

# **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  
LABOR DAY  
MONDAY, SEPT. 1, 2025**

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

## **Goodbye Summer!**

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at [cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council](http://cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council). If interested in our Council or any other way to get involved with the City, visit [cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application](http://cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application).

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelás Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work. Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

**Sincerely, Anna Sanchez, Director  
Department of Senior Affairs**

## 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**

M-F, 3:45 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**

M-F, 3:45 PM-6:00 PM Walmart  
FOR YOUTH PROGRAM



## FITNESS CENTER HOURS:

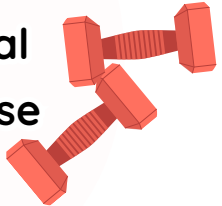
M-F, 8:00 AM-8:45 PM

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 MEETING:

SEPTEMBER 15, 2025 @ 12:00 PM  
MANZANO MESA MULTIGENERATIONAL CENTER  
501 ELIZABETH SE, 87123

### » ATTENTION:

POTTERY SIGN UP WILL BE ON TUESDAY,  
SEPTEMBER 9<sup>TH</sup> AT 9:30 AM  
IN THE LOBBY

### » SHOT CLINIC

WEDNESDAY, SEPTEMBER 10<sup>TH</sup>  
10:00 AM - 2:00 PM

### » SHOT CLINIC

TUESDAY, SEPTEMBER 16<sup>TH</sup>  
8:00 AM - 11:00 AM



# BREAKFAST



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

## BREAKFAST BURRITO \$1.50

BACON OR SAUSAGE (RED OR GREEN 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

## DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30

HOT TEA \$0.30 | MILK \$0.25 |

ORANGE JUICE \$0.25

## FULL BREAKFAST \$1.50

2 EGGS W/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

## MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

## ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

## A la Carte Items:

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25

TOAST \$0.20

ENGLISH MUFFIN \$0.20

EGG \$0.25

BACON (2 SLICES) \$0.50

SAUSAGE (2 SLICES) \$0.50

POTATO SQUARES \$0.30

OATMEAL \$0.70

TORTILLA \$0.20

RED OR GREEN

CHILE \$0.25



## WEEKLY BREAKFAST SPECIALS:



WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50



## HOW LUNCH WORKS:

Monday-Friday | 11:30AM-1:00PM

You have to make reservations the day before, prior to 1:00pm, anything after you will be put on a waitlist. You can call in your reservation to the front desk!

For members ages 60+ there is a suggested \$2 donation

Ages 50-59 is \$3.25

Ages 49 and under is \$7.67



## Ageless Artisan Craft Fair

Saturday, November 15, 2025

9:00 am - 1:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth St SE, 87123

APPLICATIONS START SEPTEMBER 1ST  
APPLICATIONS DUE BY SEPTEMBER 30TH



# North Domingo Baca Classes

## Music Circle-Sing & Strum

Wednesday,  
10:00 am- 12:00 pm



## Guitar Workshop with Laudente \$

Thursday, 6:00 pm - 7:30 pm

## 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



## Rotary Club

Tuesday, 12:00 pm- 1:30 pm

## Knitting/Crocheting

Tuesday,  
1:00 pm- 3:00 pm

## American Sign Language

Monday & Wednesday,  
9:30 am - 11:00 am

## Italian Movie Night

2nd Friday of Every Month

6:00 pm- 8:00 pm

## French Group

Saturday,  
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!



## Photography

Wednesday, 9:00 am- 11:00 am

Wednesday, 6:00 pm- 7:30 pm

## Sharing memories through creative writing

Wednesday,  
12:30 pm- 2:00 pm

## Chess Club

Thursday,  
1:00 pm- 3:00 pm

## ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm

Thursday, 5:00 pm- 8:00 pm

Saturday, 11:45 am- 1:15 pm



## Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month

11:30 am- 1:00 pm

Email: [abqfibro.com](mailto:abqfibro.com)

## 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



## 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

## Woodcarvers

Tuesday, 5:00 - 7:00 pm

**Must be 9 yrs old & up**

# 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](https://www.jazzercise.com)

## Yoga with Lynn \$10

Monday, 9:30 am- 10:30 am  
Friday, 1:00 pm-2:00 pm



## Feldenkrais

Thursday,  
Aerobics Room  
10:00 am- 11:00 am  
3:00 pm- 4:00 pm

## Korean Yoga Tai Chi Quiong

Friday,  
2:00 pm- 3:00 pm



## PUBLIC HEARING



The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County.

During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and Long-Term Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan and permission to implement grab-and-go meals under certain circumstances.

The hearing is scheduled as follows:

Manzano Mesa Multigenerational Center, 501 Elizabeth SE Albuquerque, NM 87123  
Wednesday, September 3, 2025, 10:00 a.m. - 11:00 a.m.

Persons with hearing and/or sight impairment and those who require special assistance to participate in the public hearings, please contact Collette Baldwin at 505-768-2084 or New Mexico Relay Services at 1-800-659-1779 or TTY at 1-800-659-8331.

# GYM SCHEDULE

**Open Gym (All Ages)\*UNDER 18  
REQUIRES A PARENT/GUARDIAN**



Tuesday	Thursday
11:00 am-12:30 pm	10:45 am-11:45 am
Friday	Saturday
6:00 pm-8:00 pm	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

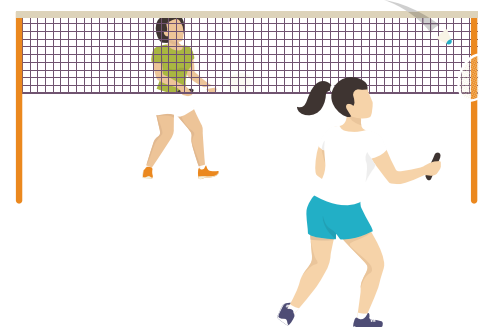
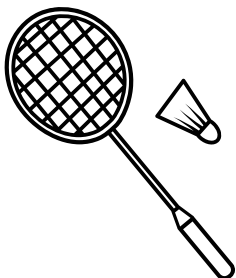
**Learn to play pickleball**

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



# 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

Tuesday

10:00 am- 11:15 am

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

## **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

## **Tai Chi for Arthritis**

NDB Aerobics Room

Wednesday

8/6/25-9/24/25

1:00 PM - 2:00 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

## **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

# North Domingo Baca Multigenerational Center

## Community Event Calendar



### Trips for the Month



#### Trip to

##### Barelas Senior Center Fiesta

Friday, September 5, 2025, 9 am

Depart @ 8:15 am

#### Trip to

##### The Aquarium

Tuesday, September 30

Depart @ 9:00 am

### SAVE THE DATE

#### **PRIMETIME 50 + EXPO**

Wednesday, October 8<sup>th</sup>, 2025 at the Embassy Suites

**PLEASE SIGN UP AT THE FRONT DESK**

## Community Events

\*Calendar is subject to change

September  
2

Teeniors  
Tech Help



Please sign up at the front desk

September Live Music During  
11 & 25 Lunch



@ 11:30 am



September  
5

Birthday Cake  
@ 12:00 pm  
in the Snack Bar



September  
22

**B.I.N.G.O**

@ 1:00 pm - 2:30 pm



September  
9

Pie Social  
@ 12:00 pm  
in the Snack Bar



September  
19

Free Falls Risk  
Screening Event  
@ 8:30 am - 12:30 pm

September  
10

GEHM Clinic  
@ 8:30 am

September  
26

Senior Citizens' Law Office  
Power of Attorney Workshop  
Please sign up at the front desk