



OCTOBER 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."



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

Monday, October 10, 2022, Indigenous Peoples Day

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.

ONE ALBUQUERQUE

OCTOBER 2022

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.



Monday	Tuesday	Wednesday	Thursday	Friday
3 • Carne Adovada • Spanish Rice • Pinto Beans • Roasted Corn • Pineapple • Flour Tortilla • 1% Milk	4 • Beef Stroganoff • Broccoli & Red Peppers • Seasonal Vegetables • Bread Stick • Apricots • 1% Milk	5 • Omelet w/ Fajita Blend • Buttered Spinach • Tater Tots • Rice Pudding • 1% Milk	6 • Meatloaf w/ Gravy • Mashed Potatoes • Brussel Sprouts • Dinner Roll • Seasonal Fruit • 1% Milk	7 • Lemon Pepper Tilapia • Rice Pilaf • Zucchini & Red Peppers • Seasonal Vegetables • Grapes • 1% Milk
10 CLOSED FOR INDIGENOUS PEOPLES DAY	11 • Sweet and Sour Pork • Brown Rice • Vegetable Blend • Orange • 1% Milk	12 • Frito Pie • Pinto Beans • Spinach • Applesauce • 1% Milk	13 • Breaded Catfish • Crinkle Cut Fries • Diced Tomato • Collard Green • Cherry Cobbler • 1% Milk	14 • Baked Chicken • Macaroni and Cheese • Green Beans • Seasonal Vegetables • Cantaloupe • 1% Milk
17 • Bratwurst w/ Onion & Peppers • Diced Potatoes • Stewed Tomatoes • Diced Peas • Hoagie Bun • 1% Milk	18 • Sliced Turkey w/ Gravy • Sweet Potatoes • Beets • Dinner Roll • Banana • 1% Milk	19 • Eggplant Parmesan • Pasta w/ Marinara • Carrots • Broccoli • Greek Yogurt w/ Peaches • 1% Milk	20 • Garlic Butter Tilapia • Brown Rice • Green Peas • Cauliflower • Seasonal Fruit • 1% Milk	21 • Green Chile Beef Stew • Pinto Beans • Calabacitas • Cinnamon Apples • Flour Tortilla • 1% Milk
24 • Pasta Primavera • Green Beans • Garlic Bread • Yogurt • 1% Milk	25 • BBQ Baked Chicken • Collard Greens • Seasonal Vegetables • Croissant • Cranberry Sauce • Mandarin Oranges • 1% Milk	26 • Salisbury Steak w/ Gravy • Brown Rice • Cauliflower • Green Peas • Strawberries • 1% Milk	27 • Garlic Butter Salmon • Orzo Pasta • Carrots w/ Parsley • Broccoli & Cauliflower • Grapes • 1% Milk	28 • Beef Tips w/ Gravy • Pasta • Corn w/ Red Peppers • Brussel Sprouts • Tapioca Pudding • 1% Milk
31 • Red Swamp Water (Posole) • Winches Potion • Mystery Mix • Bat Wings • Ghostly Pumpkin • 1% Milk	Nov. 1 • Cheese Burger • Tater Tots • Diced Tomatoes • Peppers & Onions • Banana • Hamburger Bun • 1% Milk	Nov. 2 • Baked Chicken • Ancient Grains • Broccoli • 5Way Vegetables • Diced Peas • 1% Milk	Nov. 3 • Sliced Ham • Macaroni & Cheese • Sliced Zucchini • Carrots • Pineapple • 1% Milk	Nov. 4 • Catfish • Sweet Potatoes • Pinto Beans • Collard Greens • Grapes • 1% Milk

26TH ANNUAL PRIME TIME EXPO
FREE HEALTH SCREENINGS, ENTERTAINMENT AND MUCH MORE!

OCTOBER 11, 2022 | 8AM-1:30PM | EMBASSY SUITES

TRANSPORTATION PROVIDED FROM CITY OF ALBUQUERQUE SENIOR CENTER LOCATIONS. SEE FRONT DESK STAFF FOR MORE INFORMATION AND TO SIGN UP.



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

Want to sell your works at the fair? Artisan and
Crafter applications available at front desk.
Application submission deadline is October 17,
2022.



Annual Thanksgiving Luncheon

The Annual Thanksgiving Holiday Lunch
will be hosted by Palo Duro Senior
Center, reservations will open this
month on October 24th. Thanksgiving
Lunch Tickets are \$4.00, please contact
Palo Duro Senior Center at 505-888-
8102 for payment and reservation
information.



Artist and Crafter Display Training

Are you a crafter or artist and want to learn
how to strategically showcase your work to
entice customers? Senior Affairs is offering two
FREE training opportunities that can help
artisans and crafters level up sales and enhance
displays.

North Domingo Baca Multigenerational Center
7521 Carmel NE 87113
October 5, 2022 | 9am
Pre-Registration Required
Call 505-764-6475



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



Health Events:

GEHM Clinic

October 12th

9:00AM-12:00PM



United Health Care

October 25th

10:00AM-11:00AM



Covid/Flu Shot Clinic

October 26th

8:00AM-12:00PM

Loaner Tablet Program

To help bridge the widening digital
divide, the Department of Senior
Affairs has partnered with DiverselT
of Adelante to offer a loaner tablet
program to help older adults, 60 and
older, learn about digital technology
and how to navigate the internet.

Visit with center staff for enrollment
details.



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



North Domingo Baca Classes

Photography

Wednesday, 9:00 am- 10:30 am

Thursday, 6:00 pm- 8:00 pm



Learn to Paint and Draw with Kelly

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



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



Bible Study

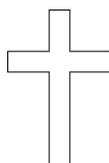
Monday, 8:30 am - 10:00 am

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



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

Unified Rec for Individuals with Disabilities

Gymnasium

Thursday

6:00 pm-8:00 pm

Learn to play pickleball

Gymnasium

Wednesday

12:00 pm-2:00 pm

Open play pickleball

Gymnasium

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

Enhance Fitness

Social Hall

M,W,F

8:05 am- 9:05 am and

10:15 am - 11:15 am

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

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

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 \$

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Community Events



Pie Social
October 11th
75¢



**October Birthday Cake
Celebration in Lobby**
October 3rd



Spooky Community Dance Night
October 28

6:00 pm- 8:00 pm



Halloween Fright Night
October 31

5:30 pm- 8:00 pm



Octoberfest Celebration
October 5th
11:30 pm- 1:00 pm



Youth



**Kids Night Out
Teen Gaming**
October 7
6:00 pm- 8:00 pm
Sign up at Youth
Desk

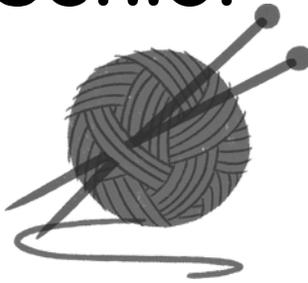


Teen Tuesdays
Ages 13-19

October 11th & 25th
5:30 pm- 7:00 pm
Sign up at Youth Desk



Bingo
October 14
1:00 -2:30 pm



**Senior Arts and
Crafts**
October 17 & 24th
1:00 pm -2:30 pm



**Big Jim's Farms
Intergenerational Trip**
October 6, 2022
9:30 am- 11:30 am
Free Admission
Pay for what you pick
Educational Class \$8

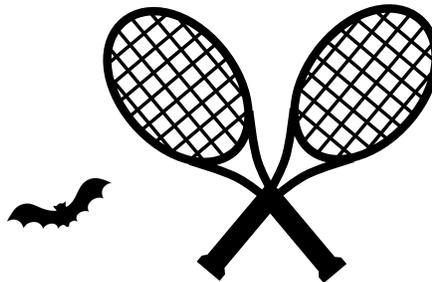


Movie After Lunch
October 4th & 18th
1:00 pm- 2:30 pm

Family



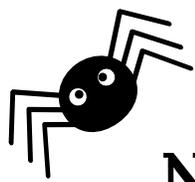
Family Movie Night
**Nightmare Before
Christmas**
October 21, 2022
6:00 pm- 8:00 pm



Family Tennis
Every Saturday in October
Half Court Gym
11:15 am- 2:15 pm



Family Game Night
Mummy Relay Race
October 14th
6:00 pm -8:00 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 Register please visit Play.cabq.gov

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

Femina Olvera- Martinez, Rec Leader

Bella Quintana, Rec Leader

Leah Rodriguez, Rec Leader

Sarah Ruden, Program Coordinator

Jaeda Saucedo, Youth Supervisor

Eric Talamantes, Rec Leader

Issa Velasques, Rec Leader

TRICK OR TREAT

IMPORTANT YOUTH PROGRAM DATES

October 2022

National Bullying Prevention Month

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
3 Recreation Rotation- Hot Air Balloon Art Project 4:15 pm- 5:15 pm Field Trip Sign Up Today! First Come First Serve 	4 Recreation Rotation- Team Work Games 4:15 pm- 5:15 pm UFC Fighter Presentation Time TBD 	5 Recreation Rotation- Karaoke and Dance 4:15 pm- 5:15 pm 	6 Program Hours 7:30 am-5:30 pm Big Jim's Farms Intergeneration Field Trip 9 am-12 pm \$10.50 & Pay for What You Pick MM Field Trip 1 pm- 4 pm Fall Break	7 Program Hours 7:30 am-5:30 pm Special Shapes Rodeo Breakfast 7:30 am- 9 am \$1.50 McCall's Pumpkin Patch 12:15 pm- 5:15 pm \$20 Kids Night Out Science Club/Teen Gaming 6-8 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk
10 CLOSED 	11 Farmers Day Recreation Rotation- Acknowledge local farmers 4:15 pm- 5:15 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	12 Recreation Rotation- Music/Dance activities 4:15 pm- 5:15 pm 	13 Recreation Rotation- Fall Educational Worksheets 4:15 pm- 5:15 pm 	14 Recreation- Kids Choice! 4:15 pm- 5:15 pm Family Game Night Mummy Relay Races 6 pm-8 pm Sign up at Youth Desk Adult Must Be Present
17 Recreation Rotation- Arts and Crafts- Paper Plate Bats 4:15 pm- 5:15 pm 	18 Recreation Rotation- Sports themed rotations 4:15 pm- 5:15 pm 	19 Recreation Rotation- Sing Along Songs 4:15 pm- 5:15 pm 	20 Recreation Rotation- Brain Teasers 4:15 pm- 5:15 pm 	21 Recreation Rotation- Kids Choice! 4:15 pm- 5:15 pm Nightmare Before Christmas Movie Night 6:00 pm-8:00 pm Wear PJs, bring blankets, sleeping bags etc. Sign up at Youth Desk
24 Recreation Rotation- Arts and Crafts- Make a Monster 4:15 pm- 5:15 pm 	25 Recreation Rotation- Sports Activities 4:15 pm- 5:15 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	26 Recreation Rotation- BOOGIE Activity 4:15 pm- 5:15 pm 	27 Recreation Rotation- Halloween Escape Room 4:15 pm- 5:15 pm 	28 Halloween Movie Day 2:45-4:45 pm 
31 Spooktacular Halloween Fright Night 5:30 pm- 8 pm 				

Calendar is Subject to Change

