



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 
National Institute of
Senior Centers

CLOSED
IN OBSERVANCE OF
MEMORIAL DAY
MONDAY, MAY 26, 2025



SAVE THE DATE!!!!
NATIONAL SENIOR HEALTH &
FITNESS DAY
MAY 28TH, 2025
9:00 AM- 12:00 PM
@ NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

***SOME SENIOR/MULTIGENERATIONAL CENTERS WILL BE CLOSED STARTING
JUNE 2-6, 2025 FOR EMPLOYEE TRAINING.**

WE WILL RESUME NORMAL BUSINESS HOURS ON JUNE 7, 2025.

ATTENTION:

**GYM & ROCKWALL 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, 3:45 PM - 6:00 PM
FOR YOUTH PROGRAM**



GAME ROOM HOURS:

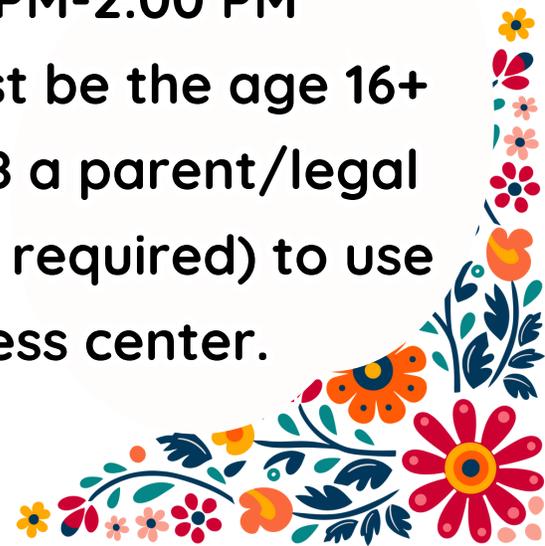
MONDAY-FRIDAY,
8:00 AM-8:30 PM
SATURDAY, 9:00 AM-2:30 PM

***CLOSED M-F
3:45 PM-6:00 PM
FOR YOUTH AFTER
SCHOOL 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:

MAY 19, 2025

@ 12:00 PM

CASA KITCHEN

2540 KARSTEN CT SE, 87102

SUMMER YOUTH PROGRAM JUNE 9TH - AUGUST 1ST

SIGN UP NFO:

LOTTERY ENTRY: APRIL 28TH - MAY 9TH

LOTTERY DRAWING: MAY 12TH

WILL BE NOTIFIED OF SELECTION BY EMAIL

MAY 13TH

SANTA FE NATIONAL CEMETERY RIDE WITH RAILRUNNER

(PLEASE SIGN UP AT THE FRONT DESK)

SAVE THE DATE:

MAY 14, 2025

JUNE 11, 2025

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,
9:30 am- 11:30 am

Ostomate Support Group

2nd Saturday of Every Month
1:00 pm- 2:15 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

Chess Club

Thursday,
1:00 pm- 3:00 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

3rd Thursday of Every Month
6:00 pm- 7:30 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

Health and Fitness Classes



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

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

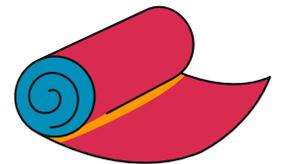
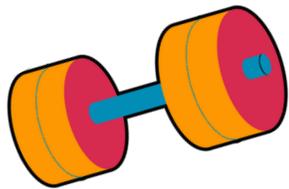
Jazzercise \$

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-12:30 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-12:30 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

Unified Recreation Open Gym
Thursday,
12:00 pm- 2:00 pm



Learn to play pickleball
Wednesday,
12:00 pm-3:00 pm



Badminton
Monday/Tuesday,
*Half Court
1:00 pm- 2:30 pm
Tuesday,
6:00 pm- 8:00 pm



Open play pickleball (All Ages)
Thursday,
6:00 pm- 8:00 pm
Friday,
11:00 am-2:30 pm

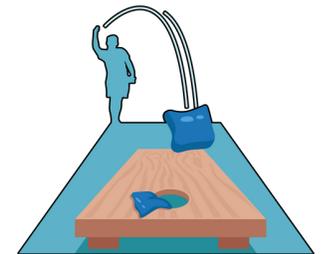


Family Open Gym
Monday-Friday,
5:00 pm- 5:45 pm

Saturday,
*Half court youth and family
11:00 am-12:30 pm

Middle School Open Gym
Monday-Friday,
*Half court
3:00 pm-4:00 pm

Cornhole
Monday/Tuesday,
*Half Court
1:00 pm- 2:30 pm



50+ Senior pickleball
Tuesday,
*Half Court
11:00 am-12:30 pm



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
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

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 ZOO

\$\$

Tuesday, May 6
Depart @ 9:30 am

Trip to ABQ
Old Town Plaza

\$\$

Thursday, May 22
Depart @ 10:30 am

May Celebrations

Mothers Day Concert

Friday, May 9

@ 12:00 pm

Located in Amphitheater

Mothers Day Tea Party

Friday, May 9

@ 3:30 pm-5:45 pm

Watching Princess Diaries

Community Events

*Calendar is subject to change

May

1

@ 3:00 pm - 5:00 pm

Teeniors
Tech Help



May

14

@ 8:30 am - 12:00 pm

GEHM Clinic

May

2

April Birthday's
Cake Snack Bar
@ 12:00 pm

May

19

@ 1:00 pm - 2:30 pm

B.i.n.g.o



May

13

Pie Social in the
Snack Bar
@ 12:00 pm



May

29

Live Music During
Lunch
@ 11:30 am



May National Senior Health & Fitness Day

28

@ 9:00 am - 12:00 pm

