

WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

HOURS OF OPERATION:

MONDAY-FRIDAY | 8:00AM-9:00PM

SATURDAY | 9:00AM-3:00PM

Visit our website:

<https://www.cabq.gov/seniors>

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

**CLOSED
INDIGENOUS PEOPLES DAY
MONDAY, OCT. 13, 2025**

Accredited by **ncoa**
National Institute of
Senior Centers

Meet Our Staff

Tom Gallagher, Center Manager
Amber Maestas, Center Supervisor
Sarah Ruden, Youth Program Coordinator
Carrie McCoy, Senior Program Coordinator

Fermin Gallegos, Fitness Manager
Beverly Aranda, Program Assistant
Ashleigh Carabajal, Program Assistant
Melinda Mack, Recreational Assistant

Natalie Martinez, Program Assistant
Bob Hastings, Program Assistant
Josh Baca, Recreational Assistant
Jazlyn Childers, Program Assistant
Anika Montoya, Youth Staff

Maria Munoz, GSW
Cyrus Benavides, GSW
Dale Bowles, GSW
Joseluis Olivas, Cook
Megan Martinez, Kitchen Aide
Ronald Harrison, Kitchen Aide



**50+ VIDEO GAME
ROOM HOURS:**

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



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



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



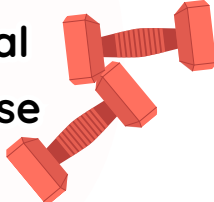
FITNESS CENTER HOURS:

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+
(under 18 a parent/legal
guardian required) to use
fitness center.**



SPECIAL ANNOUNCEMENTS

DSA ADVISORY COUNCIL

OCTOBER 20, 2025 @ 12:00 PM
HIGHLAND SENIOR CENTER
131 MONROE NE
87108

Jack-O-Lantern Competition

Turn in your carved pumpkin by
2 pm on Oct. 23rd in the lobby.
Judging to take place during
Fright Night on Oct. 24th.

Outside Walking Club

Mondays
@ 9:30

Zentangle and Tea Tuesdays

Tuesdays in October
@9:15

Starts October 6 meet in the Lobby

Sign up/ ask questions in the lobby at lunch on October 3rd.

North Domingo Baca Classes



American Sign Language

Monday & Wednesday,
9:30 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

Knitting/Crocheting

Tuesday,

1:00 pm- 3:00 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 in October

9:15-10:30

Starts October 6th

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

Open play pickleball (All Ages)

Thursday,
6:00 pm- 8:00 pm
Friday,
11:00 am-2:30 pm

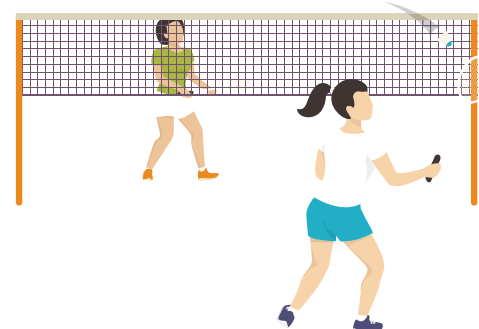
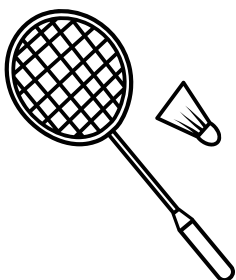
Learn to play pickleball

Wednesday,
12:00 pm-3:00 pm

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

Badminton

Tuesday,
6:00 pm- 8:00 pm



Health and Fitness Classes



Kendo \$

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

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

Fit/Tone with Jen \$4

Tuesday,
9:15 am- 10:15 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



Outside Walking Club

Mondays: 9:15
Starts October 6th
Meet in the Lobby

Korean Yoga Tai Chi Quiong

Friday,
2:00 pm- 3:00 pm



Tai Chi for Arthritis & Fall Prevention

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

October 14 to December 16
Tuesdays & Thursdays
1:15pm-2:15pm
(No class Nov. 11, 25, & 27)



Limited Enrollment

Reserve your space today!
Call (505) 884-4529
or visit the front desk

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

Starts 10/27

Monday

1:00pm-2:00pm

La Blast \$6

Starts 10/23

Thursday

11:00am-12:00pm

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

Tai Chi for Arthritis

NDB Aerobics Room

Wednesday

8/6/25-9/24/25

1:00 PM - 2:00 PM

29th Annual **PRIME TIME**
MONTHLY MAGAZINE
50+
EXPO

Don't miss...
The Largest Health Fair in New Mexico!

- Free Event -
Wednesday, October 8th 2025!
8:30AM - 1PM at Embassy Suites (Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Free Health Information and Screenings • Free Flu Shots • Live Entertainment • Giveaways and Much More!

BROUGHT TO YOU BY
PRESENTING SPONSOR




AND







Call 505-242-2428 or Visit PrimeTimeNM.com

XXX ENGAGE Senior Affairs

ONE ALBUQUE RQUE senior affairs

TRICK OR TREAT

JOIN OUR ANNUAL
HALLOWEEN FRIGHT NIGHT

FRIDAY, OCTOBER 24TH
5:30 PM - 8:30 PM

MOVIE-TRUNK OR TREAT-FOOD TRUCKS- CARNIVAL -DANCE- HAUNTED HOUSE

FUN FOR ALL AGES!

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER
7521 CARMEL AVE NE, 87113 || (505) 764-6475



*Ageless Artisan
Craft Fair*

15 | November
2025

Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123

**APPLICATIONS START
SEPTEMBER 1ST**
**APPLICATIONS DUE BY
SEPTEMBER 30TH**

Applications will be available at
at all Senior Centers or
Multigenerational Centers

ONE ALBUQUE RQUE senior affairs

North Domingo Baca Multigenerational Center Community Events Calendar

TRIPS FOR THE MONTH

Trip to

Balloon Fiesta, The Balloon Museum

Tuesday October 7th

Depart @ 5:00am

Trip to

McCall's Pumpkin Patch

Friday October 10th

Depart @ 10:00 am



Community Events

*Calendar is subject to change



October
1

Birthday Cake
@12:00pm
In the Snack Bar

No Class for
October

Teeniors
Tech Help

October
14

Pie Social
@12:00 pm
In the snack bar

October
14 & 15

GEHM CLINIC
@8:30am

October
17

UNM College of
Pharmacy
Outreach Day
9am-2pm

October
9 & 30

Live Music During
Lunch
@ 11:30 am

October
17

Family Dinner
Murder Myster
@ 5 pm - 8 pm

Reservations Required

October
24

Fright Night
@ 5 pm - 8 pm

October
27

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

October
31

Halloween
Movie at Lunch