Cluster
Friday, 10:00 am- 4:00 pm

Bible Study
Monday, 8:30 am - 10:00 am

Open Bible Study
Wednesday, 8:45 am-10:00 am

Women’s Bible Study
Tuesday, 6:30 pm - 8:00 pm

Family Centered Prayer Battle
Friday, 9:00 am- 10:30 am

Kendo
Wednesday, 6:00 pm- 7:30 pm
Friday, 6:00 pm- 7:30 pm

Ballroom Dancing
Saturday, 1:00 pm-2:00 pm

Multiple Sclerosis Self-Help Group
3rd Thursday of the month
1:00 pm-2:30 pm

Rotary Club
Tuesday, 12:00 pm- 1:30 pm

ABQ Karate $
Monday, 5:00 pm- 8:00 pm
Wednesday, 5:00 pm- 8:00 pm

Beginning Line Dancing
Thursday, 1:30 pm- 3:00 pm

Intermediate Line Dancing
Wednesday, 1:30 pm- 3:00 pm

Mah Jongg
M,W,TH
12:00 pm- 1:30 pm

Feldenkrais
Thursday, 10:00 am- 11:00 am and 6:00 pm- 7:00 pm

Albuquerque Fibromyalgia Support Group
1st Tuesday of the month,
1:00 pm- 2:30 pm

Card Making
Thursday, 10:30 am-11:30 am
Health and Fitness Classes

Zumba $4
Social Hall
Monday, Wednesday, and Saturday.
9:15 am - 10:15 am

Zumba (Gold) $4
Social Hall
Tuesday, 9:15 am - 10:15 am

Learn to play pickleball
Gymnasium
Wednesday
10:45 am - 12:45 pm
*Summer Hours:
10:45 am to 12:45 pm

FIT for Seniors $3
North Domingo Baca
Tuesday, 9:30 am - 10:30 am
Thursday, 9:30 am - 10:30 am

Open Gym for adults and teens
Gymnasium
Monday 6:00 pm - 8:00 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

Open Gym (All Ages)
Gymnasium
Tuesday and Thursday
*Summer Hours:
10:45 am - 11:45 am Monday - Friday
5:00 pm - 5:45 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

50+ Basketball
Gymnasium
*Summer Hours:
Monday
10:45 am - 11:45 am
Wednesday
6:00 pm - 8:00 pm
Saturday
9:00 am - 11:00 am

60+ Basketball
Gymnasium
Saturday,
9:15 am - 10:30 am

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

Badminton
Gymnasium
Tuesday
6:00 pm - 8:00 pm

Enhance Fitness
Social Hall
M, W, F
8:05 am - 9:05 am and
10:15 am - 11:15 am

Middle School Basketball
Gymnasium
*Summer Hours:
M - F
4:00 pm - 4:45 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

Open play pickleball
Gymnasium
Friday
10:45 am - 12:45 am
*Summer Hours:
10:45 am to 12:45 pm

Learn to play pickleball
Gymnasium
Wednesday
10:45 am - 12:45 pm

*Summer Hours:
10:45 am to 12:45 pm

Unified Rec for Individuals with Disabilities
Gymnasium
Thursday:
6:30 pm - 7:30 pm

*UNDER 18 REQUIRES A PARENT/GUARDIAN
Sports and Fitness Classes

Aerobics
Gymnasium
M,W,F
8:15 am- 9:15 am

LaBlast (Dance Fitness) $5
NDB Aerobics Room
Monday,
9:00 am- 10:00 am
Tuesday,
10:00 am- 11:00 am

Dance 2 Enhance with Ana
NDB Aerobics Room
Monday,
5:30 pm- 6:30 pm
Tuesday,
5:00 pm- 6:00 pm

Flex and Tone
Gymnasium
Tuesday and Thursday
8:15 am- 9:15 am

Gentle Exercise
M,W,F
9:30 am- 10:30 am

Boomer Yoga $8
NDB Aerobics Room
Tuesday and Wednesday
3:30 pm- 4:30 pm

Qigong with Lillian
NDB Aerobics Room
Tuesday and Thursday
9:00 am- 10:00 am

NM Folk Dance
NDB Aerobics Room
Wednesday
9:30 am- 11:00 am

Happy Dance (Asian Folk Dance)
NDB Aerobics Room
Friday
6:45 pm- 8:30 pm

Kung Fu
NDB Aerobics Room
Saturday
10:30 pm- 12:30 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

Chinese Folk Dance
NDB Aerobics Room
Monday
7:00 pm- 8:30 pm
Saturday,
12:30 pm- 2:00 pm

Indian Classical Dance-Shalaka
NDB Aerobics Room
Thursday,
4:30 pm- 5:30 pm
Friday,
4:15 pm- 6:15 pm

Aikido
NDB Aerobics Room
Tuesday and Thursday
6:00 pm- 7:30 pm

Yoga with Misa
NDB Aerobics Room
Tuesday
10:00 am- 11:00 am
Saturday
9:00 am- 10:15 am
Summer Youth Program Open House
June 9th
Social Hall
5 pm - 6:30 pm

Teen Tuesdays
Ages 13-19
June 14th, June 21st, June 28th
5:30 pm - 7 pm

Senior Arts and Crafts
June 27th
1:00 pm - 2:30 pm

Senior Lunch and Movie
June 3rd
Noon - 1:30 pm

Pie Social
June 13th
75¢

Welcome
New Member Orientation/Tour
June 1st
Lobby
9:30 am - 10:30 am

Family Game Night
Olympics
June 10th
6:00 pm - 8:00 pm

Summer Youth Program Open House
June 9th
Social Hall
5 pm - 6:30 pm

Family Movie Night
Lilo and Stitch
June 17th
6:00 pm - 8:00 pm

Community Fathers Day Cookout
June 17th
Social Hall
3:30 pm - 5 pm

Family Game Night
Olympics
June 10th
6:00 pm - 8:00 pm

Community Dance Night
June 24th
6:00 pm - 8:00 pm

Lunch with NDB Staff
June 15th
Restaurant TBD
10:30 am - 1 pm

June Birthday Cake Celebration in Lobby
June 1st

New Member Orientation/Tour
June 1st
Lobby
9:30 am - 10:30 am

Pie Social
June 13th
75¢
## IMPORTANT YOUTH PROGRAM DATES

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<tr>
<td>First Day of Summer Program!</td>
<td>Get to Know Each other All Day</td>
<td>NDB Scavenger Hunt Time: 9 am-10 am</td>
<td>Show’n Tell Group 1 Time: 2:15 Group 2 Time: 10:40 Group 3 Time: 12:45 Group 4 Time: 1:30</td>
<td>Fathers Day Picnic /Field Day at NDB All Groups Time: 3 pm-5:30 pm</td>
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<td>CLOSED JUNETEENTH</td>
<td>Volleyball Tournament at NDB All Groups Time: Noon-1:30</td>
<td>Water Day at NDB &amp; Snow Cone All Groups Time: 12:00-3:00 FREE</td>
<td>Escape Room at NDB Group 1 Time: 2:15 Group 2 Time: 10:40 Group 3 Time: 12:45 Group 4 Time: 1:30</td>
<td>Main Event, All Groups Time: 10:30-3:30 Limit: 60 Price: $25 Pizza Provided!</td>
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<td>Making Tie Dye All Groups During Field Rotation <em>Please bring white t-shirt</em> Cold Stone Field Trip Group 1: 2:15 pm Group 2: 10:40 am Group 3: 12:45 pm Group 4: 1:30 pm Price: $6+</td>
<td>Basketball Tournament All Groups Time: Noon-1:30 Kona Ice Time: 1:00 pm Price: $3+ <em>Children will be responsible for money</em></td>
<td>Roller Skate City Group 1 &amp; 2: Time: 11:30 am 2 pm Price: $10 Limit: 13 per group Group 3 &amp; 4: Time: 2 pm-4:30 pm Price $8 Limit: 13 per group</td>
<td>Outpost Ice Skating Group 1 &amp; 2: Time: TBD Price: $9 Group 3 &amp; 4: Time: TBD Price TBD</td>
<td>Cool Spring Time: Noon - 3 pm Limit: 60 Price: $15</td>
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Calendar is Subject to Change