



# **WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER**

## **HOURS OF OPERATION:**

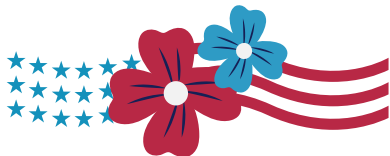
MONDAY-FRIDAY | 8:00AM-9:00PM

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 **ncoa**  
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:

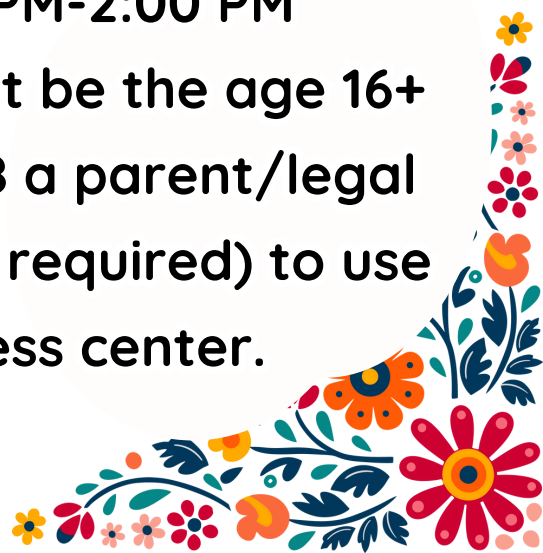
MONDAY-FRIDAY,  
8:00 AM-8:30 PM  
SATURDAY, 9:00 AM-2:30 PM

**\*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**



## 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 INFO:  
LOTTERY ENTRY: APRIL 28TH - MAY 9TH  
LOTTERY DRAWING: MAY 12<sup>TH</sup>  
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](mailto: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 \$

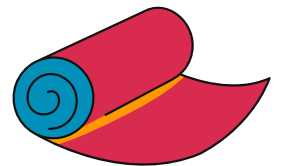
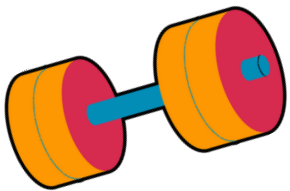
Social Hall

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](http://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

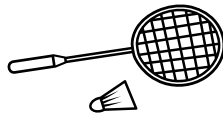
**Unified Recreation Open Gym**  
Thursday,  
12:00 pm- 2:00 pm



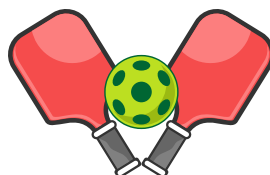
**Learn to play pickleball**  
Wednesday,  
12:00 pm-3:00 pm



**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

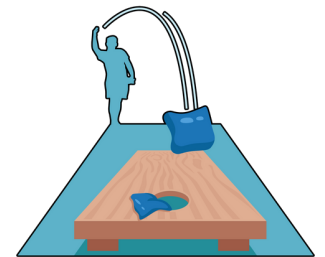


**Family Open Gym**  
Monday-Friday,  
5:00 pm- 5:45 pm

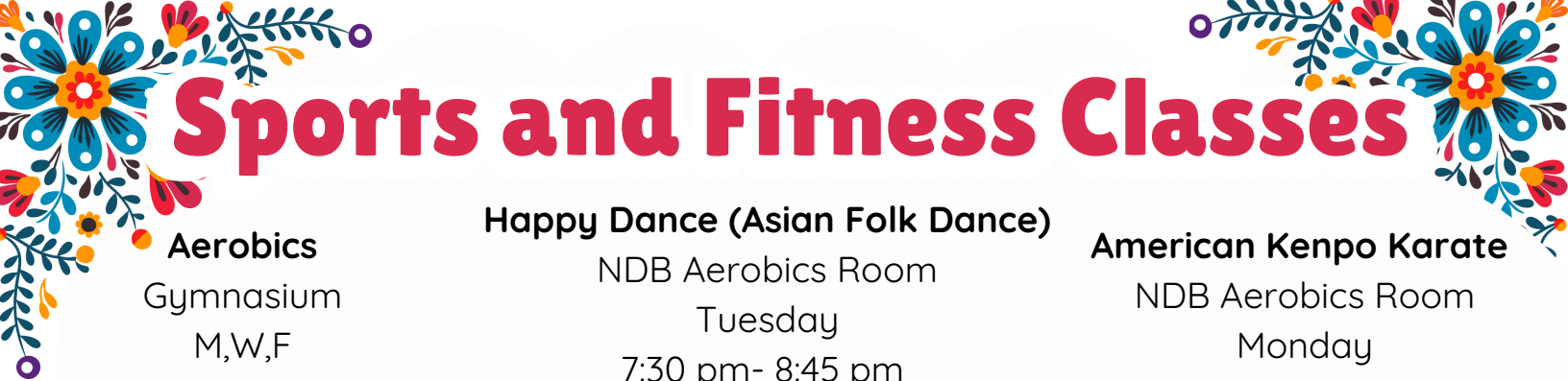
Saturday,  
\*Half court youth and family  
11:00 am-12:30 pm

**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

GEHM Clinic  
@ 8:30 am- 12:00 pm

GEHM Clinic

May

19

B.i.n.g.o.  
@ 1:00 pm - 2:30 pm

B.i.n.g.o.



May

2

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

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

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

