

JUNE 2025

7521 CARMEL AVE NE, 87113

505-764-6475

Visit our website:
<https://www.cabq.gov/seniors>



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 **ncoa**
National Institute of
Senior Centers

CLOSED
IN OBSERVANCE OF
JUNETEENTH
THURSDAY, JUNE 19, 2025

ATTENTION:
GYM, ROCKWALL & GAMEROOM
SCHEDULE WILL CHANGE
EFFECTIVE JUNE 2025 DUE TO
SUMMER PROGRAM.



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

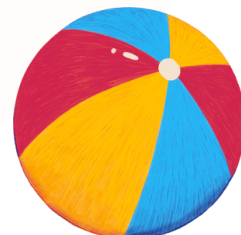
***CLOSED M-F
10:00 AM-11:30 AM &
3:30 PM-5:30 PM
FOR YOUTH SUMMER
PROGRAM**



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!

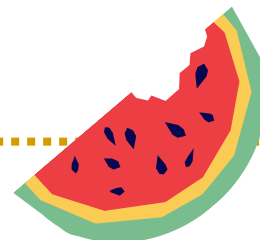
For members ages 60+ there is a suggested \$2 donation

Ages 50-59 is \$3.25

Ages 49 and under is \$7.67



SPECIAL ANNOUNCEMENTS



DSA ADVISORY COUNCIL MEETING:

JUNE 16, 2025

@ 12:00 PM

LOS VOLCANES SENIOR CENTER
6500 LOS VOLCANES NW, 87121

COFFEE WITH CONSTITUENTS:

JUNE 12, 2025

@ 9:30 AM - 10:30 AM

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

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



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

Woodcarvers

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

Chess Club

Thursday,
1:00 pm- 3:00 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

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, June 3, 6:30 pm -
Tuesday, July 29, 6:30 pm

Health and Fitness Classes

**LET'S GET
SUMMER
SWOLE**



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, 9:00 am- 10:00 am
Friday, 1:00 pm-2:00 pm

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

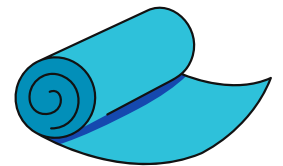
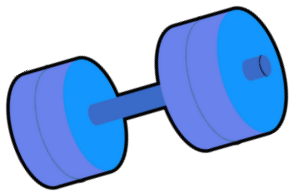
Tuesday,
9:15 am- 10:15 am

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

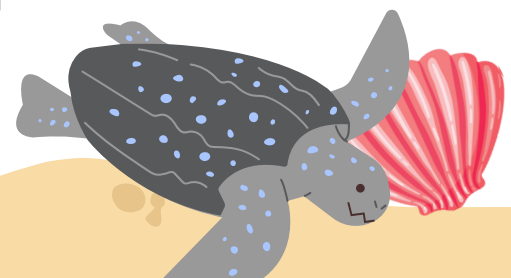


Jazzercise \$

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

Gymnasium
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

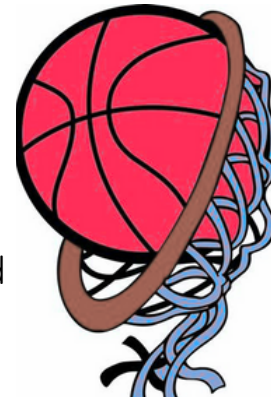
Middle School Open Gym

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 Open play pickleball (All Ages) pickleball

Wednesday,
10:45 am-12:15 pm

Thursday,
6:00 pm- 8:00 pm
Friday,
10:45 am-12:15 pm



Badminton

Tuesday,
6:00 pm- 8:00 pm

MESSAGE FROM DIR. SANCHEZ:

HELLO SUMMER!

AS WE WELCOME THE START OF SUMMER, I'M FILLED WITH EXCITEMENT FOR THE MONTHS AHEAD AND ALL THAT THEY HOLD FOR OUR COMMUNITY. THIS SEASON IS A TIME OF RENEWAL AND OPPORTUNITY, AND HERE AT THE DEPARTMENT OF SENIOR AFFAIRS, WE'RE EMBRACING IT WITH ENTHUSIASM AND FORWARD-THINKING AS WE CONTINUE TO EVOLVE TO MEET THE GROWING DEMAND FOR SERVICES.

FIRST, WE'RE KICKING OFF A NEW CAMPAIGN FOR THE DEPARTMENT, ENTITLED "ENGAGE", TO REFLECT ALL OF OUR CORE INITIATIVES COMMITTED TO COMMUNITY, WELLNESS, AND ADVOCACY FOR OUR CITY'S OLDER ADULTS. THROUGH "ENGAGE," WE AIM TO HIGHLIGHT THE IMPORTANCE OF STAYING ACTIVE AND INVOLVED IN EVERY STAGE OF LIFE. YOU'LL START TO SEE THIS MESSAGING ACROSS OUR CENTERS, PROGRAMS, AND EVENTS, AND WE INVITE YOU SHARE THIS MOVEMENT WITH THE GREATER COMMUNITY.

SPEAKING OF EVENTS, THIS MONTH KICKS OFF SOME NEW ENGAGE OFFERINGS, SUCH AS SELF-CHECK HEALTH DAYS AT OUR CENTERS, PROVIDING EASY ACCESS TO TOOLS THAT WILL HELP YOU ENGAGE WITH WELLNESS. THEN, ON JUNE 11TH, WE INVITE YOU TO ENGAGE WITH COMMUNITY AT THE 1-YEAR ANNIVERSARY CELEBRATION OF THE SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER, A MILESTONE WE'RE PROUD TO SHARE WITH ALL OF OUR DSA FAMILY. AND DON'T MISS THE PRIDE MASQUERADE BALL AT HIGHLAND SENIOR CENTER ON JUNE 26TH, A DAY OF JOY, INCLUSION, AND CONNECTION.

OUR NEW FISCAL YEAR BEGINS JULY 1ST, AND AS A DEPARTMENT, WE ARE CONTINUING TO TAKE A DEEP-DIVE ON OUR BUDGET, TO CONTINUE OUR ESSENTIAL SERVICES AND ALSO EVOLVE FOR THE CHANGING AND GROWING CONSTITUENCY WE SERVE. YOU MAY NOTICE OUR EFFORTS TO ENSURE OPERATIONAL CONSISTENCY ACROSS OUR CENTERS, ALL IN AN EFFORT TO CONTINUE TO MANAGE COSTS, WHILE FOCUSED ON SERVING YOU WITH DIGNITY AND CARE. I ENCOURAGE EACH OF YOU TO CONTINUE SUPPORTING THE DEPARTMENT OF SENIOR AFFAIRS, REACHING OUT TO YOUR ELECTED OFFICIALS AND RAISING OUR COLLECTIVE VOICE FOR OUR OLDER ADULTS! TOGETHER, WE CAN KEEP STRENGTHENING THE PROGRAMS AND SERVICES THAT MATTER MOST.

FINALLY, THANK YOU TO ALL THOSE WHO FILLED OUT OUR RECENT ANNUAL SURVEY - WE HAD MORE THAN 800 PARTICIPANTS PROVIDE FEEDBACK. THE RAFFLE WINNERS FROM THE SURVEY PARTICIPANTS ATTEND HIGHLAND SENIOR CENTER, MANZANO MESA MULTIGENERATIONAL CENTER, NORTH DOMINGO BACA MULTIGENERATIONAL CENTER, AND ONE RECIPIENT RECEIVES OUR HOME DELIVERED MEALS. WITH YOUR INPUT AND SUPPORT, YOU WILL HELP US ADVANCE OUR SERVICES TO MEET THE NEEDS OF THE COMMUNITY IN THE COMING YEAR AND I AM GRATEFUL!

SINCERELY,

ANNA M. SANCHEZ, DIRECTOR



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
The ORIGINAL Cocina Azul

\$\$

Friday, June 20
Depart @ 11:00 am



Trip to Flix Brew House

\$\$\$ - Watching F1 Movie

Friday, June 27
Depart @ TBD

June Celebrations

Father's Day Cookout

Friday, June 13


@ 3:00 pm


Please sign up at the front desk

Community Events

*Calendar is subject to change

➤ June 13 June Birthday's Cake
Snack Bar
@ 12:00 pm

June 17 ➤ Teeniors
Tech Help 
@ 10:00 am - 12:00 pm

➤ June 17 Pie Social in the
Snack Bar 
@ 12:00 pm

June 16 **B.I.N.G.O** 
@ 1:00 pm - 2:30 pm

➤ June 11 GEHM Clinic
@ 8:30 am- 12:00 pm

June 26 Live Music During
Lunch 
@ 11:30 am 