



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



Hello, April!



April 2026

Spring is here, and with it comes a renewed sense of gratitude—for our community, for your dedication, and for the trust you place in the Department of Senior Affairs. As we reflect on this past survey season, I want to take a moment to sincerely thank each and every one of you who took the time to complete our Annual Survey to let us know your thoughts on the quality of our services.

7521 Carmel Ave NE, 87113  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6475

Many have shared that our services are unique among other places across the country, especially as we serve a growing number of generations at both our senior and multigenerational centers. This uniqueness is one of our strengths, but is largely attributed to the fact that nearly half of the Department’s funding comes from the Area Agency on Aging (AAA), which provides funding solely for those 60 and older across Bernalillo County. In addition, the Department receives General Fund dollars from local taxes and fees, and like many city departments, we are working with limited resources. Your survey responses help us demonstrate the impact of our programs through performance measures tied to the City’s budget and fulfill our grant reporting requirements, strengthening the case for the funding that sustains everything we offer, from hot meals to transportation to social activities.

**HOURS OF OPERATION:**  
Monday-Friday  
8:00AM-9:00PM  
Saturday  
9:00AM-3:00PM

As we head into spring and summer programming, we will continue to listen, adapt, and work hard to ensure our most essential services meet you where you are.

**"WE ARE COMMITTED TO PROVIDING RESOURCES WITH CARE AND COMPASSION THAT HELP OUR COMMUNITY THRIVE WHILE EMBRACING AGING."**

This month, the Department will be hosting the DSA Advisory Council Meeting at Manzano Mesa Multigenerational Center on Monday, April 20, from 12:00-1:30 pm, and "Coffee with Constituents" at Barelmas Senior Center on Thursday, April 23, from 8:30-9:30 am. I look forward to connecting with you in person!

\*Schedules, Classes, Events and Trips are subject to change

Here’s to a beautiful April filled with sunshine and good health!

Sincerely,  
Anna Sanchez, Director  
Department of Senior Affairs



## **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



*Happy Birthday*



**ALBUQUERQUE**

## **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

## 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

## Italian Movie Night

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

## 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](http://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**

## Knitting/Crocheting

Tuesday,  
1:00 pm- 3:00 pm

## April FOO'L's Day Jokes!



◆ Knock, knock!

Who's there?

Boo.

Boo who?

Don't cry, it's just  
an April Fools' joke.

◆ Why was the frog late to work on April Fool's Day?

His car got toad!



Tell a joke... Make a new friend!

Stop by the front desk to tell us your joke!



◆ Knock, knock!

Who's there?

Noah.

Noah who?

Noah good April Fools' joke?



# 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 with Misa \$7-10

NDB Aerobics Room

Saturday, 9:15 am- 10:15 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

## Fit/Tone with Jen \$4

NDB Aerobics Room

Tuesday, 9:15 am- 10:15 am

## 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

## 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

## 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:**

April: The shoulder

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)**



## Carrot Cake Energy Bites (No Bake)

Ingredients (4 total):

- 1 cup finely shredded carrots
- 1 cup old-fashioned oats
- ¼ cup peanut butter (or almond butter)
- 1-2 tablespoons honey
- Coconut Flakes (optional)

Steps (4 steps)

1. Mix all ingredients in a bowl.
2. Stir until well combined.
3. Roll into small bite-sized balls. (roll in coconut flakes if desired)
4. Refrigerate 20-30 minutes before serving.

Soft, naturally sweet and festive for Easter!

# 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

## 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

## 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**

## Walking with NDB Staff

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

## 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

## Korean Yoga Tai Chi Qigong

Friday,  
2:00 pm- 3:00 pm

# GYM SCHEDULE



## 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



# National Volunteer Month

"Your time is the most precious gift — and you've given it to make the world brighter."

-Rick Warren

**Thank you NDB Volunteers!**  
**We are so grateful for all that you do.**

# Special Events & Announcements

In memory of our  
*Fallen Family Members*

**Marva Dennis-Drigo**  
**Jeannette Feldman**

Join Ilene for a FREE, 16-session evidence-based program that uses gentle movements from Sun Style Tai Chi to

- improve balance
- ease joint pain
- leave you feeling calm, relaxed, and well



North Domingo Baca Multigenerational Center

7521 CARMEL NE 87113

January 14 to April 29

Wednesdays

1:15pm-2:15pm


Limited Enrollment  
Reserve your space  
today!  
Call (505) 884-4529



**Coffee with Constituents**  
April 23, 2026 from 8:30 am - 9:30 am  
Barelas Senior Center Center  
714 7th SW, 87102


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**DSA ADVISORY COUNCIL MEETING**  
April 20, 2026 at 12:00 pm  
Manzano Mesa Multigenerational Center  
501 Elizabeth SE, 87123





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**It's Tax Season!**  
AARP Foundation Tax-Aide offers free tax preparation for all ages every Monday at NDB starting February 2nd - April 13th.  
Call 311 to make an appointment.




**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



**North Domingo Baca Multigenerational Center Staff**

<p>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</p>	<p>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</p> <p>Joseluis Olivas, Cook Meghan Martinez, Kitchen Aide Ronald Harrison, Kitchen Aide Janel Powell, Kitchen Aide</p>	<p>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</p>
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# Special Events & Announcements



**Can you find the 30 Easter eggs?**

The first member to find all the eggs will win a prize. Once you find all the eggs, stop by the front desk to show us.

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

**ONE ALBUQUE RQUE**



## Powerful Tools FOR Caregivers

### Spring 2026 Schedule



**VIRTUAL - EVENING**  
 DATES: MARCH 24, MARCH 31, APRIL 7, APRIL 14, APRIL 21, APRIL 28  
 DAYS AND TIME: TUESDAYS, 5:30PM-7:00PM  
 LOCATION: ZOOM

**NORTH VALLEY SENIOR CENTER**  
 DATES: APRIL 16, APRIL 23, APRIL 30, MAY 7, MAY 14, MAY 21  
 DAYS AND TIME: THURSDAYS, 11:00AM-12:30PM  
 LOCATION: 3825 4TH ST NW, 87107

**HERRAMIENTAS PODEROSAS PARA CUIDADORES EN ESPAÑOL**  
 DÍA Y HORA: VIERNES, 1:30PM-3:30PM  
 FECHAS: 17 DE ABRIL, 24 DE ABRIL, 1 DE MAYO, 8 DE MAYO, 15 DE MAYO, 22 DE MAYO  
 UBICACIÓN: ZOOM

A six-week program designed to help family caregivers take better care of themselves while caring for a relative or friend.

This course is for family caregivers like YOU!

Sponsored by **ONE ALBUQUE RQUE** youth & family services

Registration is required  
 Call us: (505) 584-7862  
 Visit us: [www.familycaregivernm.org](http://www.familycaregivernm.org)

## VOLUNTEERS IN ACTION

### E-WASTE COLLECTION EVENT

Celebrate Earth Day by safely recycling your old or unwanted electronics. Declutter your home and help reduce electronic waste in our community.

Hosted by the Department of Senior Affairs Volunteers In Action (VIA) Program in partnership with the Solid Waste Department.



**Wednesday, April 22, 2026**  
 9:30 am - 1:30 pm  
 North Domingo Baca Multigenerational Center  
 7521 Carmel Ave NE  
 Albuquerque, NM 87113

**ONE ALBUQUE RQUE**

- | Items Accepted           |                | Not Accepted          |                 |
|--------------------------|----------------|-----------------------|-----------------|
| Small Office Electronics | Printers       | Batteries of Any Kind | CRT monitors    |
| Old Computers            | Cellphones     | Paint                 | Used motor Oil  |
| Laptops                  | DVD/VHS        | Microwaves            | Propane bottles |
|                          | Thumb Drives   |                       |                 |
|                          | Keyboards/Mice |                       |                 |
|                          | Hard Drives    |                       |                 |
|                          | Cameras        |                       |                 |
|                          | Scanners       |                       |                 |
|                          | Cables/Cords   |                       |                 |



## Older Adult Glam Day

Come unwind and let the wonderful Glamourgals volunteers pamper you with complimentary manicures! They're here to bring smiles, relaxation, and a touch of glamour to your day.

**April 24, 2026**  
 1:30 pm - 3:30 pm

North Domingo Baca Multigenerational Center  
 7521 Carmel Ave NE  
 Albuquerque, NM 87113





**What to Expect:**

- Gentle nail care
- Beautiful polish options
- Friendly conversation
- A relaxing, feel-good experience

**ONE ALBUQUE RQUE** volunteers in action

Sign up at the front desk

NORTH DOMINGO BACA

# EARTH DAY COMMUNITY CLEAN-UP WALK

Make a positive impact and volunteer!  
Our Community Clean-Up Walk will be around  
North Domingo Baca Center.  
Let's help keep our community beautiful.

**WEDNESDAY, APRIL 22, 2026**  
**MEET IN THE AMPHITHEATER @ 9:00 AM**

Sign up at the front desk

JOIN US AFTER  
TO CELEBRATE WITH A  
ROOT BEER FLOAT  
IN THE AMPHITHEATER



# UPCOMING SUMMER youth PROGRAM

## INFORMATION SHEET

### ACTIVITIES & DETAILS

Children registered in our program participate in a variety of activities, including dance, sports, arts and crafts, educational projects, field trips, and more!

#### Program Hours:

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

#### Ages accepted:

5-13

\*Children age 5 must be turning 6 by September 2026.

#### Program Dates:

June 15<sup>th</sup>- July 31<sup>st</sup>

### REGISTRATION INFORMATION

To keep the process fair for all applicants across Albuquerque, registration is done lottery-style.

During the designated period, you can enter your child into the lottery. After the application closes, children are randomly selected by a computer system. Parents will then be notified of acceptance or waitlist status via email from NDB Staff.

Families selected from the drawing will then be able to register for the program

### PROGRAM FEES

Our program is \$30 per month per child, with a \$20 annual membership fee required for each child.

Please note, fees are NOT due at the time of your lottery application

### IMPORTANT INFO:

Lottery Entry:  
May 4<sup>th</sup> - May 15<sup>th</sup>

Drawing:  
May 18<sup>th</sup>

Notifications will be sent via email May 19<sup>th</sup>

Registration:  
(For those selected from lottery)  
May 20-29<sup>th</sup>

Lottery Application:  
[Play.cabq.gov](http://Play.cabq.gov)

For more information, please visit our website:  
[www.cabq.gov/seniors/youth-programs](http://www.cabq.gov/seniors/youth-programs)

# Community Events Calendar

## TRIPS FOR THE MONTH

Please visit the front desk for more information

Sign up starts March 15th

Must sign up in person

Days and Times are subject to change

Trips are at your own expense

### Trip to The Albuquerque Museum

Wednesday, April 1

Check in: 8:15 am

Depart: 8:30 am

Return: 12:00 pm

### Trip to the Zoo with DSA Walking Group

Tuesday, April 14

Check in: 8:00 am

Depart: 8:15 am

Return: 1:00 pm

### Trip to Lindy's Diner \$\$

Thursday, April 23

Check in: 10:15 am

Depart: 10:30 am

Return: 1:00 pm

## UPCOMING TRIPS FOR MAY:

Please visit the front desk for more information

Sign up at the front desk starting 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

# Community Events

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

- April 3 **Birthday Celebration**  
12:00 pm In the Snack Bar
- 
- AARP Driving**  
**No class for April**  
Sign up at the front desk for May
- 
- April 8 **GEHM CLINIC**  
8:30 am
- 
- April 8 **Santa Fe National Cemetery**  
8:00 am  
Sign up at the front desk
- 
- April 14 **Pie Social**  
12:00 pm In the snack bar
- 
- April 22 **Earth Day**  
**Community Clean-up Walk**  
9:00 am  
meet in the Amphitheater  
Sign up at the front desk
- 
- April 22 **E-Waste Collection Event**  
9:30 am - 1:30 pm  
Please see flyer for more information
- 
- April 23 **B.I.N.G.O**  
1:00 pm - 2:30 pm
- 
- April 24 **GLAMOURgals**  
1:30 pm - 3:30 pm  
Please see flyer for more information  
& Sign up at the front desk
- 
- April 29 **Senior Citizens' Law Office**  
**Estate Planning Presentation**  
10:00 am - 11:30 am  
Please sign up at the front desk
- 
- April 9 & 30 **Live Music During Lunch**  
11:30 am
- 
- Teeniors - Tech Help**  
**No class for April, May or June**  
Class will resume in July

