



JUNE 2023

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."



CLOSED

Juneteenth

Monday, June 19th 2023

Join us for our monthly
advisory council meeting at
Bear Canyon Senior Center
Monday, June 26th, 2023
@12:00 PM

***Gym schedule will change effective June 12, 2023 due to
the summer youth program.**

Visit our website:

<https://www.cabq.gov/seniors>



BREAKFAST

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



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

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

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

A la Carte Items:

EGG \$0.25

BACON (2 SLICES)
\$0.50

SAUSAGE (2 SLICES)
\$0.50

RED OR GREEN CHILE
\$0.25

HOT CEREAL W/ MILK
\$0.70

HASH BROWNS \$0.30
TORTILLA \$0.20

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25
TOAST \$0.20

ENGLISH MUFFIN \$0.20

DRINKS:

Coffee \$ Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

LUNCH

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 60+ there is a suggested \$2 donation

50-59 is \$3.25

Ages 49 and under is \$7.67

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://www.cabq.gov/seniors>

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,
Director Anna Sanchez



MEMBERSHIP INFORMATION:



NEW PARTICIPANTS ARE REQUIRED TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00.

HEALTH EVENTS:

GEHM Clinic:

June 14th,

9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

June 20th,

9:00 AM-12:00 PM



***Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)**

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities.

The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!



GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

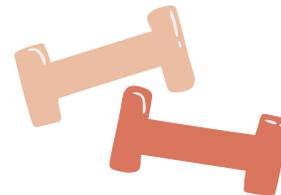
9:00 AM-2:30 PM

*CLOSED M-F

10:00 AM-11:10 AM

3:30 PM-4:40 PM FOR

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 ages of 16 or 17 with an adult to use fitness center.

ROCK WALL HOURS:

M-F, 9:00 AM-3:00 PM

4:30 PM-8:00 PM

*CLOSED M-F

10:00 AM-11:10 AM

3:30 PM-4:40 PM FOR

SUMMER PROGRAM

TRACK HOURS:

M-F, 8:00 AM-8:45 PM

SATURDAY, 9:00 AM-2:45 PM

North Domingo Baca Classes

Photography

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



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

Music Circle-Sing & Strum

Wednesday,

10:00 am- 12:00 pm

Card Making

Thursday, 10:30 am-11:30 am

Bible Study

Monday, 9:00 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am-10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm

Bible Study/Prayers

Friday, 9:00 am- 10:30 am

Ballroom Dancing \$

Saturday, 1:00 pm-2:00 pm

Sharing memories through writing

Wednesday,

12:30 pm- 2:00 pm

Knitting/Crocheting

Tuesday,

1:00 pm- 3:00 pm

Italian Culture Group Film

First Friday of the month,

6:00 pm- 8:00 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



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

Mah Jongg Group

M,W,TH

12:00 pm- 1:30 pm

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,

1:00 pm- 2:30 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month

1:00 pm-2:30 pm

MEET NORTH DOMINGO BACA STAFF



Thomas Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Program Coordinator
Victoria Jaramillo, Program Coordinator

Dejah Aranda, Office Assistant
Madeline Silva, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant
Tanner Keener, Program Assistant

Ariana Lira, Program Assistant
Justine Pennington, Program Assistant
Maria Munoz, General Service Worker
Voivod Benavides, General Service Worker
Diego Valdez, General Service Worker

Health and Fitness Classes

Zumba \$4

Social Hall

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

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

FIT for Seniors \$3

Gymnasium

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

Learn to play pickleball

Gymnasium

Wednesday,
10:00 am-12:45 pm

Open Play Pickleball

Gymnasium

Thursday,
6:00 pm- 8:30 pm
Friday,
10:45 am-12:45 pm

Badminton

Gymnasium

Tuesday,
6:00 pm- 8:00 pm



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

Weights, Stretch, and Light Aerobics

Social Hall

Thursday,
9:30 am- 10:30 am

Feldenkrais

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

Kendo \$

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

Tai Ji Quan Moving for better balance

***Ends June 27th**

Tuesday and Thursday,
1:00 pm- 2:00 pm

Open Gym (All Ages)

Gymnasium

Monday and Friday
5:00 pm-8:15 pm
Tuesday and Thursday
10:45 am-11:45 am
Monday- Friday
5:00 pm-6:00 pm
Saturday
11:00 am- 2:00 pm
***UNDER 18 REQUIRES
A PARENT/GUARDIAN**

Senior Basketball

Gymnasium

Monday,
10:30 am-11:45 pm
Wednesday,
6:00 pm-8:15 pm
Saturday,
9:00 am-10:30 am

Grade/Middle School Basketball

Gymnasium

M-F 3:15 pm- 4:45 pm
***UNDER 18 REQUIRES
A PARENT/GUARDIAN**



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

8:50 am- 10:00 am

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Gentle Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 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

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Harimau Berantai Silat

NDB Aerobics Room

Tues and Thurs

7:30 pm- 8:45 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am

Mat Pilates Class \$7

***Starts June 13th**

NDB Aerobics Room

Tuesday

10:30 am- 11:30 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Youth Corner

NDB 2023 Summer Program

June 12th- July 28th

\$30 Month Per Child

Active \$20 DSA Youth Membership Required
Fees can be paid in person or play.cabq.gov

To join the waitlist to speak to Youth Program
Coordinator or Youth Staff Supervisor

Meet the Youth Staff

Sarah Ruden, Youth Program Coordinator
Alexis Gonzales, Student Supervisor
Nicholas Moskola, Student Supervisor
Jaeda Saucedo, Student Supervisor

Group 1 (Ages 5- 6)

Kathy Nguyen , Rec Leader
Femra Olvera-Martinez , Rec Leader
Ann Hastings, Rec Leader
Mika Juan, Rec Leader
Isaiah Mendoza, Rec Leader
Kaeli Galvan, Rec Leader

Group 2 (Ages 7-8)

Ryan Alison, Rec Leader
Connor Kindel , Rec Leader
Eli Abeyta , Rec Leader
Devin Fickler, Rec Leader
Matthew Jaramillo, Rec Leader
Amous Rodela, Rec Leader
Payton Rutter, Rec Leader

Group 3 (Ages 9-10)

Dominique Rodriguez,
Josh Baca, Rec Leader
Raquel Gonzales, Rec Leader
Olivia Mahoney, Rec Leader
Timrod Sedillo, Rec Leader
Damien Talamantes, Rec Leader
Regina Canela, Rec Leader
Moses Janga, Rec Leader

Group 4 (Ages 11+)

Hope Davis, Rec Leader
Eric Talamantes, Rec Leader
Helaina Sarabia, Rec Leader
Angelina Baca, Rec Leader
Matthew Mendoza, Rec Leader
Izaih Apodaca, Rec Leader

Summer

YOUTH PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>First Day of Summer Program!  Get to Know Each Other</p>	<p>13</p> <p>NDB Scavenger Hunt  8am- 9am</p>	<p>14</p> <p>Water Day at NDB & Snow  Cones All Groups Time: Noon- 3 pm Free</p>	<p>15</p> <p>Show 'n Tell Group 1 2:15 pm Group 2 10:40 am Group 3 12:45 pm Group 4 1:30 pm</p>	<p>16</p> <p>Fathers Day Cookout 3 pm- 5:30 pm</p>
<p>19</p> <p>CLOSED JUNETEENTH</p> <p></p>	<p>20</p> <p>Soccer Tournament At NDB All Groups Time: 12:00- 1 pm</p> <p>Kona Ice  1pm Price: 3+ *Children will be responsible for money</p>	<p>21</p> <p>Outpost Ice Skating Group 1 & 2 Time: 11 am- 2 pm Price: \$10 Limit: 26</p> <p></p>	<p>22</p> <p>Outpost Ice Skating Group 3 & 4 Time: 11 am- 2 pm Price: \$10 Limit: 26</p> <p></p>	<p>23</p> <p>Main Event  All Groups Time: 10:30 am- 3:30 pm Limit: 60 Price: \$25 Pizza Provided! Family Movie Night Amphitheater 5:30 pm- 7 pm All children MUST still be signed out by 5:30 pm!</p>
<p>26</p> <p>Making Tie Dye  All Groups During Field Rotation *Please bring white t shirt*</p> <p>Cold Stone Field Trip Group 1 : 2:15 pm Group 2: Noon Group 3: 12:45 pm Group 4 1:30 pm Price \$6+</p>	<p>27</p> <p>Basketball Tournament All Groups Time: 12:00- 1 pm</p> <p>Kona Ice  1pm Price 3+ *Children will be responsible for money</p>	<p>28</p> <p>Roller Skate City Group 1 Time 11:30 am- 3:00 pm Price \$10 Limit: 13</p> <p>Roller Skate City Group: 2 Time 2 pm- 5 pm Price \$10 Limit 13</p> <p></p>	<p>29</p> <p>Roller Skate City Group 3 Time 11:30 am- 3:00 pm Limit: 13</p> <p>Roller Skate City Group 4 : 2 pm- 5 pm Price \$10 Limit :13</p>	<p>30</p> <p>Cool Springz All Groups Time: Noon- 3 pm Limit: 60 Price: \$20</p> <p></p>

Calendar is Subject to Change