



WELCOME TO DEPARTMENT OF SENIOR AFFAIRS NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

As we head into the summer months and the start of a new fiscal year, I wanted to continue to share anticipated operational changes to realign our budget in this next year. While difficult, this process has also provided our department with an important opportunity to refocus resources on core services essential for older adults across our community that may not always be visible at our senior and multigenerational centers.

Some changes taking effect on or after July 1, include a meal program alignment to ensure resources and long-term sustainability are maintained for our senior population (50 years of age and older) at our centers. Our breakfast menu has been carefully evaluated over the past year. Recommended changes will streamline popular items and daily offerings and become consistent across all centers. Daily breakfast specials and a limitation on items help keep costs sustainable. While we work to maintain an affordable price point, a slight increase still allows us to remain the best deal in town for our seniors. Additionally, as shared during public meetings and conversations with constituents, the a-la-carte menu (only offered at four centers) is no longer a viable operational focus. Shoring up our funding provides resources to address department positions, and other operational funding for critical senior programs and services. What we remain committed to is maintaining an affordable breakfast for our older adults, that no other municipality in the Southwest offers and continue to offer our grant-funded, free/donation-based hot lunch for those 60 and older at all our centers.

At the same time, we are actively pursuing additional resources to strengthen our programming, including expanded sponsorships and new partnerships which have become important areas to help increase offerings of services and support to our older adult population. It is our commitment to maintain the level of programming that keep our folks engaged and raise continued awareness on issues impacting our older generations and their families. We look forward to expanding partnerships to strengthen this work in our community.

While some changes to our meals service are anticipated, there is no planned changes to our centers' hours of operations. We are actively working to hire staff and ensure that our core services and experiences are available to all our guests. Our department and staff ask for your support so we can prioritize affordable, high-quality, and meaningful services that help older adults live healthy, engaged, and productive lives.

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs

June 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:
MON., JUNE 1ST - FRI., JUNE 5TH
DSA EMPLOYEE TRAINING WEEK
&
FRIDAY, JUNE 19TH
JUNETEENTH



***Schedules, Classes, Events and Trips are subject to change**



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)



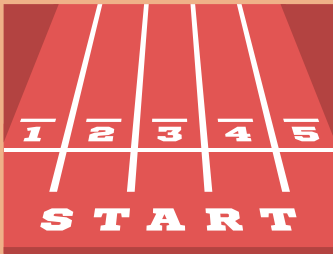
TRACK HOURS:

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, Game-room and some classes will change 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

Sugar-Free Watermelon Pineapple Popsicles

Ingredients

- 1 cup diced watermelon
- 1 diced pineapple
- 1/2 cup fresh lemon juice

Instructions

- Place the watermelon, pineapple and lemon juice in a blender. Blend until smooth, about 1 minute.
- Divide the mixture among popsicle molds. Dip a popsicle stick right in the middle and freeze at least 4 hours, or until firm. Enjoy!
- Note: To loosen the watermelon pineapple popsicles from the molds, place the molds under warm running water for 5 to 10 seconds.



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:

June: No class
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)



HEALTH & FITNESS CLASSES

Enhance Fitness

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

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

Yoga with Lynn \$10

Monday, (please visit the
front desk for the time)
Friday, 1:00 pm-2:00 pm



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

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



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some classes will change effective
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Breaking News:

CARS NEEDED!!!

NORTH DOMINGO BACA
IS HAVING A CAR SHOW &
WE WANT YOUR CAR IN THE SHOW!

IF INTERESTED CONTACT AMBER
505.764.6476
arosemaestas@cabq.gov
Last Day to sign up is June 12, 2026



THURSDAY

JUNE 18 | 4:00 PM

7521 CARMEL AVE. NE, 87113



FATHER'S DAY COOKOUT

MUSIC • FOOD •
CAR SHOW • GAMES

COME JOIN US

Swing by
North Domingo Baca
for a summer bash
honoring all the rad dads!

DON'T MISS IT!

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

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

Welcome 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

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

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

Amous, Group 4 Rec Leader
Aaliyah, Group 4 Rec Leader
Lexi, Group 4 Rec Leader
Jeriah, Group 4 Rec Leader

IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

These facilities will be closed for Employee Training
June 1 to June 5 , 2026:

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center
Los Volcanes Sports and Fitness Center
Palo Duro Senior Center
Palo Duro Sports and Fitness Center

Normal business hours will resume on **June 6, 2026** for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.

Normal Business hours will resume on **June 8, 2026** for Santa Barbara Martineztown.

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

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

Thank you for your cooperation!

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER 7521 CARMEL AVE NE

JUNETEENTH CONCERT



WEDNESDAY,
JUNE 17TH

6:00 -
8:00 PM

COME JOIN US IN THE

AMPHITHEATER

ONE ALBUQUE ROQUE senior affairs

NORTH DOMINGO BACA

ONE ALBUQUE ROQUE

FREE!

FATHER'S DAY COOKOUT

THURSDAY, JUNE 18TH
4 PM- 6 PM

SWING BY NORTH DOMINGO BACA FOR A SUMMER BASH HONORING ALL THE RAD DADS! ENJOY FREE HOTDOGS AND EPIC YARD GAMES!

7521 CARMEL AVE 87113
SOCIAL HALL PATIO

PLEASE CALL FOR MORE INFORMATION:(505)764-6475

Community Events Calendar

DSA ADVISORY COUNCIL MEETING

June 15, 2026 at 12:00 pm
Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

Coffee with Constituents

June 25, 2026 from 8:30 am - 9:30 am
North Domingo Baca
Multigenerational Center
7521 Carmel Ave. NE, 87113



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



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

Community Events

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

- June 6 AARP Driving
Sign up at the front desk
- June 10 GEHM CLINIC
8:30 am
Santa Fe National Cemetery
- June 10 8:00 am - 4:30 pm
Sign up at the front desk
- June 12 Birthday Celebration
12:00 pm In the Snack Bar
- June 16 Pie Social
12:00 pm In the snack bar
- June 17 Juneteenth Concert
6:00 pm in the Amphitheater
- June 18 Father's Day Cookout
4:00 pm in the Social Hall & Patio
Sign up at the front desk
- June 22 B.I.N.G.O
1:00 pm - 2:30 pm
- June 11 & 25 Live Music During Lunch
11:30 am in the Social Hall
- June 16 & 25 Live Music
10:00 am in the Amphitheater
- Teeniors - Tech Help
Next class is in July

