



MAY 2022

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**

Gymnasium schedule will change effective June 13th thru
August 5th due to the summer youth program.
Please see gym door for new schedule.
Thank you for your understanding!

**VISIT OUR WEBSITE
[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)**

Breakfast

Monday-Friday 8AM-9AM

Breakfast Menu

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

BREAKFAST BURRITO \$1.50

BACON OR SAUSAGE (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

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE



A LA CARTE ITEMS

EGG \$0.25

BACON (2 SLICES) \$0.50

SAUSAGE (2 SLICES) \$0.50

CHEESE \$0.25

HASH BROWNS \$0.30

RED OR GREEN CHILE \$0.25

HOT CEREAL W/ MILK \$0.70

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25

ENGLISH MUFFIN \$0.20

TOAST \$0.20

TORTILLA \$0.20



Drinks

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

Coffee \$0.30

Lunch Meal:

11:30am-1:00pm, Monday through Friday. Have to make reservations the day before, prior to 1:00pm, anything after 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, the cost for ages 50-59 is \$3.25, and the cost for ages 49 and under is \$7.67.

ONE
ALBUQUE
RQUE

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 • Chicken Tender with BBQ Sauce • Green Beans • Sweet Potatoes • Diced Peaches • 1% Milk	3 • Salmon with Garlic Butter Sauce • Vegetables • Brown Rice • Vanilla Pudding • 1% Milk	4 • Stir Fry: Beef/ Broccoli/Pepper/ Onions • Steamed Carrots • Orzo • Banana • 1% Milk	5 • Turkey Pot Pie: Turkey/Mixed Vegetables • Diced Beets with Onions • Biscuit • Cantaloupe • 1% Milk	6 • Southwest Omelet with Red Chile • Diced Potatoes • Stewed Tomatoes • Applesauce • 1% Milk
9 • Ground Beef/Diced Tomato/Cheese • Calabacitas • Pinto Beans • Yogurt • 1% Milk	10 • Cheese Tortellini with Meat Sauce • Breadstick • Vegetables • Apple • 1% Milk	11 • Sweet and Sour Pork with Pineapple • Brown Rice • Vegetables • Honeydew • 1% Milk	12 • Cajun Tilapia • Vegetables • Cornbread • Strawberries • 1% Milk	13 • Chicken Breaded Patty with White Gravy • Mashed Potatoes • Vegetables • Orange • 1% Milk
16 • Red Chile Beans with Beef • Cornbread • Peach Cobbler • 1% Milk	17 • Baked Cod with Tartar Sauce • Brown Rice • Vegetables • Pear • 1% Milk	18 • Salisbury Steak with Mushroom/ Gravy • Vegetables • Mashed Potatoes • Chocolate Pudding • 1% Milk	19 • Baked Chicken Thigh • Collard Greens • Succotash • Pineapple Chunks • 1% Milk	20 • BBQ Pulled Pork • Sweet Potato • Vegetables • Watermelon • 1% Milk
23 • Garlic Tilapia • Stewed Tomatoes • Green Beans • Jell-O • 1% Milk	24 • Spaghetti with Meat Sauce • Spinach with Onions • Warm Sliced Apples • 1% Milk	25 • Carne Adovada • Corn with Peppers • Vegetables • Honeydew • 1% Milk	26 • Sliced Turkey and Gravy • Stuffing • Vegetables • Yogurt • 1% Milk	27 • Mini Corn Dog with Mustard • Steamed Potato • Vegetables • Cantaloupe • 1% Milk



The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.

MEMBERSHIPS!!!!

NEW PARTICIPANTS WILL BE REQUIRED TO REGISTER AND OBTAIN A MEMBERSHIP IN ORDER TO CONTINUE SERVICES. NEW MEMBERSHIPS HAVE A \$20.00 ANNUAL FEE, HOWEVER, A FEE WAIVER CAN BE REQUESTED. EXISTING MEMBERSHIPS WILL BE RENEWED AND EXTENDED DUE TO THE COVID-19 PANDEMIC CLOSURES OF OUR CENTERS.



Happy Older Americans Month!

I am so excited for May as it is my favorite month of the year because we get to honor older adults and raise awareness about how we are thriving while aging! This month I am excited to share some very exciting events on the horizon and I hope to see you all there!

Our first event is our 40th Annual "A Senior I Know" Essay Contest Winner Parade Celebration. This intergenerational essay contest for first through fifth grade students encourages students to choose a significant older senior and write an essay about the positive impact they have gained from them. Every year, the winners and their educators are celebrated during Older Americans Month with a fun celebration and prizes provided by our generous community sponsors. This year's celebration parade is May 4, 2022 from 4:30-6pm at Manzano Mesa Multigenerational Center and will include a fun Star Wars "May the Fourth Be With You" Theme for contest winners. Join us in cheering on these young talented authors!

Our second event we are excited about is the Ageless Artisan Craft Fair at North Domingo Baca on Saturday May 21, 2022 from 9am-1pm. Come admire and shop the artisan works of Albuquerque's talented senior center community members as the Department of Senior Affairs gives older adult artists an opportunity to showcase their many talents! There will be beautiful works such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more. There will also be a car show display, food trucks and live music from groups from Albuquerque's senior and multigenerational centers along with other local favorites. Admission is free and the event is open to the general public.

Finally, in observance of National Health and Fitness Day, the Department of Senior Affairs along with exclusive sponsor Blue Cross and Blue Shield of New Mexico want to encourage staying active as a way of life for Albuquerque's older adults. Join us on Wednesday May 25, 2022 from 9am-12pm at the ABQ BioPark Botanic Gardens for group exercise demonstrations, mini-health fair, health screenings, fun, low-impact walking events, and Tai Chi in the Bio Park's Japanese Garden. Free admission for the first 500 adults 50 years or older, including one caregiver per adult. Pre-registration is encouraged to reserve your spot and expedite registration on event day. Space is limited so register early, if you need assistance, you can dial 311 to get registered.

There is a lot going on at Senior Affairs in May, so stay on the lookout for more fun events as we celebrate Albuquerque's older adults and the impact they have made on our community!



Anna Sanchez,
Director,
Department of
Senior Affairs



TRACK HOURS:

M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
1:30PM-2:00PM
SATURDAY 9:00AM-2:15PM

ROCK WALL HOURS:

M-F 9:00AM-2:00PM
6:30PM-7:45PM
CLOSED 2:00PM-5:00PM FOR
CLEANING/AFTER SCHOOL
PROGRAM
*Summer Hours:
Closed 9:30am to 11:45am and
3:30pm to 5:30pm



GAME ROOM HOURS:

M, T, W OPEN 8:00AM-8:45PM
THURSDAY CLOSED 2:15PM-3:15PM
FOR YOUTH PROGRAM
FRIDAY CLOSED 4:00PM-5:00PM
FOR YOUTH PROGRAM
SATURDAY: 9:00AM-2:45PM
*Summer Hours:
Closed 9:30am to 11:45am and 3:30pm
to 5:30pm

Health Events:

GEHM Clinic

May 11th

9:00AM-12:00PM

All about Medicare 101/ Pres

Medcare

May 18th

10:00AM-12:00PM



Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help older adults, 60 and older, learn about digital technology and how to navigate the internet. Visit with center staff for enrollment details.



FITNESS CENTER HOURS:

M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
1:30PM-2:00PM
SATURDAY 9:00AM-2:45PM



North Domingo Baca Classes

Photography

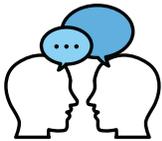
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm



Learn to Paint and Draw with Kelly
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



Tai Ji Quan: Moving for better balance
Tues and Thurs,
11:00 am- 12:00 pm

Tai Chi for Arthritis & Fall Prevention
Tues and Thurs,
1:00 pm- 2:00 pm

***SIGN UP AT FRONT DESK**



Quilting Cluster

Friday, 10:00 am- 4:00 pm

Bible Study

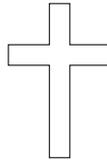
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 8:45 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

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

ABQ Karate \$

Monday, 5:00 pm- 8:00 pm
Wednesday, 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



Mah Jongg M,W,TH

12:00 pm- 1:30 pm

Feldenkrais

Thursday, 10:00 am- 11:00 am
and 6:00 pm- 7:00 pm

Albuquerque Fibromyalgia Support Group
1st Tuesday of the month,
1:00 pm- 2:30 pm

Card Making

Thursday, 10:30 am-11:30 am



Health and Fitness Classes



Zumba \$4

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

Learn to play pickleball

Gymnasium

Wednesday

12:00 pm- 2:00 pm

*Summer Hours:

W 10:45am to 12:45pm

Open play pickleball

Gymnasium

Friday

12:00 pm- 2:00 pm

*Summer Hours: F 10:45am to 12:45pm

FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 9:30 am- 10:30 am

Unified Rec for Individuals with Disabilities

Gymnasium

Thursday:

6:30 pm-7:30 pm

Jazzercise \$

Social Hall

Sign up at 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 9:15 am- 10:15 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

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Enhance Fitness

Social Hall

M,W,F

8:05 am- 9:05 am and

10:15 am - 11:15 am

Middle School Basketball

Gymnasium

M-F

2:45 pm - 4 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Open Gym for adults and teens

Gymnasium

Monday 6:00 pm-8:00 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

12:00 pm- 2:00 pm

Monday-Friday

5:00 pm- 5:45 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

50+ Basketball

Gymnasium

Monday

12:00 pm- 2:00 pm

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am



Sports and Fitness

Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday,

9:00 am- 10:00 am

Thursday,

10:00 am- 11:00 am

Dance 2 Enhance with Ana

NDB Aerobics Room

Monday,

5:30 pm- 6:30 pm

Tuesday,

5:00 pm- 6:00 pm

Qigong with Diane

NDB Aerobics Room

Monday

12:00 pm- 1:00 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Gentle Exercise

M,W,F

9:30 am- 10:30 am



Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 12:00 pm

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 11:00 am

Boomer Yoga \$8

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 pm

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday,

4:30 pm- 5:30 pm

Friday,

4:15 pm- 6:15 pm



Hula

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 pm- 12:30 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

Yoga with Misa

NDB Aerobics Room

Saturday

9:00 am- 10:15 am

Aikido

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm



Community Events



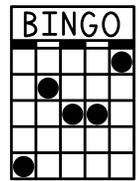
**May Birthday Cake
Celebration in
Lobby
May 2nd**



**Senior Arts and Crafts
May 9th and May 23rd
1:00 pm -2:30 pm**



**Senior Lunch and
Movie
May 4th & May 27th
Noon- 1:30 pm**



**Bingo
May 13th
In Social Hall
1:00 pm-2:30 pm**



**Family Game Night
Sandlot
May 13th
6:00 pm -8:00 pm**



**Community Mother's
Day Celebration
May 6th
Social Hall
3:30 pm- 5 pm**



**Pie Social
May 9th
75¢**



**Cinco De Mayo
Celebration
May 5th
11:30 am- 1 pm**



**National Rescue Dog Day
Donation Drive for Albuquerque Pet
Shelter
May 13th- May 19th
Lobby**



**Family Movie Night
Highschool Musical
May 20th
6:00 pm- 8:00 pm**



**Senior Trip:
Santa Fe National
Cemetery
May 26th
10 am- 1 pm**



**Teen Tuesdays
Ages 13-19
May 10th, 17th, 24th
5:30 pm- 7 pm**

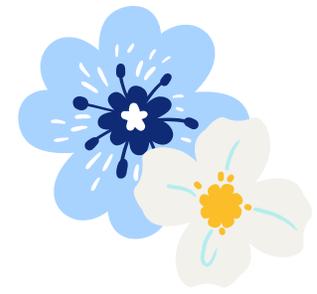
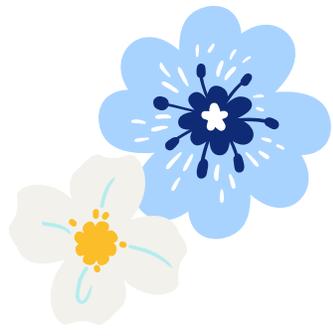


**Lunch with NDB
Staff
May 19h
Restaurant TBD
10:30 am - 1:00
pm**

**National Senior Health
and Fitness Day
May 25th
Trip to Bio Park for Mini
Health Fair, Group Exercise
and Health Screenings
8:30 am- 12 pm**



**Community Dance Night
May 27th
6:00 pm- 8:00 pm**



Youth Corner

NDB After School Program

Monday - Friday | 2:00 pm - 5:30 pm

\$15 a month Per Child

Transportation only provided from E.G. Ross Elementary

Membership Required

To register please visit play.cabq.gov

Meet the Youth Staff

Sarah Ruden, Program Coordinator	Erin Magrath, Rec Leader
Josh Baca, Rec Leader	Nick Moskola, Rec Leader
Hope Davis, Rec Leader	Leah Rodriguez, Rec Leader
Alexis Gonzales, Youth Supervisor	Jaeda Saucedo, Rec Leader
Berto Ibarra, Youth Supervisor	Preston Stanley, Rec Leader
Tanner Keener, Youth Supervisor	

IMPORTANT YOUTH PROGRAM DATES

Make it Mondays, Team Tuesdays, Wiggle Wednesdays, Thinker Thursdays, Fun Day Fridays

May 6, 2022- Mothers Day Celebration
3:30- 5 pm

Join us in celebrating all Mothers in our after school program.

May 6, 2022- Parents Night Out- Science Club and Teen Gaming

From 6 pm - 8:30 pm , drop your children off to participate in Science club and Teen gaming! Must be registered in our after school program to participate
Room 5 and Room 3

May 13, 2022- Family Game Night

From 6 pm - 8 pm, have the whole family join us for baseball in the Gym.

May 20, 2022- Family Movie Night

From 6 pm - 8 pm, have the whole family join us for Highschool Musical and popcorn. You are welcome to wear pjs, bring blankets, sleeping bags, etc.

May 27, 2022-Last Day of the School Year Program!!!

NEW TEEN TUESDAYS

May 10th, 17th, 24th

AGES 13-19

5:30 PM- 7 PM

SUMMER PROGRAM INFORMATION

Lottery Registration- May 2, 2022- May 13th, 2022

Lottery Drawing- May 16, 2022

Registration- May 18, 2022- May 27, 2022

\$20 Membership

\$30 a month, per child

To Create an Account and/or Register Please Visit PLAY.CABQ.GOV