



**MARCH 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."



## **SAVE THE DATE!!!**

**SENIOR TECH CONNECT FAIR**

**PALO DURO SENIOR CENTER**

**FRIDAY, APRIL 14, 2023**



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

## 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

# MEET NORTH DOMINGO BACA STAFF

Thomas Gallagher, Center Manager

Vacant, Center Supervisor

Sarah Ruden, Youth/Community Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Victoria Jaramillo, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Maria Munoz, General Service Worker

Diego Valdez, General Service Worker

Voivod Benavides, General Service Worker

Juan Arroyo, General Service Worker



## MEMBERSHIP INFORMATION:



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



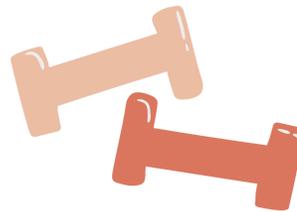
## HEALTH EVENTS:



GEHM Clinic:  
March 15th,  
9:00 AM-12:00 PM

Oak Street Health:  
March 23rd,  
10:30 AM-12:00 PM

Covid/Flu Shot Clinic:  
March 28th,  
9:00 AM-12:00 PM



## GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

\*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR  
AFTER SCHOOL PROGRAM

## ROCK WALL HOURS:

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

6:30 PM-7:45 PM

\*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR  
AFTER SCHOOL PROGRAM

## FITNESS CENTER HOURS:

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

**CLOSED FOR CLEANING M-F  
1:30PM-2:00PM**

SATURDAY, 9:00 AM-2:45 PM

\*You must be the ages of 16 or 17  
with an adult to use fitness center.

## TRACK HOURS:

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

SATURDAY, 9:00AM-2:45PM

### SAVE THE DATE!!!

SENIOR TECH CONNECT FAIR  
PALO DURO SENIOR CENTER  
FRIDAY, APRIL 14, 2023

# 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



## Bible Study

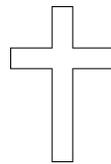
Monday, 8:30 am - 10:00 am

## Open Bible Study

Wednesday, 9:00 am - 10:00 am

## Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



## 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

## Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,

1:00 pm - 2:30 pm

## Beginning German

Tuesday,

10:30 am - 12:00 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

## Feldenkrais

Thursday,

10:00 am - 11:00 am

6:00 pm - 7:00 pm

## Rotary Club

Tuesday, 12:00 pm - 1:30 pm

## Card Making

Thursday, 10:30 am - 11:30 am

## Italian Culture Group Film

First Friday of the month,

6:00 pm - 8:00 pm

# 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,  
12:00 pm - 2:00 pm

## **Open Play Pickleball**

Gymnasium

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

## **Badminton**

Gymnasium

Tuesday,  
6:00 pm - 8:00 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

## **Tai Chi for Arthritis & Fall Prevention**

Monday and Wednesday,  
1:00 pm - 2:00 pm

## **Tai Ji Quan Moving for better balance**

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

## **Weights, Stretch, and Light Aerobics**

Thursday,  
9:30 am - 10:30 am



## **Open Gym (All Ages)**

Gymnasium

Monday and Friday  
5:00 pm - 8:15 pm

Tuesday and Thursday  
10:30 am - 2:30 pm

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,

12:00 pm - 2:30 pm  
Wednesday,

6:00 pm - 8:15 pm  
Saturday,

9:00 am - 11:00 am

## **Grade/Middle School Basketball**

Gymnasium

M-F 2:30 pm - 4:00 pm  
**\*UNDER 18 REQUIRES A PARENT/GUARDIAN**



# Sports and Fitness Classes

## **Aerobics**

Gymnasium  
M,W,F

8:15 am- 9:15 am

## **Flex and Tone**

Gymnasium  
Tuesday and Thursday  
8:15 am- 9:15 am

## **Gentle Exercise**

M,W,F  
9:30 am- 10:30 am

## **LaBlast (Dance Fitness) \$5**

NDB Aerobics Room  
Monday  
9:00 am- 10:00 am  
Thursday  
10:00 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



## **Qigong with Lillian**

NDB Aerobics Room  
Tuesday and Thursday  
8:00 am- 10:00 am

## **Happy Dance (Asian Folk Dance)**

NDB Aerobics Room  
Friday  
6:45 pm- 8:30 pm

## **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

## **Aikido \$5**

NDB Aerobics Room  
Tuesday  
6:00 pm- 7:30 pm  
Thursday  
6:00 pm- 7:30 pm

## **Kuchupudi/Mohiniyattom Dance**

**\$20.00**  
NDB Aerobics Room  
Monday and Wednesday  
4:30 pm- 5:30 pm



## **Hula \$**

NDB Aerobics Room  
Monday and Wednesday  
5:30 pm- 6:45 pm

## **Kung Fu**

NDB Aerobics Room  
Saturday  
10:30 am- 12:30 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

## **Yoga with Misa \$7-10**

NDB Aerobics Room  
Tuesday  
10:15 am- 11:30 am  
Saturday  
9:15 am- 10:15 am





# Youth Corner



## NDB After School Youth Program

Monday - Friday | 2 PM - 5:30 pm

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To join the waitlist please speak to Youth Staff

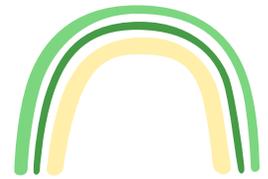
## NDB Summer Program Dates TBD



## Meet the Youth Staff

Jorge Ayala, Rec Leader  
Ryan Allison, Rec Leader  
Joshua Baca, Rec Leader  
Hope Davis, Rec Leader  
Alexis Gonzales, Student Supervisor  
Gavin Hauenstein, Rec Leader

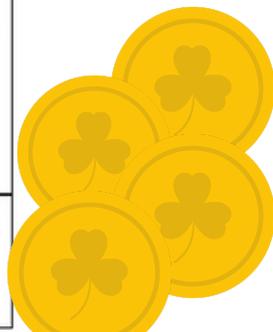
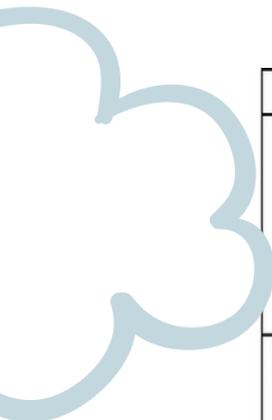
Tanner Keener, Student Supervisor  
Olivia Mahoney, Rec Leader  
Leah Rodriguez, Rec Leader  
Dominique Rodriguez, Rec Leader  
Jaeda Saucedo, Youth Supervisor  
Issa Velasques, Rec Leader



## IMPORTANT YOUTH PROGRAM DATES

### March

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
		1 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	2 National Read Across America Day Intergenerational Read Out Loud 2:30- 3 pm  Recreation Rotation- Reading and Writing Activities 4 pm- 5 pm 	3 World Wild Life Day  Kids Night Out Science Club/Teen Gaming 6-8 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk
6 Recreation Rotation- Arts and Crafts- Flower Craft  	7 Recreation Rotation- Team Work Games 4 pm- 5 pm  Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk  	8 International Women's Day  Recreation Rotation- Music/Dance Activities 4 pm- 5 pm  	9 Recreation Rotation- Irish American Culture Project 4 pm- 5 pm  	10 Recreation Rotation- Kids Choice! 4 pm- 5 pm  Family Knockout Game Night Half Court Gym 6 pm- 8 pm 
13 Recreation Rotation-St. Patrick's Day Craft 4 pm- 5 pm  	14 National Pie Day  Pie with Snack  	15 Recreation Rotation- Sing Along Songs 4 pm- 5 pm  "Feels Like Home" Holi Celebration Indian Culture Night 4 pm- 6 pm  WEAR WHITE & EYE PROTECTION! 	16 NO PROGRAM 😞	17 NO PROGRAM 😞  St. Patrick's Day  Over the Generations Dinner Party 4:30 pm- 6 pm  Family Movie Night Luck 6 pm-8 pm Wear PJs, Bring Blankets, Sleeping Bags etc. Sign up at Youth Desk
20 Program Hours: 7:30 am- 5:30 pm	21 Program Hours: 7:30 am- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	22 Program Hours: 7:30 am- 5:30 pm	23 Program Hours: 7:30 am- 5:30 pm	24 Program Hours: 7:30 am- 5:30 pm  National Waffle Day Waffle Bar 8 am- 9 am Social Hall
----- Spring Break -----				
27 Recreation Rotation-Arts and Crafts 4 pm- 5pm	28 Recreation Rotation- Team Work Games 4 pm- 5 pm	29 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm	30 Recreation Rotation- S.T.E.M Activity 4 pm- 5 pm	31 Recreation Rotation- Kids Choice! 4 pm- 5 pm



Calendar is Subject to Change