



**JUNE 2022**

**7521 CARMEL AVE NE 87113**

**505-764-6475**

# **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."**

**Accredited by**   
**National Institute of  
Senior Centers**

**CLOSED MONDAY, JUNE 20, 2022**

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!

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](https://www.cabq.gov/seniors)**

# Breakfast

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

### 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



#### 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



#### Drinks

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

Coffee \$0.30

#### 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.

## 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. .



ONE  
ALBUQUE  
RQUE

## June 2022



Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>CLOSED</b> MEMORIAL DAY 	31 • Greek Pasta Salad • Cucumber & Red Onion Salad w/ Ranch Dressing • Wheat Crackers • Fruit • 1% Milk	1 • Red Chile Omelet • Steamed Potatoes • Stewed Tomatoes • Green Apple • 1% Milk	2 • Turkey Tetrazzini • Steamed Spinach • Peas & Carrots • Red Grapes • 1% Milk	3 • Beef Steak with Grilled Onions • Mashed Potatoes • Steamed Broccoli • Pudding • 1% Milk
6 • BBQ Chicken Sandwich • Sweet Potato • Apple Cobbler • 1% Milk	7 • Salisbury Steak Mushroom & Onion Gravy • Green Beans • Scalloped Potatoes • Orange • 1% Milk	8 • Baked Ziti • Steamed Carrots & Cauliflower • Breadstick • Pineapple • 1% Milk	9 • Turkey Pot Pie • Ancient Grains • Broccoli • Diced Peaches • 1% Milk	10 • Bean & Rice Burrito with Red Chile • Cauliflower • Warm Cinnamon Apples • 1% Milk
13 • Beef Tips w/ Gravy in Bowtie Pasta • Steamed Green Beans • Peach Cobbler • 1% Milk	14 • Baked Chicken Thigh • Steamed Collard Greens • Brown Rice • Yogurt • Dinner Roll w/ Margarine • 1% Milk	15 • Garlic Tilapia • Black-eyed Peas • Steamed Carrots • Pudding • 1% Milk	16 • Sliced Turkey w/ Brown Gravy • Steamed Carrots • Mashed Potatoes • Pear • 1% Milk	17 • Pork Roast w/ Creamy Onion Gravy • Steamed Broccoli & Carrots • Mashed Potatoes • Dinner Roll w/ Margarine • Green Grapes • 1% Milk
20 <b>CLOSED (OBSERVED)</b> JUNETENTH	21 • Chicken Thigh • Succotash • Cornbread • Apple • 1% Milk	22 • Pasta Primavera • Steamed Broccoli • Bread Stick • Cantaloupe • 1% Milk	23 • Baked Salmon • Roasted Peppers • Ancient Grain • Pudding • 1% Milk	24 • Carne Adovada • Pinto Beans • Brown Rice • Jell-O • Flour Tortilla • 1% Milk
27 • Baked Pork Chops • Sweet Potatoes • Broccoli/Cauliflower/Carrot • Yogurt • Dinner Roll w/ Margarine • 1% Milk	28 • Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions • Green Peas • Brown Rice • Orange • 1% Milk	29 • Garlic Tilapia • Steamed Potatoes • Collard Greens • Dinner Roll w/ Margarine • Strawberries • 1% Milk	30 • Baked Ziti • Steamed Green Beans & Mushrooms • Garlic Breadstick • Peas • 1% Milk	1 • Cheeseburger • Sweet Corn • Steak Fries w/ Ketchup • Watermelon • 1% Milk

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.

Heading into June please remember our centers will be closed on June 19, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 20, 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.

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



## 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



## 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 DiverselT 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



# 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

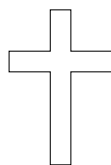
Monday, 8:30 am - 10:00 am

## 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:

10:45am to 12:45pm

## Open play pickleball

Gymnasium

Friday

10:45 am- 12:45 am

\*Summer Hours:

10:45am to 12:45pm

## FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 9:30 am- 10:30 am

## Unified Rec for Individuals with Disabilities

Gymnasium

Thursday:

6:30 pm-7:30 pm

## Jazzercise \$

Social Hall

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



# 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

Thursday,

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

### 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

### Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday,

4:30 pm- 5:30 pm

Friday,

4:15 pm- 6:15 pm



### Hula

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

### Kung Fu

NDB Aerobics Room

Saturday

10:30 pm- 12:30 pm

### Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

### Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 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



# Community Events



**June Birthday Cake  
Celebration in  
Lobby  
June 1st**



**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¢**



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



**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**



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



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



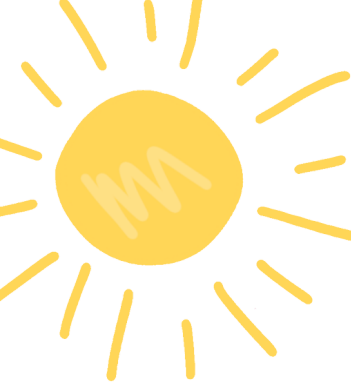
**Lunch with NDB  
Staff  
June 15th  
Restaurant TBD  
10:30 am - 1 pm**



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



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



# Youth Corner

## NDB Summer Youth Program

Monday - Friday | 7:30 am - 5:30 pm

\$30 a month Per Child

Membership Required

To join the waitlist please speak to Youth Staff

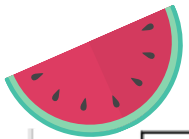


### Meet the Youth Staff

Sarah Ruden, Program Coordinator  
 Ryan Allison, Rec Leader  
 Jorge Ayala, Rec Leader  
 Josh Baca, Rec Leader  
 Katerina Bonilla, Rec Leader  
 Jude Connell  
 Hope Davis, Rec Leader  
 Alexis Gonzales, Youth Supervisor  
 Gavin Hauenstein, Rec Leader  
 Ava Garcia Wesley, Rec Leader  
 Analisa Ibarra, Rec Leader

Analisa Ibarra, Rec Leader  
 Tanner Keener, Youth Supervisor  
 Erin Magrath, Rec Leader  
 Isaiah Mendoza, Rec Leader  
 Matthew Mendoza, Rec Leader  
 Nicholas Moskola, Youth Supervisor  
 Ayvah Monette, Rec Leader  
 Ella Morton  
 Kathy Nguyen  
 Femma Olvera Martinez  
 Bella Quintana

Leah Rodriguez  
 Helaina Sarabia  
 Jaeda Saucedo  
 Timrod Sedillo  
 Isaac Sedillo  
 Preston Stanley  
 Eric Talamantes  
 Damien Talamantes  
 Isabella Velasquez  
 Taylor Ward



### IMPORTANT YOUTH PROGRAM DATES

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
13 <b>First Day of Summer Program!</b> 	14 Get to Know Each other All Day 	15 NDB Scavenger Hunt Time: 9 am-10 am 	16 Show 'n Tell Group 1 Time: 2:15 Group 2 Time: 10:40 Group 3 Time: 12:45 Group 4 Time: 1:30	17 <b>Fathers Day Picnic /Field Day at NDB</b> All Groups Time: 3 pm- 5:30 pm 
20 <b>CLOSED JUNETEENTH</b> 	21 <b>Volleyball Tournament at NDB</b> All Groups Time: Noon-1:30 <b>Kona Ice:</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money* 	22 <b>Water Day at NDB&amp; Snow cones</b> All Groups Time: 12:00-3:00 FREE 	23 <b>Escape Room at NDB</b> Group 1 Time: 2:15 Group 2 Time: 10:40 Group 3 Time: 12:45 Group 4 Time: 1:30 	24 <b>Main Event- All Groups</b> Time: 10:30- 3:30 Limit: 60 Price: \$25 Pizza Provided!
27 <b>Making Tie Dye</b> All Groups During Field Rotation *Please bring white t shirt* <b>Cold Stone Field Trip</b> Group 1: 2:15 pm Group 2: 10:40 am Group 3: 12:45 pm Group 4: 1:30 pm Price: \$6+ 	28 <b>Basketball Tournament</b> All Groups Time: Noon-1:30 <b>Kona Ice</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money* 	29 <b>Roller Skate City</b> Group 1 & 2: Time: 11:30 am 2 pm Price: \$10 Limit 13 per group Group 3 & 4 Time: 2 pm-4:30 pm Price 8 Limit: 13 per group 	30 <b>Outpost Ice Skating</b> Group 1 & 2: Time: TBD Price: \$9 Group 3 & 4: Time: TBD Price TBD 	1 <b>Cool Springz</b> Time: Noon- 3 pm Limit: 60 Price: \$15 

WEEK 1

WEEK 2

WEEK 3

Calendar is Subject to Change

