

WELCOME TO
DEPARTMENT OF SENIOR AFFAIRS
NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

A SEASON OF CHANGE, A SENSE OF BELONGING

Autumn in Albuquerque brings golden cottonwoods, cooler days, and a reminder that each season offers new opportunities to connect with the people and places that matter to us.

At the Department of Senior Affairs, those connections are part of everyday life. Our centers bring people together to build friendships, discover interests, and share experiences.

This November, we celebrate the opening of the Conway Wood Northwest Multigenerational Center, Albuquerque's 10th senior and multigenerational center. Named for a longtime advocate for older adults, it honors a legacy of community service while creating new opportunities for generations to come together.

Future development will bring a kitchen, social hall, expanded fitness areas, and additional amenities. These improvements will require continued community support, and we'll share how you can help advocate for the funding needed to complete them.

Our commitment to health, safety, and financial well-being continues through vaccination clinics, health screenings, and educational programs on fraud prevention and estate planning. We also invite you to celebrate the creativity of older adult artists at our annual Ageless Artisan Craft Fair on Saturday, Nov. 14, from 9 a.m. to 1 p.m. at Manzano Mesa Multigenerational Center.

Please share these opportunities with friends and neighbors. Visit our Senior Affairs News and Events pages for updates, and check with your local center for ongoing activities.

As the seasons change, our commitment remains constant: helping people connect, participate, and thrive at every stage of life.

Thank you for being part of our Senior Affairs community.

Anna Sanchez
Director, Department of Senior Affairs

November 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."

We'll be closed:

Veterans Day
Wednesday, Nov. 11th

Thanksgiving Holiday
Thursday, Nov. 26th
Friday, Nov. 27th

ONE ALBUQUERQUE senior affairs

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

Accredited by National Institute of Senior Centers

FITNESS CENTER HOURS:

MONDAY - FRIDAY
8:00 AM-8:45 PM
SATURDAY
9:00 AM-2:45 PM

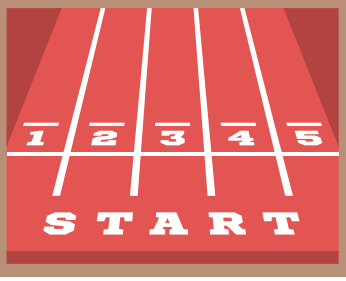
CLOSED FOR CLEANING
MONDAY - FRIDAY
1:30 PM-2:00 PM

*You must be ages 16 & up to use fitness center.
(A parent/legal guardian is required for ages 16 & 17)



TRACK HOURS:

MONDAY-FRIDAY
8:00 AM-8:45 PM
SATURDAY
9:00 AM-2:45 PM



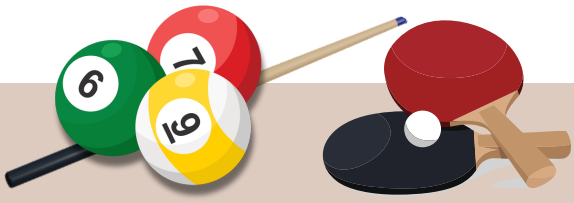
ROCKWALL HOURS:



ATTENTION:

THE ROCKWALL WILL BE CLOSED UNTIL FURTHER NOTICE DUE TO THE ANNUAL RECERTIFICATION.

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING.



GAME ROOM HOURS:

MONDAY-FRIDAY
8:00 AM-8:30 PM
SATURDAY
9:00 AM-2:30 PM

CLOSED
FRIDAY
5:00 PM - 6:00 PM
FOR DSA YOUTH
AFTER SCHOOL PROGRAM

NORTH DOMINGO BACA CLASSES

American Sign Language
Monday, 9:30 am - 11:00 am
Wednesday, 12:30pm-2:30 pm

French Group
Saturday,
9:30 am- 11:00 am

Music Circle-Sing & Strum
Wednesday,
10:00 am- 12:00 pm

Music Appreciation
2nd Thursday of every month
11:00 am- 1:00 pm

Guitar Workshop w/ Laudente $
Thursday, 6:30 pm - 7:30 pm

Learned Happiness
Monday,
10:00 am- 11:30 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!



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

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

Rotary Club
Tuesday, 12:00 pm- 1:30 pm

Chess Club
Thursday,
1:00 pm- 3:00 pm

Euchre
Thursday,
12:15 pm- 2:15 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

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

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
5:30 pm- 6:45 pm

Restorative Yoga with Dr. Maddoux $10
NDB Aerobics Room
Tuesday, 4:30 pm - 5:30 pm

ChairFit GOLD $6
NDB Aerobics Room
Monday, 1:00 pm - 2:00 pm
Saturday 9:15 am - 10: 15 am

LaBlast Dance Fitness $6
NDB Aerobics Room
Thursday, 11:00 am-12:00 pm

LaBlast Dance Fitness/Basic Moves
NDB Aerobics Room
Thursday, 12:15-1:00 PM
Donations accepted

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, 9:30 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

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

Fit/Tone with Jen $4
NDB Aerobics Room
Tuesday, 9:15 am- 10:15 am

Kuchupudi/Mohiniyattom Dance $20.00
NDB Aerobics Room
Wednesday, 7:00 pm- 8:30 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

Feldenkrais
NDB Aerobics Room
Thursday,
10:00 am- 11:00 am
3:00 pm- 4:00 pm

Neuro Up for Parkinson's
NDB Aerobics Room
Mon. & Wed.
8:15 am- 9:15 am

Body Balance $5
NDB Aerobics Room
Tuesday and Thursday
8:15 am- 9:15 am
*Bring a yoga mat & water bottle

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

www.cabq.gov/seniors

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

FIT for Seniors $3
Gymnasium
Tuesday and Thursday,
9:30 am- 10:30 am

Korean Yoga Tai Chi Qigong
Friday,
2:00 pm- 3:00 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

Tai Chi for Arthritis & Fall Prevention
Wed., Sept. 2 - Dec. 16,
1:15 pm - 2:15 pm
Call 505-884-4529 to reserve your spot

Yoga with Lynn $10
Monday, 9:30 am- 10:30 am
Friday, 1:00 pm-2:00 pm

Weights, Stretching, & Light Aerobics
Social Hall
Tues, 10:15 am- 11:10 am
Thurs, 9:30 am- 10:30 am
*Bring 2 weights (1 - 3 lbs) every Thursday

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

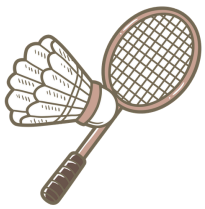


Middle School Open Gym
Monday-Friday,
*Half court
4:00 pm-5:00 pm

Badminton
Tuesday,
6:00 pm- 8:00 pm

Family Open Gym
Monday-Friday,
5:00 pm- 5:45 pm

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

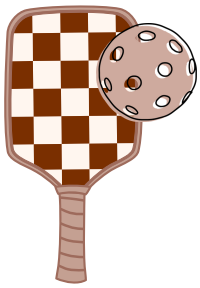


Open Gym (All Ages) *UNDER 18 REQUIRES A PARENT/GUARDIAN
Tuesday
11:00 am-12:30 pm

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-1:00 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



Special Events & Announcements

IMPORTANT NOTICE

Palo Duro Senior Center is closed to the public as of October 19th for upcoming renovations. The closure is expected to continue through summer 2027. Additional information about the renovation will be shared as it becomes available.

During this time, meal services will be available at these nearby locations:

North Valley Senior Center
Highland Senior Center
Bear Canyon Senior Center
North Domingo Baca Multigenerational Center

Your Voice Matters!

Have a suggestion, concern, or idea to make North Domingo Baca Multigenerational Center even better?

We want to hear from you! Share your feedback in our Suggestion Box located at the front desk and help us continue creating a welcoming, enjoyable experience for everyone.

Your feedback helps our community grow!

Coffee with Constituents

November 12, 2026
8:30 am - 9:30 am
Conway Wood Multigenerational Center
10751 Cibola Loop NW, 87114

North Domingo Baca Multigenerational Center Staff

Tom Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
DeHaven Barnes, Senior Program Coordinator
Natalie Martinez, Office Assistant
Bob Hastings, Program Assistant II
Jazlyn Childers, Program Assistant II
Anika Montoya, Program Assistant II
Jaeda Saucedo, Program Assistant II
Maria Munoz, General Service Worker
Cyrus Benavides, General Service Worker
Leon Mascarenas, General Service Worker
William Banach, SCSEP

Fermin Gallegos, Fitness Manager
Cole Pierce, Program Assistant II
Beverly Aranda, Program Assistant II
Ashleigh Carabajal, Office Assistant
Melinda Mack, Recreation Assistant
Shane Santiago, Front Desk Temp

Joseluis Olivas, Cook
Meghan Martinez, Kitchen Aide
Ronald Harrison, Kitchen Aide

Ryan, Student Worker
Devin, Student Worker
Amous, Student Worker
Daniel, Student Worker
Ava, Student Worker
Alexis, Student Worker
Harlan, Student Worker
Montae, Student Worker
Shams, Student Worker
Elizabeth, Student Worker
Indigo, Student Worker
Bailey, Student Worker
Aliyah, Student Worker

ONE ALBUQUERQUE

DSA ADVISORY COUNCIL MEETING

Advisory Council webpage:
https://www.cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council

November - December 2026 schedule:
Monday, November 16, 12:00–1:30 p.m. – Conway Wood Northwest Multigenerational Center
December – No meeting

Schedule Link: https://www.cabq.gov/seniors/documents/2026-schedule-of-meetings.pdf

ONE ALBUQUERQUE senior affairs

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

VETERANS DAY

CELEBRATION

JOIN US AT NORTH DOMINGO BACA MULTIGENERATIONAL CENTER AS WE COME TOGETHER TO RECOGNIZE AND HONOR THE BRAVE MEN AND WOMEN WHO HAVE SERVED OUR COUNTRY.

FEATURING A SPECIAL PRESENTATION OF THE NATIONAL COLORS BY LA CUEVA HIGH SCHOOL JROTC



TUESDAY, NOVEMBER 10, 2026
11:30 AM - 12:30 PM
SOCIAL HALL

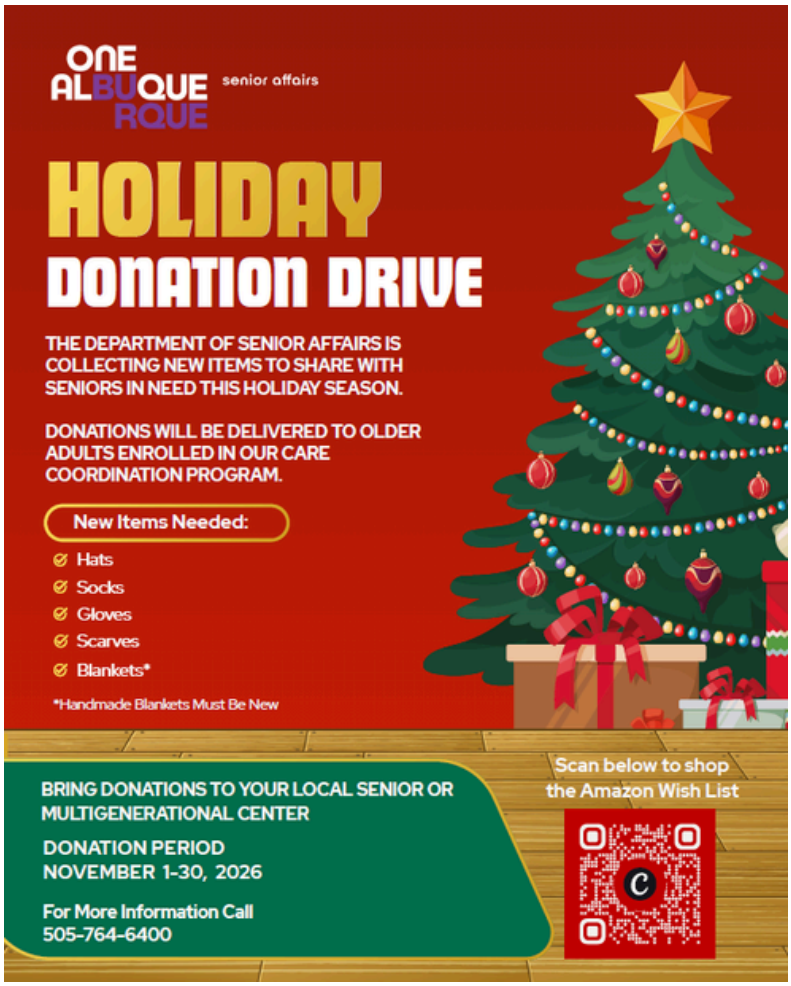
HONORING ALL WHO SERVED

Special Events & Announcements









Special Events & Announcements









Special Events & Announcements





Join Senior Citizens' Law Office for a

Power of Attorney Clinic

November 13th, 9:00 AM to 11:00 AM



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.

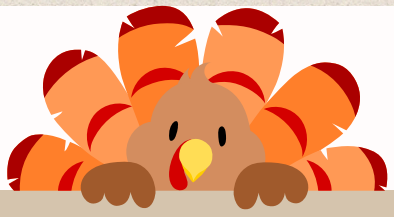


Special Events & Announcements









WELCOME to NDB Palo Duro Senior Center!!!

North Domingo Baca sends a warm welcome to all the Palo Duro Senior Center members. We are thrilled to have you join us. Welcome to the NDB Family!

New Class

Learned Happiness

Monday, 10:00 am- 11:30 am

Apply the Science of Happiness. Weekly topic recent happiness research/education/events followed by group discussion on personal application. By licensed PhD Psychologist. 90 min.



Happy Thanksgiving to you and your family from all the NDB staff

Community Events Calendar

TRIPS FOR THE MONTH

Must sign up in person at the front desk starting Oct. 15th
Days and Times are subject to change
Trips are at your own expense

Trip to Indian Pueblo Cultural Center $$
Friday, November 6
Check in: 8:30 am
Depart: 8:45 am
Return: 1:00 pm

Lunch Trip to Tomasita's $$
Thursday, November 12
POSTPONED
Check in: 10:45 am
Depart: 11:00 am
Return: 1:00 pm

Lunch Trip to Taj Mahal Cuisine of India $$
Thursday, November 19
Check in: 10:15 am
Depart: 10:30 am
Return: 1:00 pm

UPCOMING TRIPS FOR DECEMBER:

Must sign up in person at the front desk starting Nov. 15th
Days and Times are subject to change
Trips are at your own expense

Old Town Day Stroll $$
Tuesday, December 1
Check in: 8:30 am
Depart: 8:45 am
Return: 1:00 pm

Lunch Trip to Monroe's $$
Thursday, December 3
Check in: 10:30 am
Depart: 10:45 am
Return: 1:00 pm

WHEELS Museum
Tuesday, December 8
Check in: 8:30 am
Depart: 8:45 am
Return: 12:00 pm

Community Events

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

November 6	**Birthday Celebration** 12:00 pm In the Snack Bar
November 6	**OPEN MIC** 4:00 pm - 6:00 pm Sign up at the front desk
November 7	**AARP Driving** 10:00 am - 2:00 pm Sign up at the front desk
November 10	**Pie Social** 12:00 pm In the Snack Bar
November 13	**Senior Citizens' Law Office Power of Attorney Workshop** 9:00 am Sign up at the front desk
November 13	**Teeniors - Tech Help** 2:00 pm - 4:00 pm Sign up at the front desk
November 13	**International Night** 6:30 pm Sign up at the front desk
November 13	**GLOBITOS** **BALLOON GLOW** 5:00 pm - 8:00 pm
November 12th & 26th	**Live Music During Lunch** 11:30 am
November 19	**PROPERTY TAXES ONLINE PAYMENT HELP** 8:30 AM - 11 :00 AM
November 23	**Turkey B.I.N.G.O** NEW TIME! 1:30 pm - 3:00 pm