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.”

CLOSED
LABOR DAY
MONDAY
SEPTEMBER 5, 2022

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.

44TH ANNUAL NEW MEXICO CONFERENCE ON AGING VIRTUAL WATCH PARTY
JOIN US AT ONE OF OUR SENIOR AFFAIRS STREAMING WATCH PARTY SITES TO CATCH THE CONFERENCE ON AGING VIRTUAL WORKSHOP TITLES. FREE BREAKFAST, REFRESHMENTS, GIVEAWAYS AND MORE! TRANSPORTATION PROVIDED FROM SENIOR CENTERS TO WATCH PARTY LOCATIONS. SEE FRONT DESK STAFF FOR INFORMATION AND TO SIGN UP.
SEPTEMBER 7-8
8:00AM- 4:00PM

VISIT OUR WEBSITE
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.

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.

FALLS RISK SCREENING EVENT
THIS FREE SCREENING EVENT INCLUDES STRENGTH AND BALANCE TESTS, HOME SAFETY EDUCATION, SHOE FIT CLINIC, AND EDUCATION ON HOW OLDER ADULTS CAN IMPROVE THEIR BALANCE AND DECREASE THE CHANCES OF A FALL.
SEPTEMBER 23, 2022 | 8AM-12PM
PALO DURO 50+ SPORTS AND FITNESS CENTER
3351 MONROE NE 87110
FOR MORE INFORMATION, CALL 505-880-2800
Hello,

Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities. Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

· 4,469 hours spent on senior home renovation and maintenance though our home services department.
· 38,944 transportation rides for older adults through our senior transportation services.
· 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
· 293,103 community members that participated in socialization programming though senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!

Sincerely,

Anna Sanchez,
Director,
Department of Senior Affairs

Health Events:

GEHM Clinic
September 14th
9:00AM-12:00PM

Blue Cross Blue Shield Event
September 28th
9:00AM-12:00PM

COVID Shot Clinic
September 22nd
8:00AM-12:00PM

Loaner Tablet Program
To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT 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.

TRACK HOURS:
M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
2:00PM-2:45PM
SATURDAY 9:00AM-2:15PM

FITNESS CENTER HOURS:
M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
1:30PM-2:00PM
SATURDAY 9:00AM-2:45PM

ROCK WALL HOURS:
M-F 8:00PM-2:00PM 5:00PM-8:45PM
CLOSED 2:00PM-5:00PM FOR CLEANING/AFTER SCHOOL PROGRAM

GAME ROOM HOURS:
M-F 8:00am-3:00pm
6:00pm-8:45pm
Saturday
9:00am-2:30pm

GAME ROOM HOURS:
North Domingo Baca
Classes

Photography
Wednesday, 9:00 am- 10:30 am
Thursday, 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 $
Monday, 5:00 pm- 8:00 pm
Wednesday, 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

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

Kendo $
Wednesday, 6:00 pm- 7:30 pm
Friday, 6:00 pm- 7:30 pm

Mah Jongg Group
M,W,TH
12:00 pm- 1:30 pm

Music Group
Wednesday,
10:00 am- 12:00 pm

Feldenkrais
Thursday, 10:00 am- 11:00 am
and 6:00 pm- 7:00 pm

Italian Culture Group Film
First Friday of the month,
6:00 pm- 8:00 pm

Feldenkrais
Thursday, 10:00 am- 11:00 am
and 6:00 pm- 7:00 pm

Music Group
Wednesday,
10:00 am- 12:00 pm

Italian Culture Group Film
First Friday of the month,
6:00 pm- 8:00 pm

Card Making
Thursday, 10:30 am-11:30 am

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.

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

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3rd Thursday of the month
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Belly Dance/ Arabic Folkloric Dance
Saturday
10:30 am- 12:30 pm
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

**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 School Basketball**
Gymnasium
M-F 2:45 pm - 4:00 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

**Open Gym for Adults and Teens**
Gymnasium
Monday 6:00 pm - 8:00 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

**Open Gym (All Ages)**
Gymnasium
Tuesday and Thursday
12:00 pm - 2:00 pm
Monday - Friday
5:00 pm - 5:45 pm
Saturday
11:15 am - 2:15 pm
*UNDER 18 REQUIRES A PARENT/GUARDIAN

**50+ Basketball**
Gymnasium
Monday
12:00 pm - 2:00 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

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

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

Yoga with Misa $
NDB Aerobics Room
Tuesday, Saturday
10:15 am - 11:30 am
Saturday
9:15 am - 10:15 am

Boomer Yoga $8
NDB Aerobics Room
Tuesday and Thursday
3:30 pm - 4:30 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
Community Events

**Senior**
- **Bingo**
  - September 9th
  - 1:00 pm - 2:30 pm
- **Senior Arts and Crafts**
  - September 19th & 26th
  - 1:00 pm - 2:30 pm
- **Senior Movie**
  - September 6th & 20th
  - 1 pm - 2:30 pm

**Youth**
- **National Hispanic Cultural Center Art Museum**
  - September 14th
  - 9:30 am-12:30 pm
  - $5 or free for 60+
- **Teen Tuesdays**
  - Ages 13-19
  - September 13th & 27th
  - 5:30 pm- 7:00 pm
  - Sign up at Youth Desk
- **Kids Night Out Teen Gaming**
  - September 2nd
  - 6 pm- 8 pm
  - Sign up at Youth Desk

**Family**
- **Family Movie Night**
  - September 16th
  - Encanto
  - 6:00 pm- 8:00 pm
- **Family Flag Football**
  - Every Saturday in September
  - Half Court Gym
  - 11:15 am- 2:15 pm
- **Family Game Night Ninja course**
  - September 9th
  - 6:00 pm - 8:00 pm

**Community Dance Night**
- September 23rd
- 6:00 pm- 8:00 pm

**Pie Social**
- September 12th
- 75¢

**Chile Roasting**
- September 30th
- 11 am- 1 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 join our waitlist please speak to Youth Staff

## Meet the Youth Staff

<table>
<thead>
<tr>
<th>Jorge Ayala, Rec Leader</th>
<th>Ryan Allison, Rec Leader</th>
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<tbody>
<tr>
<td>Joshua Baca, Rec Leader</td>
<td>Hope Davis, Rec Leader</td>
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<tr>
<td>Alexis Gonzales, Student Supervisor</td>
<td>Gavin Hauenstein, Rec Leader</td>
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<td>Tanner Keener, Student Supervisor</td>
<td>Erin Maggrath, Rec Leader</td>
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<td>Femma Olvera- Martinez, Rec Leader</td>
<td>Bella Quintana, Rec Leader</td>
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<td>Leah Rodriguez, Rec Leader</td>
<td>Sarah Ruden, Program Coordinator</td>
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<td>Jaeda Saucedo, Youth Supervisor</td>
<td>Preston Stanley, Rec Leader</td>
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<td>Eric Talamantes, Rec Leader</td>
<td>Issa Velasques, Rec Leader</td>
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## Important Youth Program Dates

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Make It Monday</td>
<td>Team Tuesday</td>
<td>Wiggle Wednesday</td>
<td>Thinker Thursday</td>
<td>Fun Day Friday</td>
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<td>5 CLOSED</td>
<td>6 National Read a Book Day</td>
<td>7 Recreation Rotation- Karaoke and Group Dance</td>
<td>8 Recreation Rotation- Write letters to our Grandparents</td>
<td>9 Celebrate National Grandparents Day</td>
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<td>Labor Day</td>
<td>Read along during Homework Time</td>
<td>4:15 pm- 5:15 pm</td>
<td>4:15 pm- 5:15 pm</td>
<td>Recreation- Invite our Grandparents to NDB</td>
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<td>Bob Camp Starts</td>
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<td>4:30 pm- 6:00 pm</td>
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<td>Gym 3:30 pm- 4 pm</td>
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<td>Social Hall</td>
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<td>Recreation Rotation- Team Work Activities</td>
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<td>Family Fitness Game Night</td>
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<td>Recreation Rotation- God’s Choice</td>
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<td>Teen Tuesday</td>
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<td>Ages 11- 13</td>
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<td>19 Recreation Rotation- Chili Art Project</td>
<td>20 Recreation Rotation- Sports themed activities</td>
<td>21 Recreation Rotation- Repeat After Me Songs &amp; Dancing</td>
<td>22 Recreation Rotation- New Mexico Themed Spelling Bee &amp; Jeopardy</td>
<td>23 Celebrate Family Health and Fitness Day</td>
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<td>Recreation Rotation- Health and Fitness Activities</td>
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<td>Ages 13- 15</td>
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<td>5:30 pm- 7 pm</td>
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<td>25 Recreation Rotation- Arts and Crafts, Fall art project</td>
<td>26 Recreation Rotation- Team Work Activities</td>
<td>27 Recreation Rotation- Learn New Dance Moves</td>
<td>28 Recreation Rotation- S.T.E.M Alien Robots</td>
<td>29 Behavior changed party</td>
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<td>Kids Choice in a movie</td>
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*Calendar is Subject to Change*