



NORTH DOMINGO BACA
MULTIGENERATIONAL
CENTER

OCTOBER 2021

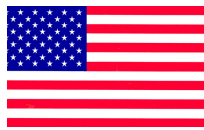
505-764-6475

7521 CARMEL AVE NE 87113

WELCOME TO NORTH DOMINGO BACA

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

COME JOIN US
to unveil our New
Veterans Wall
10/8/21
@ 10:00 am
*Light refreshments



**Masks are
required!!**

Accredited by 
National Institute of
Senior Centers

CLOSED
Indigenous Peoples' Day
October 11, 2021



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



[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.

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.

ONE
ALBUQUE
RQUE

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 • Chicken Fajitas • Flour Tortilla • Ranch Beans • Hot Sliced Apples • 1% Milk 	5 • Beef Stroganoff & Pasta • Cauliflower W/ Red Peppers • Bread Stick • Pudding • 1% Milk 	6 • Omelet W/ Fajita Blend • Stewed Tomatoes • Tater Tots • Oranges • 1% Milk 	7 • Minestrone Soup W/ Navy Beans • Corn Bread • Malibu Blend • Cottage Cheese & Mixed Fruit • 1% Milk 	8 • Lemon Pepper Tilapia • Rice Pilaf • Calabacitas • Cookie • 1% Milk 
11 Closed Indigenous People's Day	12 • Sweet & Sour Pork W/ White Rice • Oriental Blend • Pineapple Upside Down Cake • 1% Milk 	13 • Frito Pie (Beef, Pinto Beans, Chile, Cheese, Onions) • Fritos • Normandy Blend • Cantaloupe • 1% Milk 	14 • Fish Nuggets W/ Tarter Sauce • Crinkle Cut Fries • Carrots & Peas • Pudding • 1% Milk 	15 • Chicken and Rice Soup • Cherry Cobbler • Spinach • Crackers • 1% Milk 
18 • Cottage Pie: (Ground Beef, Mashed Potato, Peas & Carrots) • Corn Bread • Apple Crisp • 1% Milk 	19 • Open Faced Turkey Sandwich W/ Gravy • Yams • Green Beans • Orange • 1% Milk 	20 • Spaghetti Marinara W/ Squash • Breadstick • Malibu Blend • Peaches • 1% Milk 	21 • Salisbury Steak W/ Gravy • White Rice • Peas • Jell-O W/ Fruit • Dinner Roll W/ Margarine • 1% Milk 	22 • Green Chile Stew (Chicken and Potatoes) • Flour Tortilla • Pinto Beans • Calabacitas • Apple • 1% Milk 
25 • Beef Tips over Pasta W/ Gravy • Brussel Sprouts • Peach Cobbler • 1% Milk 	26 • Chicken Pot Pie W/ Biscuit • Diced Beets • Ancient Grain • Mixed Fruit • 1% Milk 	27 • Baked Potato W/ Broccoli, Cheese, & Sour Cream • Corn • Baked Beans • Cottage Cheese W/ Peaches • 1% Milk 	28 • Salmon W/ Garlic Butter • Orzo Pasta • Normandy Blend • Orange • 1% Milk 	29 • Mummy Loaf in Swamp Water (Meat Loaf W/ Gravy) • Mashed Potatoes • Sliced Carrots • Jell-O W/ Fruit • 1% Milk 

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together - to help and support each other - regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT - Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,



**Anna Sanchez,
Director,
Department of
Senior Affairs**

25th Annual Prime Time 50+ Expo October 13, 2021 8 am - 1:30 pm @ Embassy Suites.

Free Health Screenings and Entertainment!
Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

Senior Meal Site Transportation Program
Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

Senior Tech Help Line
Senior Affairs, in partnership with Adelante's DiverseIT program, have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for your tech help needs!



TRACK HOURS:

M-F 8:00AM-1:45PM
SATURDAY 9:00AM-1:45PM
CLOSED 1:45PM-3:00PM
FOR CLEANING M-F

ROCK WALL HOURS:

M-F 8:00AM-1:45PM
6:00PM-8:30PM
CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM



Did you know?

October is breast cancer awareness show your support by wearing pink and bullying prevention by wearing blue!

GAME ROOM HOURS:

M-F 8:00 AM-2:00PM
6:00PM-8:30PM
CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM
SATURDAY: 9:00AM-2:45PM



Youth Corner



NDB After School Program

Monday-Friday 2-5:30 pm

\$15 a month

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

Hope Davis, Rec Leader

Humberto Ibarra, Student Supervisor

Katlyn Konno, Rec Leader

Nick Moskola, Rec Leader

Santana Sisneros, Student Supervisor

Alexis Gonzales, Rec Leader

Tanner Keener, Student Supervisor

Erin Magrath, Rec Leader

Leah Rodriguez, Rec Leader

Jaeda Saucedo, Rec Leader

OCTOBER IMPORTANT DATES

National Bullying Prevention Month

October 1st- Parents Night Out!!

6 pm-8:30 pm Drop your kids off for Science Club and Teen Gaming

October 7th & 8th -Fall Break

Program Hours 7:30 am- 5:30 pm

October 8th- Pumpkin Patch Field Trip

10:30 am—3:30 pm,

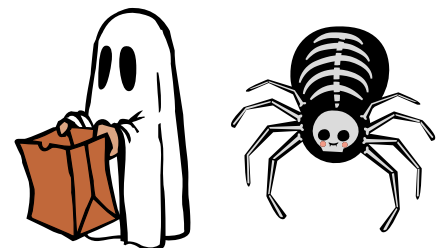
October 11th- No Program

October 27th- Spooky Carnival

Have a spooktacular evening with NDB and Manzano Mesa 3 pm-7 pm

October 29th- Halloween Party

Our Children's Halloween party will consist of spooky games, snacks .2:45-4:45, \$5



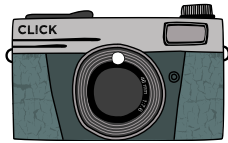
SPOOKY



North Domingo Baca Classes

Photography

North Domingo Baca
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm
Instructor: Jim



Learn to Draw with Kelly

North Domingo Baca
Friday, 9:00 am - 11 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.



Pottery: Clay Class

Open Studio
Thursday, 9:00 am-1:00 pm
Beginners/Intermediate
Tuesday 9:00 am-1:00 pm



Quilting Cluster

North Domingo Baca
Friday, 10:00 am- 4:00 pm

Warriors Serving Warriors

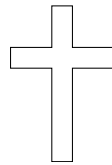
Monday, 6:30pm-8:00pm

Men's Bible Study

Monday, 8:30 am - 10:00 am

Women's Bible Study

Tuesday, 6:30 pm-8:00 pm



Card Making

Thursday, 10:30 am-11:30 am

Ballroom Dancing

Tuesday, 10:20 am-11:15 am
Saturday, 1:00 pm-2:00 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm-2:30 pm

Kendo

North Domingo Baca
Wednesday, 6:30 pm- 8:00 pm

ABQ Karate

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



Line Dancing

Thursday, 1:30 pm- 3:00 pm
Instructor: Mary

Intermediate Line Dancing

Monday, 6:00 pm- 7:00 pm
Wednesday, 1:30 pm- 3:00 pm



Life Coach With Alan "Transition Services"

Thursday, 7:00 pm- 8:30 pm



Mah Jongg

Monday- Friday,
12:00 pm- 1:30 pm

Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

Hula

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

Aikido

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:00 pm

Tai Chi

NDB Aerobics Room

Wednesday

7:30 pm- 8:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 pm- 12:30 pm

LaBlast (Dance Fitness)

NDB Aerobics Room

Monday,

9:00 am- 10:00 am

5:30 pm- 6:30 pm

Thursday,

10:00 am- 11:00 am

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 10:30 am

Happy Dance

NDB Aerobics Room

Friday

6:45 pm- 8:00 pm

Dance Cardio/Zumba

NDB Aerobics Room

Tuesday,

5:00 pm- 6:00 pm

Friday,

10:00 am- 11:00 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Wednesday

9:30 am- 10:30 am

Thursday,

4:30 pm- 5:30 pm

Friday,

4:15 pm- 5:15 pm

5:15 pm- 6:15 pm

Chinese Folk Dance

NDB Aerobics Room

Tuesday

10:00 am- 11:30 am

Saturday,

12:30 pm- 2:00 pm

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 11:30 am

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 9:30 am



Health and Fitness Classes



Zumba

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am

Open Gym (All Ages)

Gymnasium

Tuesdays-Thursdays

12:00 pm- 1:45 pm

Zumba (Gold)

Social Hall

Tuesday, 9:15 am- 10:15 am

Unified Rec for Individuals with Disabilities

Gymnasium

Monday-Friday

5:00 pm- 6:00 pm

Thursday:

6:00 pm-8:00 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am

50+ Basketball

Gymnasium

Monday,

12:00 pm- 1:45 pm

Wednesday

12:00 pm- 1:45 pm

6:00 pm-8:00 pm

Friday

12:00 pm- 1:45 pm

Gentle Yoga

Wednesday,

5:30 pm- 6:30 pm



FIT for Seniors

North Domingo Baca

Tuesday, 9:15 am- 10:15 am

and Thursday, 9:15 am-

10:15 am

Enhance Fitness

Social Hall

Monday, Wednesday, and

Friday.

8:10 am- 9:05 am and

10:15 am - 11:15 am

Yoga with Lynn

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Adult Volleyball

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Youth Night

Gymnasium

Mondays 6:00 pm-8:00

pm

Gentle Exercise

M,W,F

9:30 am- 10:30 am

Community Events

October 4, 2021 October Birthday Celebration in Lobby



11:30 am -12:30 pm



October 8, 2021 Special Shapes Rodeo Breakfast

7:30 am- 9 am on our beautiful patios . Sign up at front desk.

October 12, 2021 -Farmers Day

Join us in planting a garden 3:30 pm-4:00 pm



October 15, 2021- Family Movie Night

Come join us 6:00 pm- 8:30 pm as we watch Nightmare Before Christmas. You are welcome to bring blankets, pillows, sleeping bags etc.

October 29, 2021 Lunch and a Movie

Join us a we watch a movie 11:30 am- 1 pm



Heath Events

October 19, 2021 & October 26, 2021- Medicare Assistance

9:30 am- 11 am

October 20, 2021- UNM GEHM Clinic

NDB Lobby 8 am- 12 pm

October 22, 2021- UNM Health Screening

NDB Lobby and Community Room, 9 am- 1 pm

