



**MAY 2024**

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."

Accredited by   
National Institute of  
Senior Centers

## **MEMBERSHIP INFORMATION:**

**NEW/RENEWAL PARTICIPANTS ARE REQUIRED TO  
FILL OUT PAPERWORK TO REGISTER FOR AN  
ANNUAL MEMBERSHIP OF \$20.00**

**CLOSED**  
IN OBSERVANCE OF  
MEMORIAL DAY,  
MONDAY, MAY 27, 2024

**SAVE THE DATE**  
SENIOR HEALTH AND  
FITNESS DAY  
WEDNESDAY, MAY 29, 2024  
9:00 AM - 12:00 PM

**ALL SENIOR/MULTIGENERATIONAL CENTERS WILL BE CLOSED STARTING  
JUNE 3, 2024-JUNE 7, 2024 FOR EMPLOYEE TRAINING.  
WE WILL RESUME NORMAL BUSINESS HOURS ON JUNE 8, 2024.**

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

### WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

### 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 ages 60+ there is a suggested \$2 donation**

**50-59 is \$3.25**

**Ages 49 and under is \$7.67**

### ATTENTION:

**Gym schedule will change effective June 2024 due to Summer Program. Thank you!**

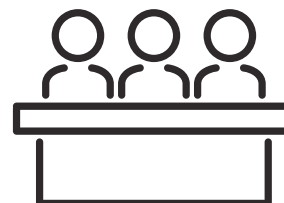
### JOIN US FOR OUR MONTHLY DSA ADVISORY MEETING

MAY 20, 2024

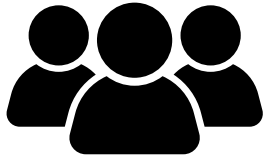
@ 12:00 PM

SENIOR AFFAIRS ADMINISTRATIVE OFFICES

1 CIVIC PLAZA, 6TH FLOOR SUITE 6007



# MEET NORTH DOMINGO BACA STAFF



Thomas Gallagher, Center Manager  
Amber Maestas, Center Supervisor  
Sarah Ruden, Youth Program Coordinator  
Victoria Jaramillo, Senior Program Coordinator  
Dejah Aranda, Office Assistant



Tanner Keener, Program Assistant  
Justine Pennington, Program Assistant  
Maria Munoz, General Service Worker  
Diego Valdez, General Service Worker  
Dale Bowles General Service Worker

Bob Hastings, Program Assistant  
Erin Magrath, Program Assistant  
Ariana Lira, Program Assistant  
Madeline Silva, Recreation Assistant  
Joshua Baca, Recreation Assistant

## GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

\*CLOSED M-F

3:45 PM- 4:45 PM FOR  
AFTER SCHOOL PROGRAM



## ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

\*CLOSED M-F

3:45 PM- 4:45 PM FOR  
AFTER SCHOOL PROGRAM



## TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



## FITNESS CENTER HOURS:

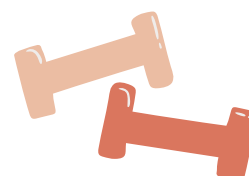
M-F, 8:00 AM-8:45 PM

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.**



# North Domingo Baca Classes

## Photography

Wednesday, 9:00 am - 10:30 am

## Music Circle-Sing & Strum

Wednesday,  
10:00 am - 12:00 pm

## French Group

Saturday,  
9:30 am - 11:00 am

## Advanced Beginner German

Tuesday, 10:30 am - 12:15 pm

## Card Making

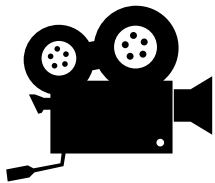
Thursday, 10:30 am - 11:30 am

## Sharing memories through creative writing

Wednesday,  
12:30 pm - 2:00 pm

## Italian Movie Night

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



## Scottish Music Session

4th Saturday of Every Month  
12:00 pm - 2:00 pm



## 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

## Open Bible Study

Friday 10:00 am - 11:00 am

## Mixed Fellowship/Prayers/Bible Study

Monday, 1:15 pm - 2:30 pm

## Rotary Club

Tuesday, 12:00 pm - 1:30 pm

## Knitting/Crocheting

Tuesday,  
1:00 pm - 3:00 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!

## ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm  
Thursday, 5:00 pm - 8:00 pm  
Saturday, 11:45 am - 1:15 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

## Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month  
11:30 am - 2:00 pm

Email: [abqfibro.com](mailto:abqfibro.com)

## Brain Education

Friday,  
2:00 pm - 3:00 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 - 8:15 pm  
Friday,  
11:00 am - 3:00 pm

## 50+ Senior pickleball

Monday,

6:00 pm - 8:15 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

## Kendo \$

Monday, 6:00 pm - 7:30 pm

Wednesday, 6:00 pm - 7:30 pm

## Feldenkrais

Thursday,

10:00 am - 11:00 am

6:00 pm - 7:00 pm

## Weights, Stretch, and Light Aerobics

Social Hall

Tuesday,

10:15 am - 11:10 am

Thursday,

9:30 am - 10:30 am

## Fit/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

## Open Gym (All Ages)

**\*UNDER 18**

**REQUIRES A**

**PARENT/GUARDIAN**

Gymnasium

Tuesday and

Thursday

10:45 am - 2:00 pm

Friday

5:45 pm - 8:15 pm

Saturday

**\*Half court youth and family**

11:00 am - 2:30 pm

Saturday

All Ages Open Gym

11:00 am - 2:30 pm

## 50+ Senior Basketball

Gymnasium

Monday,

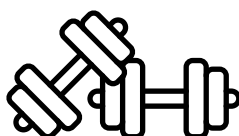
10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am



# 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 and Tone**

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

## **Restorative Yoga \$10**

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

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

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

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

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:00 am- 10:30 am

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

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

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 and Thursday

6:00 pm- 7:30 pm

## **Kuchupudi/Mohiniyattom**

**Dance \$20.00**

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

## **Intro to Hula \$**

NDB Aerobics Room

Monday

\*Starts at 3:00 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

## **Indian Classical Dance-Shalaka \$**

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm


Friday

4:15 pm- 6:15 pm



# North Domingo Baca Multigenerational Center Community Event Calendar

## UPCOMING TRIPS

➤ **May 9** Tarde de Oro Dance  
Kimo Theater - FREE  
\*Depart @ 12:30 PM 

➤ **May 15** Ride the Rail Runner to  
Visit the National  
Cemetery in Santa Fe -  
FREE   
\*Depart @ 8:30 AM

➤ **May 30** Lunch field trip to  
Village Pizza in  
Corrales   
\*Depart @ 11:30 AM

## Community Events



➤ **May 7** Pie Social in the  
Lobby @ 12:00pm


➤ **May 8** Arts and Crafts  
Room 1  
@1:00 pm -2:00 pm


➤ **May 20** Bingo  
Room 1  
@1:00 pm -2:30 pm



➤ **May 17** Over the  
Generations Family  
Dinner and Movie  
Sandlot -Social Hall  
@5:00 pm -8:00 pm

➤ **May 29** Live Music  
During Lunch

## MAY CELEBRATIONS

**May 6** May Birthday's  
Cake celebration Lobby  
@ 12:00 PM 

**May 3** Dance Night for Our  
Cinco De Mayo  
Celebration   
Social Hall Patio   
@ 4:00 pm 6:00pm

**May 10** Mother's Day  
Celebration Tea Party   
Social Hall   
@ 4:00 pm -6:00pm


**May 24** Intro to Summer  
Watermelon Bash   
(Free watermelon slices) in the  
Social Hall Patio @ 12:00 PM 

## Health, Tech, and Legal Events



➤ **May 14** Free Legal Webinar  
Room 2  
@ 11:00 am

➤ **May 15** GEHM Clinic in the Lobby  
@ 8:30 am-12:00pm

➤ **May 17** Teeniors   
@ 3:00pm-5:00 pm

➤ **May 22** Oak St Health  
Presentation-Room 1  
@ 1:00 pm- 2:00 pm

➤ **May 20** Humana  
Lobby  
@ 10:30 am- 1:00 pm

➤ **May 29** National Senior Health &  
Wellness Day  
@ 9:00 am-12:00 pm

# Youth Corner

## After School Program Youth Program

**August 7th- May 30th**

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

To join waitlist please speak to Youth Staff

## Summer Youth Program

**June 17th- August 2nd**

Due to the high participant demand, a "lottery-style" selection of participants is used.

### Important Dates:

Lottery Registration: May 6 - May 17

Lottery Drawing: May 20

Registration for selected participants: May 22 - 31

Please visit: [PLAY.CABQ.GOV](http://PLAY.CABQ.GOV) to complete the lottery application










If your child is selected, you will be notified by staff members with further instructions to complete the registration process. At the time of the lottery application there will be no fees due. If selected, then the fees will be due at time of registration.

### Fees:

\$30 Month Per Child

Active \$20 DSA Youth Membership Required

## YOUTH PROGRAM CALENDAR

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
		1 Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm 	2 Recreation Rotation- S.T.E.M Activity 4:30 pm- 5:30 pm	3 Recreation Rotation- Cinco De Mayo Celebration!  Kids Night Out Science Club & Teen Gaming 6-8 pm Sign up at Youth Desk
6 <b>LOTTERY ENTRY STARTS</b> Recreation Rotation- Arts and Crafts- Friendship bracelets 4:30 pm- 5:30 pm 	7 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2)  Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	8 "Feels Like Home" Asian American Culture Night 4 pm- 6 pm Room 5 	9 Recreation Rotation- Health and Fitness Education 4:30 pm- 5:30 pm	10 <b>Last Day of Lottery Entry!</b>  Mother's Day Celebration Mother's Day Tea Party 4 pm- 6 pm 
13 Recreation Rotation- Fuse Bead Magnets 4:30 pm- 5:30 pm  PARTY SIGN UP OPENS \$5 Donation to Help Fund the Food and Treats	14 <b>National Drawing Day</b> Recreation Rotation- Team Work Activity- Group Mural 4:30 pm- 5:30 pm 	15 Recreation Rotation- Sing Along Songs 4:30 pm- 5:30 pm	16 Recreation Rotation- S.T.E.M Activity 4:30 pm- 5:30 pm 	17 <b>LAST DAY FOR LOTTERY ENTRY</b> International Creativity Day Recreation Rotation- Kids Choice! 4 pm- 5 pm  Over the Generations Family Dinner Party & Movie Sand lot 5-8 pm Wear PJs, bring blankets
20 <b>LOTTERY DRAWING</b> Recreation Rotation-Arts and Crafts- Summer Bucket List Craft 4:30 pm- 5:30 pm 	21 Recreation Rotation- Staff vs. Kids Kickball! 4 pm- 5 pm  Teen Tuesday 5:30 pm-7 pm Sign up at Youth Desk	22 <b>SUMMER REGISTRATION (IF SELECTED)</b> Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm 	23 Recreation Rotation- Make cards for veterans 4:30 pm- 5:30 pm	24 NO PROGRAM ☹️
27 <b>CLOSED</b> 	28 NO HOMEWORK!  Recreation Rotation- Bok Fitness Pacer 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2)	29 NO HOMEWORK! Water Day 2:30 pm- 4 pm Please bring change of clothes, swimsuit, Towel, Sunscreens, etc.	30 End of the Year Party 2:30- 5 pm \$5 <b>Last Day of Program</b>	31 Last Day of School NO PROGRAM ☹️ <b>LAST DAY FOR SUMMER REGISTRATION (IF SELECTED)</b>

