



NOVEMBER 2022

7521 CARMEL AVE NE 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

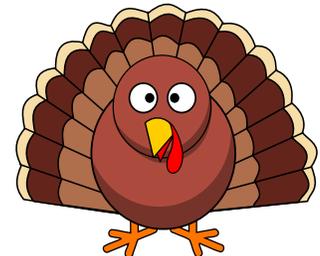
HOURS OF OPERATION:
MONDAY- FRIDAY 8:00AM-9:00PM
SATURDAY 9:00AM-3:00PM

"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

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. .



CLOSED

Friday, November 11, 2022, Veterans Day
Thursday, November 24, 2022, Thanksgiving
Friday, November 25, 2022, Thanksgiving

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

Breakfast

Monday-Friday 8:00AM-9:00AM

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

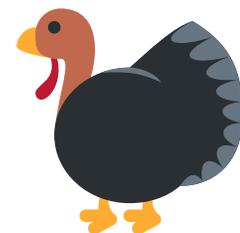
Coffee \$ Free

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.

Annual Thanksgiving Luncheon

The Annual Thanksgiving Holiday Lunch will be hosted by Palo Duro Senior Center. Thanksgiving Lunch Tickets are \$4.00, please contact Palo Duro Senior Center at 505-888-8102 for payment and reservation information.



ONE ALBUQUERQUE senior affairs **November 2022** **ONE ALBUQUERQUE** senior affairs

We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
7 <ul style="list-style-type: none"> Salisbury Steak W/ Gravy Mashed Potatoes Green Beans Seasonal Fruit Whole Grain Dinner Roll W/Margarine 1% Milk 	8 <ul style="list-style-type: none"> Sweet & Sour Chicken W/ Stir Fry Vegetables Seasonal Vegetables Brown Rice Fortune Cookie 1% Milk 	9 <ul style="list-style-type: none"> Cheese Omelet W/ Mushrooms Stewed Tomatoes Diced Potatoes Whole Grain Biscuit W/Margarine 1% Milk 	10 <ul style="list-style-type: none"> BBQ Pork Roasted Sweet Potatoes Collard Greens Watermelon Whole Grain Dinner Roll W/Margarine 1% Milk 	11 <p>Closed Veterans Day</p>
14 <ul style="list-style-type: none"> Lemon Garlic Salmon/ Ancient Grain Blend Green Beans Succotash Seasonal Fruit 1% Milk 	15 <ul style="list-style-type: none"> Meatballs W/Marinara Sauce Steak Fries Seasonal Vegetables Banana Whole Grain Hoagie Roll 1% Milk 	16 <ul style="list-style-type: none"> Baked Seasoned Chicken W/Rice Pilaf Diced Beets Roasted Brussel Sprouts Chocolate Pudding 1% Milk 	17 <ul style="list-style-type: none"> Came Adovada Spinach & Onions Pinto Beans Flour Tortilla Seasonal Fruit 1% Milk 	18 <ul style="list-style-type: none"> Pasta Primavera W/Stir Fry Vegetables & Alfredo Sauce Steamed Zucchini Breadstick Seasonal Fruit Yogurt 1% Milk
21 <ul style="list-style-type: none"> Breaded Cod W/ Tartar Sauce over Brown Rice Spinach W/Onions Cauliflower Seasonal Fruit 1% Milk 	22 <ul style="list-style-type: none"> Cheese Omelet W/ Mushrooms Stewed Tomatoes Hash Browns Whole Grain Biscuit W/Margarine Mandarin Oranges 1% Milk 	23 <ul style="list-style-type: none"> Roasted Turkey W/ Cornbread Stuffing & Gravy Seasoned Green Beans Bake Yams W/ Marshmallows Dinner Roll W/ Margarine & Cranberry Sauce Pumpkin Empanada & Pumpkin Pie 	24 <p>Holiday Closed The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p>	25 <p>Holiday Closed The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.</p>
28 <ul style="list-style-type: none"> Breaded Catfish W/ Tatar Sauce over Brown Rice Stewed Tomatoes Collard Greens Pineapple 1% Milk 	29 <ul style="list-style-type: none"> Spaghetti W/Meat Sauce Sliced Mushrooms Italian Blend Vegetables Seasonal Fruit 1% Milk 	30 <ul style="list-style-type: none"> Pork Chop W/ Roasted Sweet Potatoes Green peas Seasonal Vegetables Applesauce 1% Milk 	Dec. 1 <ul style="list-style-type: none"> Cheeseburger Diced Tomatoes Bell Peppers W/ Onions Mixed Fruit Whole Grain Hamburger Bun 1% Milk 	Dec. 2 <ul style="list-style-type: none"> BBQ Baked Chicken W/Ancient Grains Green Beans Corn Croissant W/ Margarine Grapes 1% Milk

Meet North Domingo Baca Staff



Anna M. Sanchez,
Department of
Senior Affairs,
Director



Vacant, Center Manager
Thomas Gallagher, Center Supervisor
Sarah Ruden, Youth/Community Program Coordinator

Dejah Aranda, Office Assistant
Madeline Silva, Recreation Assistant
Victoria Jaramillo, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant

Aubrey Sandoval, Program Assistant
Maria Munoz, General Service Worker
Diego Valdez, General Service Worker
Voivod Benavides, General Service Worker
Juan Arroyo, General Service Worker



TRACK HOURS:

M-F 8:00AM-8:45PM
SATURDAY 9:00AM-2:45PM

ROCK WALL HOURS:



T-F 9:00AM-11:30AM,
6:30PM-7:45PM
CLOSED 2:00PM-5:00PM FOR
CLEANING/AFTER SCHOOL
PROGRAM

FITNESS CENTER HOURS:

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



GAME ROOM HOURS:

M-F 8:00 AM-3:00 PM
6:00 PM-8:45 PM
Saturday
9:00 AM-2:30 PM



Health Events:

GEHM Clinic

November 9th
9:00AM-12:00PM



Presbyterian Senior Care

November 4th
10:00AM-12:00PM



Covid/Flu Shot Clinic

November 16th
8:00AM-12:00PM

Ageless Artisan Fair-Winter Edition

Just in time for holiday shopping!
Come shop and support our senior artists! The
Ageless Artisan Fair will
feature unique, one of kind items such as tin art,
wood work, ceramics,
photography, mixed media, jewelry, and much
more!



NOVEMBER 19, 2022 | 9AM - 1PM
MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH SE 87123

North Domingo Baca

Classes

Photography

Wednesday, 9:00 am- 10:30 am

Thursday, 6:00 pm- 8:00 pm



Music Circle-Sing & Strum

Wednesday,

10:00 am- 12:00 pm



Italian Culture Group Film

First Friday of the month,

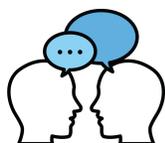
6:00 pm- 8:00 pm



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

Bible Study

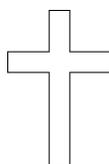
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 9:00 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

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,

1:00 pm- 2:30 pm

Belly Dance/ Arabic

Folkloric Dance

Saturday

10:30 am- 12:30 pm

ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm

Thursday, 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

Friday, 1:30 pm- 3:00 pm



Mah Jongg Group

M,W,TH

12:00 pm- 1:30 pm

Feldenkrais

Thursday, 10:00 am- 11:00 am

and 6:00 pm- 7:00 pm

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Card Making

Thursday, 10:30 am-11:30 am

Estate Planning

November 16, 2022

Wednesday

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

FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 9:30 am- 10:30 am

Learn to play pickleball

Gymnasium

Wednesday

12:00 pm-2:00 pm

Open play pickleball

Gymnasium

Thursday,

6:00 pm- 8:00 pm

Friday.

11:00 am-2:00 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 9:10 am- 10:10 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

Tai Chi Gung

Monday,

12:30 pm-1:30 pm

Middle/Grade School

Basketball

Gymnasium

M-F 2:30 pm-4:00 pm

*UNDER 18 REQUIRES A

PARENT/GUARDIAN



Open Gym for Adults and Teens

Gymnasium

Monday and Friday

5:00 pm-8:15 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

11:00 am-2:00 pm

Monday- Friday

5:00 pm-6:00 pm

Saturday

11:00 am-2:00 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

50+ Basketball

Gymnasium

Monday

12:00 pm-2:30 pm

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

60+ Basketball

Gymnasium

Saturday

9:00 am-11:00 am



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Gentle Exercise

M,W,F

9:30 am- 10:30 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 \$8

NDB Aerobics Room

Monday

5:30 pm- 6:30 pm

Boomer Yoga \$10

NDB Aerobics Room

Tuesday,

4:30 pm- 5:30 pm



Qigong with Lillian \$

NDB Aerobics Room

Tuesday and Thursday

8:30 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

9:00 am- 11:00 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 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 \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Community Events



Pie Social
November 7th
75¢



**November Birthday
Cake Celebration in
Lobby**
November 1st



Community Dance Night
November 23rd
6:00 pm- 8:00 pm



**Giving Tuesday
Community Drive for
Homeless Population**
Last Day for Donations
November 29th



Salute to Our Veterans
November 10th
11:30 am- 1:00 pm

Senior



**Arts and Crafts With
NDB Staff**
November 14th & 21st
1:00 pm -2:30 pm



**New Mexico Museum of
Natural History Trip**
November 3rd
10:30 am- 12:00 pm
\$7-\$8
Sign up at Front Desk

Youth



**Kids Night Out
Teen Gaming**
November 4th
6:00 pm- 8:00 pm
Sign up at Youth
Desk



Teen Tuesdays
Ages 13-19
November 8th & 22nd
5:30 pm- 7:00 pm
Sign up at Youth Desk



Movie After Lunch
November 1st & 15th
1:00 pm- 2:30 pm

Family



Fall Festival
November 21st
Social Hall
3:00 pm- 5:30 pm



Family Movie Night
Free Birds
November 18th
6:00 pm- 8:00 pm



Family Basketball
Every Saturday in November
Half Court Gym
11:15 am- 2:15 pm



**Over the Generations
Family Dinner**
November 18th
4:30 pm -6:00 pm



Youth Corner



NDB After School Youth Program

Monday - Friday | 2 PM - 5:30 pm

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To join the waitlist please speak to Youth Staff



Meet the Youth Staff

Jorge Ayala, Rec Leader
 Ryan Allison, Rec Leader
 Joshua Baca, Rec Leader
 Hope Davis, Rec Leader
 Alexis Gonzales, Student Supervisor
 Gavin Hauenstein, Rec Leader

Tanner Keener, Student Supervisor
 Bella Quintana, Rec Leader
 Leah Rodriguez, Rec Leader
 Sarah Ruden, Program Coordinator
 Jaeda Saucedo, Youth Supervisor
 Eric Talamantes, Rec Leader
 Issa Velasques, Rec Leader

IMPORTANT YOUTH PROGRAM DATES November

Native American Heritage Month

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
	1 All Saints Day Recreation Rotation- Team work Activities 4 pm- 5 pm	2 All Souls Day Recreation- Group Dancing 4 pm- 5 pm	3 Recreation Rotation- "Why do leaves change color?" "Science experiment 4 pm-5 pm	4 Recreation- Kids Choice! Kids Night Out Science Club & Teen Gaming 6-8 pm \$5 SCIENCE
7 Recreation Rotation -Arts and Crafts Make thank you cards for Veterans 4 pm- 5 pm	8 CLOSED Election Day	9 Recreation Rotation- Karaoke 4 pm- 5 pm	10 Recreation Rotation- Writing Activity Activities 4 pm-5 pm	11 CLOSED Veteran's Day
14 Recreation Rotation-Arts and Crafts- Scarecrows 4 pm- 5 pm	15 Recreation Rotation- Team work Activities 4 pm- 5 pm	16 Recreation- Music/Dance Activities 4 pm- 5 pm	17 Recreation Rotation- Educational Activities Behavior Earned Holiday Party Kids Choice in a Movie \$5 4 pm- 5:30 pm STEM	18 Mickey and Minnie's Birthday Over the Generations Family Dinner Party 4:30 pm- 6 pm Free Birds Family Movie Night 6-8 pm Social hall \$5
21 Program Hours: 7:30- 5:30 Starbucks Field Trip 9 am- 10:40 am \$5+ Fall Festival 3:00 pm- 5:30 pm Social Hall \$3	22 Program Hours: 7:30-5:30 New Mexico Museum of Natural History Field Trip 10:30 am- 12 pm \$5	23 Program Hours: 7:30- 5:30 Friendsgiving With Manzano Mesa @NDB 10:30- 3	24 CLOSED Thanksgiving	25 CLOSED
28 Recreation Rotation -Arts and Crafts- Season Tree 4pm- 5 pm	29 Giving Tuesday Community Drive for ABQ Homeless Population Recreation Rotation -Teamwork Activities 4 pm- 5 pm	30 Recreation- Music/Dance Activities 4 pm- 5 pm		

Thanksgiving Break

Calendar is Subject to Change

