



# WELCOME TO DEPARTMENT OF SENIOR AFFAIRS NORTH DOMINGO BACA MULTIGENERATIONAL CENTER



Warm Wishes This Spring!

With warmer months on the horizon, the Department of Senior Affairs continues to work hard to ensure our programs are reliable, sustainable, and built around our community's needs.

Meal programs are at the heart of what we provide, and the enthusiasm is growing. Over the past few years, we've seen double-digit increases in breakfast participation alone—a testament to how much our community values coming together over a good meal. While our multigenerational centers welcome participants of all ages, our Department's focus remains on ensuring our hot lunch program for adults 60 and older, made possible through the Area Agency on Aging.



As we grow and evolve, we're making thoughtful adjustments to our breakfast offerings to ensure a more equitable experience at every location. And while many of these changes may go unnoticed by most, they reflect our commitment to responsible stewardship of our resources and grant funding. Standardizing practices across all centers helps us better plan for our community's needs, so that no one goes without—and allows us to refocus on what matters most: our seniors and the programs built to serve them.

We appreciate your understanding, and your center managers are always available to answer questions and share any updates specific to your location.

As always, I will continue hosting monthly "Coffee with Constituents" sessions and advisory council meetings throughout our network. This month's "Coffee with Constituents" will be held at Manzano Mesa Multigenerational Center on Thursday, March 26 from 8:30-9:30 am.

Thank you for being part of our community. We hope this spring brings you warmth, joy, and good company!



Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



## March 2026

7521 Carmel Ave NE, 87113  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6475

**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."**

\*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



## **SPRING FORWARD**

March 8, 2026



## **ROCKWALL HOURS:**

MONDAY - FRIDAY

12:30 PM - 7:00 PM

CLOSED

MONDAY - FRIDAY

3:30 PM - 6:00 PM

FOR YOUTH PROGRAM



## **GAME ROOM HOURS:**

MONDAY-FRIDAY

8:00 AM-8:30 PM

SATURDAY

9:00 AM-2:30 PM

\*CLOSED M-F

3:30 PM - 6:00 PM

FOR YOUTH AFTER SCHOOL PROGRAM



# North Domingo Baca Classes

## American Sign Language

Mondays, 9:30 am - 11:00 am  
Wednesdays, 1:00pm-2:30 pm

## Signing & Singing the Hymn Book

Wednesdays, 9:00 am - 11:00 am

## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm

## Music Appreciation

Thursday,  
1:00 pm- 3:00 pm

## Guitar Workshop with 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

## French Group

Saturday,  
9:30 am- 11:00 am

## Intermediate German

Tuesday,  
10:00 am- 11:30 am

## Italian Movie Night

2nd Friday of Every Month  
6:00 pm- 8:00 pm

## Improve Line Dancing

Monday, 1:30 pm - 3:00 pm  
Tuesday, 1:30 pm - 3:00 pm

## Begining 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

## 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

## Knitting/Crocheting

Tuesday,  
1:00 pm- 3:00 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](http://www.abqfibro.com)

## Rotary Club

Tuesday, 12:00 pm- 1:30 pm

## 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**

*Spring is in the air*



# HEALTH AND 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

## Korean Yoga Tai Chi Qigong

Friday,  
2:00 pm- 3:00 pm

## Bee Amazing

### FIT for Seniors \$3

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

### Jazzercise \$

Social Hall  
Monday 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](http://Jazzercise.com)**

## Yoga with Lynn \$10

Monday, 9:30 am- 10:30 am  
Friday, 1:00 pm-2:00 pm

## 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

## Walking with NDB Staff

Track  
Tuesday & Thursday  
3:00 pm - 4:00 pm

## 50+ Senior Basketball

Monday,  
11:00 am-12:30 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

## 50+ Senior pickleball

Tuesday,  
\*Half Court  
11:00 am-12:30 pm

# GYM SCHEDULE



## Middle School Open Gym

Monday-Friday,  
\*Half court  
3:00 pm-4:00 pm

## Learn to play pickleball

Wednesday,  
12:00 pm-3:00 pm

## Family Open Gym

Monday-Friday,  
5:00 pm- 5:45 pm  
Saturday,  
\*Half court youth and family  
11:00 am-12:30 pm

## Open play pickleball (All Ages)

Thursday, 6:00 pm- 8:00 pm  
Friday, 11:00 am-2:30 pm

## Open Gym (All Ages) \*UNDER 18 REQUIRES A PARENT/GUARDIAN

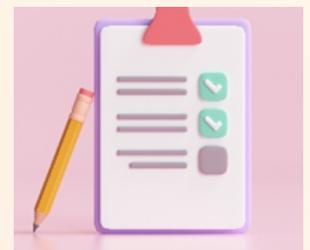
Tuesday  
11:00 am-12:30 pm  
Thursday  
10:45 am-11:45 am  
Friday  
6:00 pm-8:00 pm  
Saturday  
12:30 pm -2:30 pm

## Badminton

Tuesday,  
6:00 pm- 8:00 pm



We're pleased to announce that our Department of Senior Affairs **Annual Survey** will be launching in the coming weeks! Please keep an eye out and take a few minutes to share your valuable feedback. Additionally, our team will be conducting onsite visits to help you complete the survey online!



Thank you in advance for your participation!

# 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 and Thursday  
8:15 am - 9:15 am

## Yoga with Misa \$7-10

NDB Aerobics Room  
Saturday, 9:15 am- 10:15 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

## 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

## 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 and water bottle

## Feldenkrais

NDB Aerobics Room  
Thursday,  
10:00 am- 11:00 am  
3:00 pm- 4:00 pm

## Fit/Tone with Jen \$4

NDB Aerobics Room  
Tuesday, 9:15 am- 10:15 am

## 60+ Functional Fitness Assessment

This will be an evaluation of an individual's physical ability to perform daily tasks. The assessment measures endurance, strength, power & balance.

Join us at Bear Canyon Senior Center  
March 6, 2026 @ 11:00 am to 1:00 pm



## Shamrock Smoothie

### Ingredients:

1 ripe banana  
1 cup of milk of choice  
(Almond or Lactose Free)  
½ cup plain Greek yogurt  
½ cup fresh spinach

### Directions:

Blend until smooth. Serve chilled

NORTH DOMINGO BACA

# UPCOMING SUMMER

## youth PROGRAM

INFORMATION SHEET



### ACTIVITIES & DETAILS



Children registered in our program participate in a variety of activities, including dance, sports, arts and crafts, educational projects, field trips, and more!

Program Hours:

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

Ages accepted:

5-13

\*Children age 5 must be turning 6 by September 2026.

### REGISTRATION INFORMATION

To keep the process fair for all applicants across Albuquerque, registration is done lottery-style. During the designated period, you can enter your child into the lottery. After the application closes, children are randomly selected by a computer system. Parents will then be notified of acceptance or waitlist status via email from NDB Staff.

Lottery Dates:

TBA

Lottery Application:

[Play.cabq.gov](http://Play.cabq.gov)

### PROGRAM FEES



Our program is just \$30 per month per child, with a \$20 annual membership fee required for each child.

Please note, fees are NOT due at the time of your lottery application

### IMPORTANT INFORMATION



For all details, including important registration dates and updates, follow us on social media or visit our website:

[www.cabq.gov/seniors/youth-programs](http://www.cabq.gov/seniors/youth-programs)

# The Department of Senior Affairs *Love Story Contest Winner*

## **Our Journey of Life Begins**

Spring of 1965 was the beginning of our adventure for over 60 short years. Life consisted of daily routine activities at Walker AFB in Roswell New Mexico. My roommate asked if I could be part of a Double Date. Didn't excite me in the slightest. He would provide the car and tickets to the Drive Inn theatre. No thanks was my quick response. His response was how about I include the soda pop and POPCORN. Bingo we had a deal.

A few days later we drove to pick up our date's. When she opened the screen door our eyes met and my heart almost stopped. Don't ask what the movie was, I haven't the faintest idea. Prior to our second date her Father showed me his pistol and explained that if I had any funny idea's about his daughter he had a pistol.

Our second date was a walk through Downtown Roswell. As we were walking past Zales Jewelry Store. I said let's look in the window. She replied "What For", my reply was " You're going to Marry Me. You might as well pick out the ring". That was early July and we were married 13 November 1965.

Our travels have taken us from California to Turkey and points in between. We've been blessed with two Children Tom and Jennifer, 5 grandchildren 3 granddaughters 2 grandsons and 4 Great Grandsons. On 13 November 2025 we celebrated 60 years together.

Life is an amazing Journey packed full of ups and downs, mostly UPS. Enjoy the ride.

Jim & Joyce



# Special Events & Announcements

**WHAT'S NEW!**

## Music Appreciation

Thursday  
1:00 pm- 3:00 pm

## Bible Study 101

Tuesday  
9:00 am -11:00 am

## Physical Therapy Talks

NDB Aerobics Room  
1st Wed of each month  
2:00 pm - 3:30 pm

## Walking with NDB Staff

Track  
Tues & Thursday  
3:00 pm - 4:00 pm

## Coffee with Constituents

March 26, 2026, 8:30 am - 9:30 am  
Manzano Mesa Multigenerational Center  
501 Elizabeth SE, 87123

## DSA ADVISORY COUNCIL MEETING

March 16, 2026 at 12:00 pm  
Palo Duro Senior Center  
5221 Palo Duro NE, 87110

**ONE ALBUQUE RQUE** senior affairs

## It's Tax Season!

AARP Foundation Tax-Aide offers free tax preparation for all ages every Monday at NDB starting February 2nd - April 13th. Call 311 to make an appointment.



Join Ilene for a FREE, 16-session evidence-based program that uses gentle movements from Sun Style Tai Chi to

- improve balance
- ease joint pain
- leave you feeling calm, relaxed, and well



## North Domingo Baca Multigenerational Center

7521 CARMEL NE 87113  
January 14 to April 29  
Wednesdays  
1:15pm-2:15pm



**Limited Enrollment**  
Reserve your space today!  
Call (505) 884-4529

**2026**

## Free Ride to the Santa Fe National Cemetery

Please sign up at the front desk  
All riders must be registered at their local Senior Center



Trips available Wednesdays on the following dates:

April 8, 2026 Deadline - March 31, 2026  
May 13, 2026 Deadline - May 5, 2026  
June 10, 2026 Deadline - June 2, 2026

Participation is limited to the first 7 that sign up  
All transportation and lunch is provided



# North Domingo Baca Multigenerational Center Staff

Tom Gallagher, Center Manager  
Amber Maestas, Center Supervisor  
Sarah Ruden, Youth Program Coordinator  
Natalie Martinez, Office Assistant  
Josh Baca, Recreational Assistant  
Bob Hastings, Program Assistant  
Jazlyn Childers, Program Assistant  
Anika Montoya, Front Desk Student Worker  
Maria Munoz, General Services  
Cyrus Benavides, General Services  
Leon Masceneras, General Services

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  
Janel Powell, Kitchen Aide

Jaeda Saucedo, Youth Recreation Leader  
Leah Rodriguez, Youth Recreation Leader  
Ryan Davis, Student Worker  
Devin Fickler, Student Worker  
Amous Rodela, Student Worker  
Daniel Ibarra, Student Worker  
Malia Rey, Student Worker  
Chase Roberts, Student Worker  
Ava Morrow, Student Worker  
Alexis Jaramillo, Student Worker  
Harlan Solomon, Student Worker  
Elexus Nieto, Student Worker  
Mauro Castro Mendoza, Student Worker

**ONE ALBUQUE RQUE** senior affairs

# Special Events & Announcements



North Domingo Baca  
Multigenerational Center

## 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. **March 2026-July 2026**

### Topics will be as follows:

**March:** The Spine, posture, core and pelvic floor muscles

**April:** The shoulder

**May:** Elbow, wrist hand

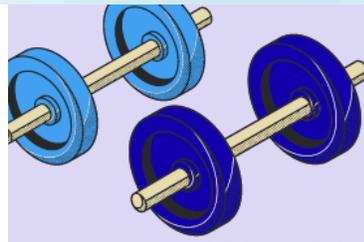
**June:** Lower extremity

**July:** Balance



20 participant max / 1st come 1st serve / Free to current active members

Presenter: Leslie Herman, PT (NM lic#1699)



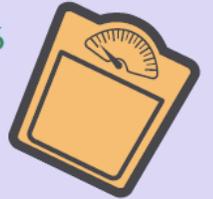
JOIN US IN THE LOBBY FOR A

## FITNESS TABLE EVENT



Senior Affairs Sports & Fitness staff will be assisting with Blood Pressure and BMI testing.

**MARCH 27, 2026**  
11AM - 1PM



NORTH DOMINGO BACA

# KARAOKE PARTY

MARCH **25** 2:00 PM - 3:30 PM  
7521 CARMEL AVE NE, 87113

RSVP at the Front Desk

Sign up to perform at the front desk

Last day to sign up is Wednesday, March 18<sup>th</sup>



## March



National Nutrition Month

March is a good time to create healthy eating habits and how it can have a positive affect on your overall health. It is important to be physically active for at least 30 minutes a day to boost your mood and decrease chronic health risks.

### 60+ Functional Fitness Assessment

This will be an evaluation of an individual's physical ability to perform daily tasks. The assessment measures endurance, strength, power & balance.

Join us at Bear Canyon Senior Center  
March 6, 2026 @ 11:00 am to 1:00pm



Need some guidance with exercise machines?  
Call and schedule a fitness equipment orientation!  
Palo Duro, North Valley & Manzano Mesa Fitness Center

(505)880-2800

North Domingo Baca Fitness Center

(505)764-6496

Los Volcanes Fitness Center

(505)767-5990



# Community Events Calendar

## TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up starts February 15th

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

### Trip to Two Fools Tavern \$\$

Wednesday, March 18

Check in: 10:30 am

Depart: 10:45 am

Return: 12:30 pm

### Trip to Sergio's Bakery & Cafe \$\$

Tuesday, March 24

Check in: 10:30 am

Depart: 10:45 am

Return: 1:00 pm

### Upcoming Trips for April:

Please visit the front desk for more information

Sign up at the front desk starting March 15th.

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

### Trip to The Albuquerque Museum

Wednesday, April 1

Check in: 8:15 am

Depart: 8:30 am

Return: 12:00 pm

### Trip to the Zoo with DSA Walking Group

Tuesday, April 14

Check in: 8:00 am

Depart: 8:15 am

Return: 1:00 pm

### Trip to Lindy's Diner \$\$

Thursday, April 23

Check in: 10:15 am

Depart: 10:30 am

Return: 1:00 pm

# Community Events

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

March 6 **Birthday Celebration**  
12:00 pm In the Snack Bar

March 7 **AARP Driving**  
Sign up at the front desk

March 11 **GEHM CLINIC**  
8:30 am

March 13 **Pi Day Pie Social**  
12:00 pm In the snack bar

March 17 **Teeniors - Tech Help**  
3:00 pm - 5:00 pm  
Please sign up at the front desk

March 23 **B.I.N.G.O**  
@ 1:00 pm - 2:30 pm

March 25 **Karaoke Party**  
2:00 pm - 3:30 pm  
Sign up at the front desk

March 12 & 26 **Live Music During Lunch**  
11:30 am

March 27 **Sports & Fitness Table**  
11:00 am - 1:00 pm in the Lobby

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

