



SEPTEMBER 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."



CLOSED
LABOR DAY
MONDAY
SEPTEMBER 5, 2022

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



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. .

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.

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

ONE ALBUQUERQUE

SEPTEMBER 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
Aug 29 • Sliced Ham • Corn Bread • Pinto Beans • Collard Greens • Peaches • 1% Milk	Aug 30 • Beef & Vegetable Stir Fry • Buttered Noodles • Fresh Seasonal Fruit • Green Beans w/ Mushrooms • 1% Milk	Aug 31 • Fish & Chips • Steamed Broccoli • Warm Sliced Apples • Whole Grain Roll • 1% Milk	Sept. 1 • Chicken Alfredo • Steamed Broccoli • Seasonal Vegetable • Fresh Strawberries • 1% Milk	Sept. 2 • Green Chile Cheeseburger • Tater Tots • Sliced Tomatoes • Watermelon • 1% Milk
5 CLOSED FOR LABOR DAY HOLIDAY	6 • Cod Fish • Brown Rice • Rosemary Potatoes • Brussels Sprouts • Chocolate Pudding • 1% Milk	7 • Beef Tips in Gravy • Whole Grain Pasta • Steamed Broccoli • Roasted Carrots • Pineapple • 1% Milk	8 • Baked Ziti w/ Veggies • Cauliflower • Breadstick • Fresh Berries • Greek Yogurt • 1% Milk	9 • BBQ Pulled Pork • Ranch Beans • Spinach w/ Onions • Whole Grain Dinner Roll • Peaches • 1% Milk
12 • Teriyaki Chicken Stir Fry w/ Veggies • Green Beans w/ Mushrooms • Brown Rice • Mandarin Orange • Fortune Cookie • 1% Milk	13 • Pollock Fish • Parsley Potatoes • Green Peas • Cornbread • Fresh Red Grapes • 1% Milk	14 • Pork Carnitas • Pinto Beans • Calabacitas • Flour Tortilla • Fresh Banana • 1% Milk	15 • Roast Beef w/ Gravy • Roasted Carrots • Mashed Potatoes • Whole Grain Dinner Roll • Seasonal Fresh Fruit • 1% Milk	16 • Pasta Primavera w/ Veggies • Spinach • Garlic Breadstick • Cantaloupe • Greek Yogurt • 1% Milk
19 • Meatloaf w/ Gravy • Mashed Potatoes • Sliced Carrots • Whole Grain Dinner Roll • Mandarin Oranges • 1% Milk	20 • Rotisserie Chicken • Brown Rice • Roasted Beets • Green Beans w/ Mushrooms • Peaches • 1% Milk	21 • Beef Chili Bowl • Succotash • Cornbread • Red or Green Grapes • 1% Milk	22 • Southwest Omelet • Steamed Tomatoes • Hash Browns • Flour Tortilla • Fresh Banana • 1% Milk	23 • Herbed Pork Loin • Ancient Grain Blend • Cauliflower • Sautéed Zucchini • Applesauce • 1% Milk
26 • Baked Chicken and Cheesy Rice • Corn & Red Peppers • Broccoli • Yogurt • 1% Milk	27 • Salmon w/ Lemon Butter Sauce • Rosemary Potatoes • Seasonal Vegetables • Whole Grain Roll • Seasonal Fruit • 1% Milk	28 • Sweet & Sour Pork w/ Stir Fry Veggies • Cabbage • Warm Apples • Whole Grain Roll • 1% Milk	29 • Beef Enchiladas • Pinto Beans • Calabacitas • Cherry Cobbler • 1% Milk	30 • Turkey Tetrazzini • Italian Vegetables • Bread Stick • Sugar Cookie • 1% Milk

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:

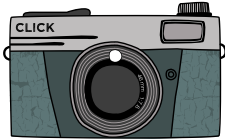
M-F 8:00am-3:00pm
6:00pm-8:45pm
Saturday
9:00am-2:30pm



North Domingo Baca Classes

Photography

Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm



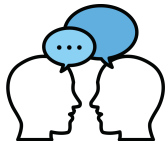
Learn to Paint and Draw with Kelly

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 Group

Wednesday,

10:00 am- 12:00 pm

Italian Culture Group Film

First Friday of the month,
6:00 pm- 8:00 pm



Bible Study

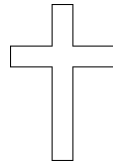
Monday, 8:30 am - 10:00 am

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 \$

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



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

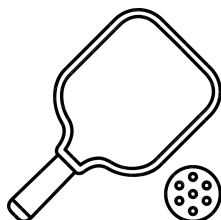
12:00pm-2:00pm

Open play pickleball

Gymnasium

Friday

12:00pm-2:00pm



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 2:45pm-4:00pm

*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

12:00pm-2:00pm

Monday- Friday

5:00pm-5:45pm

Saturday

11:15am-2:15pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN

50+ Basketball

Gymnasium

Monday

12:00pm-2:00pm

Wednesday

6:00pm-8:00pm

Saturday

9:00am-11:am

60+ Basketball

Gymnasium

Saturday

9:00am-11:00am



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 \$8

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 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



September
Birthday Cake
Celebration in
Lobby
September 1st



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

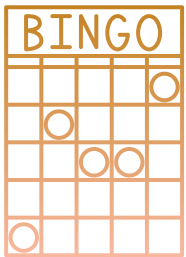


Chile Roasting
September 30th
11 am- 1 pm



Pie Social
September 12th
75¢

Senior



Bingo
September 9th
1:00 pm -2:30
pm



Senior Arts and
Crafts
September 19th &
26th
1:00 pm -2:30 pm

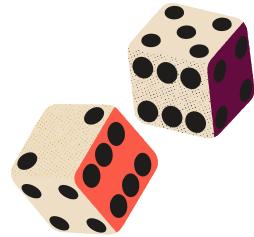


National Hispanic
Cultural Center Art
Museum
September 14th
9:30 am-12:30 pm
\$5 or free for 60+



Senior Movie
September 6th & 20th
1 pm- 2:30 pm

Youth



Kids Night Out
Teen Gaming
September 2nd
6 pm- 8 pm
Sign up at Youth
Desk



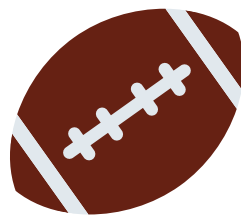
Teen Tuesdays
Ages 13-19
September 13th & 27th
5:30 pm- 7:00 pm
Sign up at Youth Desk



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



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



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
 Erin Maggrath, Rec Leader

Femra Olvera- Martinez, Rec Leader
 Bella Quintana, Rec Leader
 Leah Rodriguez, Rec Leader
 Sarah Ruden, Program Coordinator
 Jaeda Saucedo, Youth Supervisor
 Preston Stanley, Rec Leader
 Eric Talamantes, Rec Leader
 Issa Velasques, Rec Leader



IMPORTANT YOUTH PROGRAM DATES

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
			1 Recreation Rotation- Making Ice Cream Science Project 4:15 pm- 5:15 pm 	2 Recreation Rotation -Kid's Choice 4:15 pm- 5:15 pm Kids Night Out Science Club/Teen Gaming 6-8:30 pm \$5 Pizza Provided Sign Up in Advance at Youth Desk 
5 CLOSED 	6 National Read a Book Day Read along during Homework Time  Bok Camp Starts Gym 3:30 pm- 4 pm Recreation Rotation- Team Work Activities 4:15 pm- 5:15 pm	7 Recreation Rotation- Karaoke and Group Dance 4:15 pm- 5:15 pm 	8 Recreation Rotation- Write letters to our Grandparents 4:15 pm- 5:15 pm 	9 Celebrate National Grandparents Day Recreation- Invite our Grandparents to NDB 4:15 pm- 6:00 pm Social Hall  Family Ninja Game Night Gym 6 pm- 8 pm Adult Must Be Present Sign up in Advance at Youth Desk
12 Recreation Rotation-Mexican Inspired Arts and Crafts 4:15 pm- 5:15 pm 	13 Recreation Rotation- Team Work Games 4:15 pm- 5:15 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm 	14 Recreation Rotation- Music/Dance activities 4:15 pm- 5:15 pm 	15 Recreation Rotation- Learn about Mexican Independence Day & Celebrate 4:15 pm -5:15 pm 	16 Mexican Independence Day Recreation Rotation -Kid's Choice 4:15 pm- 5:15 pm Family Movie Night Encanto Social Hall 6-8 pm \$5 Pizza & Snacks Provided Sign Up in Advance at Youth Desk 
19 Recreation Rotation-Chili Art Project 4:15 pm- 5:15 pm 	20 Recreation Rotation- Sports themed rotations 4:15 pm- 5:15 pm 	21 Recreation Rotation- Repeat After Me Songs & Dancing 4:15 pm- 5:15 pm 	22 Recreation Rotation- New Mexico Themed Spelling Bee & Jeopardy 4:15 pm- 5:15 pm 	23 Celebrate Family Health and Fitness Day Recreation Rotation- Health and Fitness Activities 4:15 pm- 5:15 pm 
26 Recreation Rotation-Arts and Crafts, Fall art project 4:15 pm- 5:15 pm 	27 Recreation Rotation- Team work activities 4:15 pm-5:15 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm 	28 Recreation Rotation- Learn New Dance Moves 4:15 pm- 5:15 pm 	29 Recreation Rotation- S.T.E.M Alien Robots 4:15 pm- 5:15 pm 	30 Behavior earned party Kids Choice in a movie \$5 4:15 pm- 5:30 pm

Calendar is Subject to Change

