

WELCOME TO
DEPARTMENT OF SENIOR AFFAIRS
**NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER**



October 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:
Indigenous Peoples' Day
Monday, October 12th

**Join
Us!**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

ONE
ALBUQUE
RQUE senior affairs

**HOT AIR
BALLOON
LAUNCH**

Karen Converse
PENUMBRA

**SIGN UP
AT THE
FRONT DESK!**
FOR HEADCOUNT

**THURSDAY
OCTOBER 1ST
7:30 AM**

LOCATION:
NORTH DOMINGO BACA PARK

**WANT TO WALK OVER TO THE PARK
TOGETHER? MEET US IN THE FRONT OF
NORTH DOMINGO BACA AT 7:15 AM!**



ONE
ALBUQUE
RQUE senior affairs

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

Accredited by
National Institute of
Senior Centers

ncoa

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)



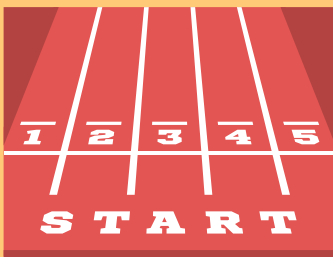
TRACK HOURS:

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

Thursday, October 8th

11:00 am- 1:00 pm

Guitar Workshop w/ Laudente \$

Thursday, 6:30 pm - 7:30 pm

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

Chair Fit Gold \$6

NDB Aerobics Room

Monday, 1:00 pm - 2:00 pm

LaBlast Dance Fitness \$6

NDB Aerobics Room

Thursday, 11:00 am-12:00 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday, 7:00 pm- 8:30 pm

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

Hula \$

NDB Aerobics Room

Wednesday

4:15 pm - 5:15 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

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/Thursday

8:15 am- 9:15 am

*Bring a yoga mat & water bottle

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
Jared Pyle, Recreation Assistant
Maria Munoz, General Services Worker
Cyrus Benavides, General Services Worker
Leon Mascarenas, General Services Worker
William Banach, SCSEP

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

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

**ONE
ALBUQUE
RQUE**

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
Manase, Student Worker
Elizabeth, Student Worker
Indigo, Student Worker
Bailey, Student Worker
Aliyah, Student Worker

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

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

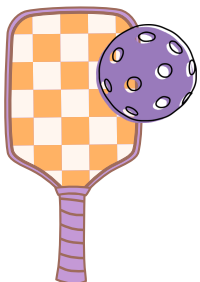
Saturday

12:30 pm -2:30 pm

Badminton

Tuesday,

6:00 pm- 8:00 pm



50+ Senior pickleball

Tuesday,

*Half Court

11:00 am-12:30 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

PERFORMING
SING & STRUM

DATE
**THURSDAY
OCTOBER
22**

*Let's get together and sing some songs
and play some instruments. It's a great way
to meet new people and have fun. We'll
have a variety of songs to choose from,
and you can play whatever instrument you
like. We'll have a microphone and some
instruments for you to use. We'll have a
great time and you'll be singing and
playing in no time. We'll have a great
time and you'll be singing and playing
in no time. We'll have a great time and
you'll be singing and playing in no time.*

**LIVE
MUSIC**

SOCIAL HALL
11:30AM - 12:30PM
LUNCH HOUR



**live
music.**

**NORTH DOMINGO BACA
LIVE MUSIC**

sing. inspire. perform.
**SIGN UP TO PERFORM
AT THE FRONT DESK**

**OPEN MIC
SERIES**

PERFORMING LIVE
**Los
Viejos
BAND**

**FRIDAY
October
23**

**North Domingo Baca
Amphitheater**

4:00 PM - 6:00 PM

FREE ENTRY



Coffee with Constituents

October 22, 2026

8:30 am - 9:30 am

North Domingo Baca Multigenerational Center
7521 Carmel Ave NE, 87113

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

DSA ADVISORY COUNCIL MEETING

Advisory Council webpage:

<https://www.cabq.gov/seniors/about-senior-affairs/departments-of-senior-affairs-advisory-council>

October - December 2026 schedule:

Monday, October 19, 12:00-1:30 p.m. – Barelmas Senior Center

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>

Special Events & Announcements



**Tuesday, October
20th 2026!
8:30AM - 1PM at the**

NEW LOCATION!

**Museum of Natural
History & Science**



30 Years!

- FREE EVENT -

**Join us as we celebrate 30 incredible years of the
50+ Expo!
Bigger, Better, and Now at the Newly Renovated
Museum of Natural History & Science!**

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



and



For More Info: Publisher@PrimeTimeNM.com • 505-242-2428 • PrimeTimeNM.com

**MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731**



FREE **MOBILE**
food pantry

**Mobile food pantry for the community
supplied by Roadrunner Food Bank.**

September 18, 2026 2:00PM- 4:30 PM

October 16, 2026 2:00PM- 4:30 PM

November 20, 2026 2:00PM- 4:30 PM

December 18, 2026 2:00PM- 4:30 PM

**ONE
ALBUQUE** senior affairs
RQUE



**NM COLLEGE
OF PHARMACY**

Community Outreach Day

Friday, October 16 | 9 a.m. - 1 p.m.

FREE SERVICES

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE, Albuquerque, NM 87113
(Flu Vaccines, Screenings, Education)

Manzano Mesa Multigenerational Center

501 Elizabeth St SE, Albuquerque, NM 87123
(Flu Vaccines, Screenings, Education)

Barelas Senior Center

714 7th St SW, Albuquerque, NM 87102
(Flu Vaccines, Screenings, Education)

Los Volcanes Senior Center

6500 Los Volcanes NW, Albuquerque, NM 87121
(Flu Vaccines, Screenings, Education)

Healthcare for the Homeless

1217 1st St SW, Albuquerque, NM 87102
(Flu Vaccines Only)

ALL ARE WELCOME!

Special Events & Announcements

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

ONE ALBUQUERQUE

Trip to the Zoo!

TUESDAY
October 13th!

Advance sign up at the front desk!

\$3 Admission

Bring money day of trip and pay on arrival
Also bring a lunch

CHECK IN 8:00AM ... **DEPARTURE 8:15AM** ... **ARRIVAL 9:00AM** ... **RETURN 1:00PM**

Food and beverages will be purchased at your own expense

ABQ BIOPARK



Murder Mystery

DINNER

FRIDAY, OCTOBER 16TH
5:00 PM - 8:00 PM
SOCIAL HALL

SIGN UP AT THE FRONT DESK TO
RESERVE YOUR SPOT.

~ EVERYONE'S A SUSPECT ~

Join the
Senior Citizens' Law Office
for a presentation on
Estate Planning

October 30th, 2026, at 9:00 AM



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the North Domingo Baca Multigenerational Center's front desk.

ATTENTION NDB MEMBERS
WE ARE KINDLY ASKING FOR
CANDY DONATIONS,
FOR OUR FRIGHT NIGHT
EVENT HAPPENING 10/30!

(MUST HAVE DONATIONS BY 10/29)

WE WOULD GREATLY APPRECIATE YOUR SPOOKY DONATIONS



Ageless Artisan Craft Fair

SATURDAY, NOVEMBER 14TH

9:00 AM - 1:00 PM

MANZANO MESA
MULTIGENERATIONAL CENTER

501 ELIZABETH ST. SE
(505) 275-8731



Tin Art



Jewelery



Ceramics



Wood Work



Mixed-Media



Photography & More!



Support Our Senior Artisans!

TRUNKS WANTED!

HELP MAKE NORTH DOMINGO BACA'S HALLOWEEN FRIGHT NIGHT

A SPOOKTACULAR NIGHT!

North Domingo Baca Multigenerational Center is looking for families, community members, organizations, and local businesses to decorate a trunk and hand out candy during our annual **Halloween Fright Night Trunk or Treat!**

BE PART OF
NDB'S
BIGGEST
HALLOWEEN
EVENT!



ONE
ALBUQUE
ROQUE

senior affairs

ONE
ALBUQUE
ROQUE

parks & recreation



EVENT DATE
FRIDAY
OCTOBER 30, 2026



EVENT TIME
5:30 PM -
9:00 PM



LOCATION
NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER
7521 CARMEL AVE NE



HOST A TRUNK!

Bring your vehicle, decorate your trunk in a fun Halloween theme, and help us create a safe and exciting Trick-or-Treat experience for local families!



LOCAL BUSSINESS WELCOME!

We would love to have businesses from the surrounding NDB community participate! Decorate a company vehicle or tent/canopy, bring your team, hand out candy, and connect with thousands of community members and families attending one of NDB's largest annual events.

FUN FOR
ALL AGES!
GREAT EXPOSURE
STRONGER
COMMUNITY!



TRUNK PARTICIPANTS PROVIDE:

- A decorated vehicle/trunk
- Candy or treats to distribute
- A fun, family-friendly theme
- Someone to remain with the vehicle during Trunk or Treat



PRIZE FOR
BEST DECORATED
TRUNK!



LET'S FILL THE PARKING LOT
WITH SPOOKY FUN!

INTERESTED IN
PARTICIPATING?
RESERVE YOUR SPOT NOW!



CONTACT
DeHaven Barnes
Senior Program Coordinator
505-764-6483 | dehavenbarnes@cabq.gov



CONTACT
Sarah Ruden
Youth Program Coordinator
505-764-6477 | sruden@cabq.gov

JOIN OUR ANNUAL

FRIGHT NIGHT

ONE ALBUQUERQUE

OCTOBER 30, 2026
5:30 PM - 9 PM

ATTRACTIONS TIME VARIES

★ ★ ★	★ ★ ★	★ ★ ★	★ ★ ★	★ ★ ★	★ ★ ★
CARNIVAL	HAUNTED HOUSE	DANCE PARTY	MOVIE STARTS	TRUNK OR TREAT	FOOD TRUCKS
5:30-8:30 PM	6 PM-8:45 PM	6 PM-8:45 PM	6 PM <i>Coraline</i>	5:30 PM-TILL SUPPLIES LAST	5:30 PM-9 PM

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

MEDICARE FAIR

EVENT SERIES | *take care of your health*



Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

*No enrollment is necessary to win.
Personal information will not be
disclosed for solicitation purposes.*

LOCATIONS AND TIMES

Bear Canyon Senior Center

- Medicare Event: Oct. 14, 9 – 11 am
- SHIP Counseling: Oct. 21, 9 – 11 am

Highland Senior Center

- Medicare Event: Oct. 15, 9 – 11 am
- SHIP Counseling: Oct. 22, 9 – 11 am

Manzano Mesa Multigenerational Center

- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center

- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm



Call **505-764-6400**
for more information

ONE
ALBUQUE
RQUE

senior affairs

HONORING OUR VETERANS

The City of Albuquerque Department of Senior Affairs is proud to recognize the veterans in our community and honor their service to our nation.

BE PART OF DSA'S VETERANS WALL OF HONOR

Veterans are invited to have a **complimentary professional portrait** taken for inclusion in our Veterans Wall of Honor, proudly displayed at participating Department of Senior Affairs centers.

NORTH VALLEY SENIOR CENTER

THURSDAY, OCTOBER 8TH FROM 9:00 AM - 11:00 AM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

FRIDAY, OCTOBER 9TH FROM 10:30 AM - 12:30 PM

BARELAS SENIOR CENTER

TUESDAY, OCTOBER 13TH FROM 9:00 AM - 11:00 AM

HIGHLAND SENIOR CENTER

WEDNESDAY, OCTOBER 14TH FROM 11:00 AM - 1:00 PM

PLEASE SIGN UP AT THE FRONT DESK

Community Events Calendar

TRIPS FOR THE MONTH

Must sign up in person at the front desk starting Sept. 15th

Days and Times are subject to change

Trips are at your own expense

Trip to Balloon Museum to view Mass Ascension

Tuesday, October 6

Check in: 5:00 am

Please see flyer for all the details

Depart: 5:15 am

- Sign up 8/21 - 9/18

Return: 11:00 am

- Lottery Drawing 9/21

Trip to the Zoo with DSA Walking Group \$\$

Wednesday, October 13

Check in: 8:00 am

Depart: 8:15 am

Return: 1:00 pm

Trip to Prime Time 50+ Expo

Tuesday, October 20

Check in: 8:00 am

Depart: 8:10 am

Return: 1:30 pm

Trip to Vic's Daily Cafe \$\$

Tuesday, October 27

Check in: 10:30 am

Depart: 10:45 am

Return: 12:30 pm

UPCOMING TRIPS FOR NOVEMBER:

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 \$\$

Friday, November 13

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

Community Events

*Calendar is subject to change

Please visit the front desk for more information

Hot Air Balloon Launch

7:30 am NDB Park

Sign up at the front desk

Birthday Celebration

12:00 pm In the Snack Bar

AARP Driving

Sign up at the front desk

Pie Social

12:00 pm In the Snack Bar

GEHM CLINIC

8:30 am

UNM

Community Outreach Day

9:00 am - 1:00 pm

Murder Mystery Dinner

5:00 pm Social Hall

Sign up at the front desk

Live Music During Lunch

11:30 am

B.I.N.G.O

NEW TIME 12:30 pm - 2:00 pm

FRIGHT NIGHT

5:30 pm - 9:00 pm

Senior Citizens' Law Office

Estate Planning

9:00 am

Sign up at the front desk

No Class for October

Teeniors - Tech Help