

North Domingo Baca Multigenerational Center

7521 CARMEL AVE NE, 87113
505-764-6475

Visit our website:
<https://www.cabq.gov/seniors>

HOURS OF OPERATION:
MONDAY-FRIDAY | 8AM-9PM
SATURDAY | 9AM-3PM
SUNDAY | CLOSED

November 2025

NDB WILL BE CLOSED:
VETERANS DAY
TUESDAY, NOVEMBER 11TH

THANKSGIVING
THURSDAY, NOVEMBER 27TH
FRIDAY, NOVEMBER 28TH



**Be on the look out for our Holiday Giving Tree: We need donations of
New Hats, Gloves, Scarves, Socks, Ear Muffs and Lap Blankets**

SPECIAL DATES & ANNOUNCEMENTS

Nov. 10 - Veterans Day Celebration
Nov. 14 - Trip Sign ups
Nov. 14 - International Night
Nov. 15 - Ageless Artisan Craft Fair
Manzano Mesa
501 Elizabeth St SE, 87123, 9am-1pm
Nov. 17 - DSA Advisory Council Meeting
Barelas Senior Center
714 7th St SW 87102, at 12 PM
Nov. 21 - Fall Festival Concert



New NDB Classes:

Outside Walking Club with NDB Staff

Fridays @ 9:30 am
Meet in the Lobby

Signing & Singing the Hymn Book

Wednesdays @ 9:00 am - 11:00 am

Discussion Group

2nd Tuesday of every month @ 1:00 pm- 2:30 pm

Meet Our Staff

Tom Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
Carrie McCoy, Senior Program Coordinator
Natalie Martinez, Program Assistant
Bob Hastings, Program Assistant
Josh Baca, Recreational Assistant
Jazlyn Childers, Program Assistant
Anika Montoya, Front Desk Youth Staff
Maria Munoz, GSW
Cyrus Benavides, GSW
Dale Bowles, GSW

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
Hope Davis, Youth Recreation Leader

Ryan Davis, Student Worker
Devin Fickler, Student Worker
Marissa Benavidez, Student Worker
Amous. Rodela, Student Worker
Daniel Ibarra, Student Worker
Malia Rey, Student Worker
Chase Roberts, Student Worker
Ava Morrow, Student Worker
Alexis Jaramillo, Student Worker
Jesse Sarada, Student Worker
Mauro Castro Mendoza, Student Worker

Accredited by 
National Institute of
Senior Centers

DSA MISSION:

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

ONE
ALBUQUE
RQUE senior affairs

50+ VIDEO GAME



ROOM HOURS:

MONDAY-FRIDAY,
9:00 AM-2:00 PM

GAME ROOM HOURS:

MONDAY-FRIDAY, 8:00 AM-8:30 PM

SATURDAY, 9:00 AM-2:30 PM

***CLOSED**

Friday, 3:30 PM-6:00 PM

FOR YOUTH 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

***CLOSED**

Friday, 3:30 PM - 6:00 PM

FOR YOUTH 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+ to use fitness center.**

(Members under 18, must have a parent/legal guardian present)

Health and Fitness Classes

Fit/Tone with Jen \$4

Tuesday,
9:15 am- 10:15 am

Zumba \$4

Social Hall
Monday, Wednesday, Saturday
9:15 am- 10:15 am

Zumba (Gold) \$4

Social Hall
Tuesday,
9:15 am- 10:15 am

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

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

Yoga with Lynn \$10

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

Korean Yoga Tai Chi Quiong

Friday,
2:00 pm- 3:00 pm

Outside Walking Club

Fridays at 9:30 am
Meet in the Lobby

North Domingo Baca Classes

American Sign Language

Mondays
9:30 am - 11:00 am
Wednesdays
1:00pm-2:30 pm



Signing & Singing the Hymn Book

Wednesdays
9:00 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!

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

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, 1:00pm - 2:30 pm



Chess Club

Thursday,
1:00 pm- 3:00 pm

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am- 1:00 pm

Email: abqfibro.com

French Group

Saturday,
9:30 am- 11:00 am



Guitar Workshop with Laudente \$

Thursday, 6:30 pm - 7:30 pm

Italian Movie Night

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

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm



ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm
Thursday, 5:00 pm- 8:00 pm
Saturday, 11:45 am- 1:15 pm

Kendo \$

Monday and Wednesday,
6:00 pm- 7:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 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



Photography

Wednesday, 9:00 am- 11:00 am
Wednesday, 6:00 pm- 7:30 pm

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 - 7:00 pm
Must be 9 yrs old & up

Zentangle Drawing

Tuesdays , 9:15 am-10:30 am

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
Monday,
11:00 am-12:30 pm

Wednesday,
6:00 pm-8:00 pm

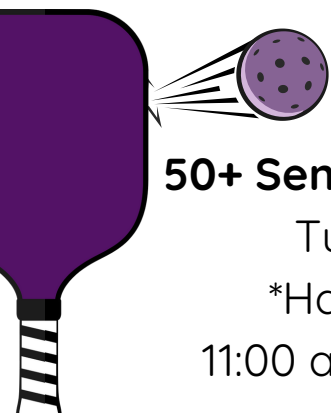
Saturday,
9:00 am-11:00 am

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

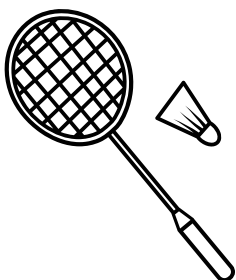
Saturday,
*Half court youth
and family
11:00 am-12:30 pm



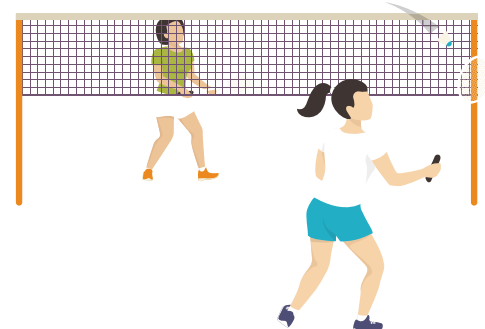
50+ Senior pickleball
Tuesday,
*Half Court
11:00 am-12:30 pm

Open play pickleball (All Ages)
Thursday,
6:00 pm- 8:00 pm
Friday,
11:00 am-2:30 pm

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



Badminton
Tuesday,
6:00 pm- 8:00 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

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

Chair Fit Gold \$6

Monday

1:00pm-2:00pm

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

Thursday,

Aerobics Room

10:00 am- 11:00 am

3:00 pm- 4:00 pm

La Blast \$6

Thursday

11:00am-12:00pm

Join Us for North Domingo Baca's

VETERANS DAY

CELEBRATION

ON MONDAY, NOVEMBER 10TH 2025



HONORING ALL WHO SERVED

WE WILL CELEBRATE OUR VETERANS
FROM 10:30 AM-11:30 AM
WITH A DEDICATION AND CAKE.



SPONSORED BY:



ANNUAL HOLIDAY

DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE WITH SENIORS IN NEED THIS HOLIDAY SEASON. DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

NEW ITEMS NEEDED:

- SCARVES
- SOCKS
- HATS
- BLANKETS
- GLOVES

BRING DONATIONS TO
YOUR LOCAL SENIOR
OR
MULTIGENERATIONAL
CENTER BEFORE
NOVEMBER 30, 2025



SCAN QR CODE



FOR MORE INFORMATION



FOR MORE INFORMATION, CALL (505) 764-6400

Ageless Artisan Craft Fair

Saturday | 15 | November
9 AM - 1 PM | 2025

Manzano Mesa

Multigenerational Center
501 Elizabeth St SE, 87123
505-275-8731

Come shop and support our
senior artists! Discover unique,
one-of-a-kind items such as tin
art, wood work, ceramics,
photography, mixed media,
jewelry, and much more!



Fall Festival Concert at NDB **THE JAMMIN' TIME BAND**

Cookies and Coffee provided by Bubba's 33



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November

North
Domingo
Baca
Ampitheater

1:00pm-2:00pm



North Domingo Baca Multigenerational Center Community Events Calendar

TRIPS FOR THE MONTH

Trip to Albuquerque Museum

Wednesday, November 5th
Depart: 9:00am

Trip to Bubba's 33 for lunch - \$\$

Thursday, November 6th
Depart @ 10:50 am



Upcoming trips for December:

Sign up at the front desk starting November 15th.



- River of Lights - \$\$
Monday, December 1st

- Indian Pueblo Cultural Center - \$\$
Thursday, December 18th

- Cervantes for lunch - \$\$
Thursday, December 11th

Community Events

*Calendar is subject to change

November 1
AARP Driving
Sign up at the front desk

November 13th & 20th
Live Music During Lunch
@ 11:30 am

November 7th
Birthday Cake
@12:00pm
In the Snack Bar

November 24
B.I.N.G.O
@ 1:00 pm - 2:30 pm

November 10th
Veterans Day
Celebration
10:30am-11:30am

November 18
Pie Social
@12:00 pm
In the snack bar

November 12th
GEHM CLINIC
@8:30am

November 21
Fall Festival Concert
in the Ampitheater
Coffee and Cookies provided
by Bubba's 33
1:00pm-2:00pm

November 18
Teeniors
Tech Help