



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

IMPORTANT NOTICE

SOME SENIOR CENTERS & MULTIGENERATIONAL CENTERS WILL BE TEMPORARILY CLOSED FOR EMPLOYEE TRAINING

**These facilities will be closed for Employee Training
June 1 to June 5 , 2026:**

Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
Santa Barbara Martineztown Multigenerational Center
Los Volcanes Senior Center
Los Volcanes Sports and Fitness Center
Palo Duro Senior Center
Palo Duro Sports and Fitness Center

- Normal business hours will resume on **June 6, 2026** for Manzano Mesa, North Domingo Baca, Los Volcanes, and Palo Duro facilities.
- Normal Business hours will resume on **June 8, 2026** for Santa Barbara Martineztown.

During this time, meal services will be available at our other locations:

Barelas Senior Center
North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center

Thank you for your cooperation!

May 2026

7521 Carmel Ave NE, 87113
505-764-6475
www.cabq.gov/seniors

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."**

**NDB WILL BE CLOSED:
MONDAY, MAY 25TH**

MEMORIAL DAY



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



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

Monday, 9:30 am - 11:00 am
Wednesday, 1:00pm-2:30 pm

Signing & Singing the Hymn Book

Wednesday, 9:00 am - 11:00 am

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm

Music Appreciation

1st & 4th Thursday,
11:00 am- 1:00 pm

Guitar Workshop w/ 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

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 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

Improver Line Dancing

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

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

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

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

National Senior Health & Fitness Day

Sponsored by Blue Cross Blue Shield

Wednesday, May 27, 2026

North Domingo Baca Multigenerational Center

9:00 am - 12:00 pm

The event will have exercise demonstrations, raffle prizes, vendors, giveaways and much more.

SPORTS & 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 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

Kuchupudi/Mohiniyattom Dance \$20.00

NDB Aerobics Room
Wednesday, 7:00 pm- 8:30 pm

Fit/Tone with Jen \$4

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

Ingredients

- 4 slices large zucchini
¼ in. thick or 1 medium
zucchini cut on diagonal
- Olive oil spray
- Salt and Pepper
- 2 tbsp quick marinara sauce
- 1/4 cup shredded part skim
mozzarella

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

Intro to Hula \$

NDB Aerobics Room
Wednesday & Friday (5 week class)
Starts at 3:00 pm

Hula \$

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

ZUCCHINI PIZZA BITES

Instructions

- Cut zucchini about 1/4 inch thick.
- Spray both side lightly with oil and season with salt and pepper.
- Broil or grill the zucchini for about 2 minute on each side.
- Top with sauce and cheese and broil for an additional minute or two.
- Optional add oregano seasoning (Careful not to burn cheese)

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

Physical Therapy Talks

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.

1st Wednesday of each month

2:00 pm—3:30 pm

Talks 45-60 minutes with exercise to follow

Topics will be as follows:

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)



HEALTH & 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

Yoga with Lynn \$10

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

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

FIT for Seniors \$3

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

Walking with NDB Staff

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

GYM SCHEDULE

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



Middle School Open Gym

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

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

Learn to play pickleball

Wednesday,
12:00 pm-3:00 pm

Open play pickleball (All Ages)

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

Badminton

Tuesday,
6:00 pm- 8:00 pm



Attention

**The gym schedule will change for June & July
to accommodate the Summer Youth Program.**

Look for the new schedule in the June Newsletter.

Special Events & Announcements

In memory of our *Fallen Family Members*

We would like to honor all of the fallen hero's who served with the U.S. Armed Forces.

Thank you for your dedication, your sacrifice and your service.



Coffee with Constituents

May 28, 2026 from 8:30 am - 9:30 am
Palo Duro Senior Center
5221 Palo Duro Ave NE, 87110

SAVE THE DATE

Coffee with Constituents

June 25, 2026 from 8:30 am - 9:30 am
North Domingo Baca Multigenerational Center
7521 Carmel Ave. NE, 87113

DSA ADVISORY COUNCIL MEETING

May 18, 2026 at 12:00 pm
North Valley Senior Center
3825 4th St NW, 87107

ONE ALBUQUE RQUE senior affairs

WHAT'S NEW!

Intro to Hula

Wednesday & Friday
May 8, 13, 20, 22, 27, 29
3:00 pm

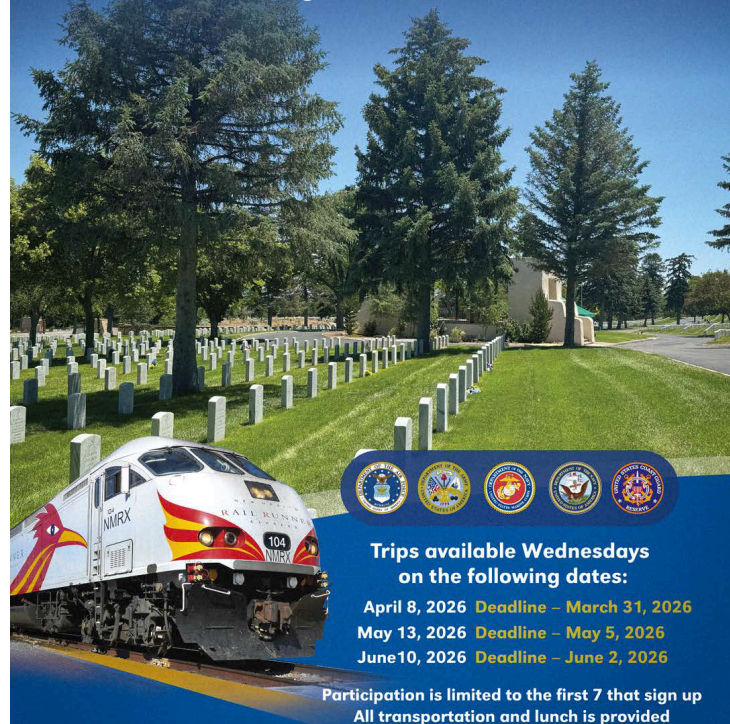
Learn the basic hand & foot motions of the hula, the Cultural Art & Soul of Hawai'i. This class is required for entrance into Beginner Hula Class.

\$55 for the 6 week session
Call to register (505)440-5295

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

riometro.org



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 Mascarenas, General Services
Michael Coriz, Goodwill SCSEP

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

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
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

Special Events & Announcements

Join Senior Citizens' Law Office for a Power of Attorney Clinic

May 27th, 10:00 AM to 12:00 PM



Bring current Photo ID, and the names and contact information of people you will appoint as agents.

Attorneys will guide attendees through completing Powers of Attorney for both Healthcare and Finances.

You must sign up in advance with the front desk since only 15 spaces are available for this workshop.

Also, non-English speaking and hard of hearing seniors may contact SCLO at 505-265-2300 to set up in-office appointments for powers of attorney. SCLO is unable to serve seniors who require this one-on-one attention at the senior centers in a group setting but will do so at our office located at 1240 Pennsylvania St. NE, Albuquerque 87110.

ONE ALBUQUE RQUE senior affairs

JOIN US FOR A
Mother's Day

CELEBRATION



MAY 8, 2026

5 PM - 7 PM

NORTH DOMINGO BACA
7521 CARMEL AVE 87113

Sign up at the front desk



ONE ALBUQUE RQUE



City of Albuquerque Dept. of Senior Affairs & Dept. of Arts and Culture with De Oro Productions Presents:

TARDE

* DE ORO *

FREE EVENT



MAY 7

1:30 pm • Doors Open 12:45 pm • Kimo Theatre

SHELLEY MORNINGSOON & FABIAN FONTENELLE • LOS BAILADORES DE ORO • LOS TAPATIOS • TRIO JALISCIENSE
EVA TORREZ WITH PICOSO • MC. JOSEPH ANTHONY WASSON

PAID PARKING IS AVAILABLE BEHIND THE THEATER ON COPPER. BUSES & VANS MUST CONTACT CHRIS MELOY/KIMO, 505-228-9857 FOR PARKING AND PASSENGER DROP OFF & PICK UP DIRECTIONS.

SHOW INFORMATION:
FRANCES LUJAN
505-836-7579
FLUJAN3@MSN.COM

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ONE ALBUQUE RQUE

As the elderly population in the U.S. continues to grow, the alarming number of cyber crimes involving the at-risk population is also increasing.

You're Invited: A free financial resource built to empower

Cyber criminals often target those who are at risk, using sophisticated social engineering tactics. Knowledge is a powerful defense. Join us on May 19th at the North Domingo Baca Senior Center for a free workshop to equip yourself with the tools needed to stop cyber criminals from targeting you.

Frauds & Scams Seminar

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, 87113

May 19, 2026 from 10:00 am - 11:00 am

Sign up at the front desk

What We'll Discuss

- How do scammers trick you?
- Top 5 Scams
- Identity Theft
- Know the red flags
- Prevention is Key
- Resources available to you

North Domingo Baca Summer YOUTH PROGRAM AGES 5-13

FIELD TRIPS
SPORTS
ART & CRAFTS
DANCE
P.E.
SCIENCE
COOKING
AND SO MUCH MORE!



Program Dates

June 15th- July 31st



Program Times:

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



Program Fees:

\$30 Monthly fee per child
Active \$20 DSA Youth
Membership

Sign Up Info

LOTTERY ENTRY:

May 4th - May 15th

LOTTERY DRAWING:

May 18th

Will be notified of selection by email
May 19th

REGISTRATION IF SELECTED FROM LOTTERY:

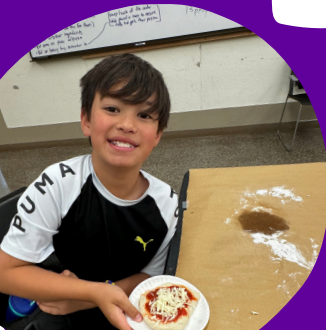
May 20th - May 29th

Play.cabq.gov

📍 7521 Carmel Ave NE 87113

☎ (505)764-6475

For More Information Please Visit:
cabq/seniors/youth-programs



NORTH DOMINGO BACA



MEMORIAL

Day

CELEBRATION



FRIDAY, MAY 22, 2026 AT 1:00 PM

SPECIAL PERFORMANCE BY

LOS VIEJOS

IN THE AMPHITHEATER

COME ENJOY AN ICE CREAM SUNDAE!

ONE ALBUQUE RQUE senior affairs

North Domingo Baca

CINCO DE MAYO Dance

TUESDAY, MAY 5, 2026

4:00 PM - 6:00 PM

Let's Celebrate!

FOOD | DRINK | MUSIC

NORTH DOMINGO BACA

MULTIGENERATIONAL CENTER

7521 CARMEL AVE. NE



Community Events Calendar

TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up starts April 15th

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

Trip to Tarde De Oro

Thursday, May 7

Check in: 12:00 pm

Depart: 12:15 pm

Return: 3:00 pm

Trip to Tin Can Alley \$\$

Thursday, May 21

Check in: 11:00 am

Depart: 11:15 am

Return: 1:00 pm

Trip to The Aquarium \$\$

Tuesday, May 26

Check in: 8:15 am

Depart: 8:30 am

Return: 12:30 pm

There will be no scheduled trips for June & July to accommodate the Summer Youth Program.

See you all in August for our next adventure!

Sign up starts July 15th



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

Community Events

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

- May 1 **Birthday Celebration**
12:00 pm In the Snack Bar
- May 2 **AARP Driving**
Sign up at the front desk
- May 5 **Cinco De Mayo Dance**
4:00 pm - 6:00 pm
Sign up at the front desk
- May 8 **Mother's Day Celebration**
5:00 pm - 7:00 pm
Sign up at the front desk
- May 12 **Pie Social**
12:00 pm In the snack bar
- May 12 **Teeniors - Tech Help**
3:00 pm - 5:00 pm
Sign up at the front desk
- May 13 **GEHM CLINIC**
8:30 am
- May 13 **Santa Fe National Cemetery**
8:00 am
Sign up at the front desk
- May 19 **Bank on Burque**
Frauds & Scams Seminar
10:00 am - 11:00 am
Sign up at the front desk
- May 22 **Memorial Day Celebration**
Live Music & Ice Cream Sundae's
1:00 pm in the Amphitheater
- May 27 **Senior Citizens' Law Office**
Power of Attorney Workshop
10:00 am - 12:00 pm
Sign up at the front desk
- May 27 **National Senior**
Health & Fitness Day
Wednesday, May 27, 2026
9:00 am - 12:00 pm
- May 28 **B.I.N.G.O**
1:00 pm - 2:30 pm
- May 14 & 28 **Live Music During Lunch**
11:30 am