



WELCOME TO DEPARTMENT OF SENIOR AFFAIRS NORTH DOMINGO BACA MULTIGENERATIONAL CENTER



YOU HAVE THE POWER TO PREVENT A FALL

FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including strength and balance tests, foot health, medication review, home safety, vision, and more. Learn how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.



When

Friday, September 18, 2026
8:30 am to 12:00 pm

Where

North Domingo Baca
Multigenerational Center
7521 Carmel NE
Albuquerque, NM 87113



Brought to you by the City of Albuquerque Department of Senior Affairs Sports & Fitness Program, New Mexico Adult Falls Prevention Coalition, University of New Mexico Health Sciences Center, OASIS Albuquerque, and New Mexico Department of Health. For more information about Falls Prevention, go to [ncoa.org/ FallsPrevention](https://ncoa.org/FallsPrevention).

September 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:
LABOR DAY
Monday, September 7th



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



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

1st & 4th Thursday,

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

Ballroom Dancing \$

Saturday, 1:30 pm-2:45 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

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

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

La Blast \$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

Neuro Up for Parkinson's

NDB Aerobics Room

Mon. & Wed.

8:15 am- 9:15 am

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

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring a yoga mat & water bottle

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

Physical Therapy Talks

1st Wednesday of each month

2:00 pm—3:30 pm

**Talks 45-60 minutes with
exercise to follow**

North Domingo Baca Aerobics Room

Informal talks covering details of anatomy and physiology to help individuals maximize exercise effectiveness, minimize risk of injury and optimize functional movements.

Topics will be as follows:

September: Ankle and foot

20 participant max

1st come 1st serve

Free to current active members

Presenter: Leslie Herman, PT (NM lic#1699)



**Make sure to pick up the
Sports & Fitness Center Newsletter
from the Fitness Center desk**

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



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

FIT for Seniors \$3

Gymnasium

Tuesday and Thursday,

9:30 am- 10:30 am

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

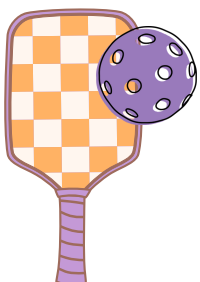
Saturday

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



North Domingo Baca!

Free 1-on-1 Tech Help with Teeniors!

Friday, September 11 | 2-4p

(2:00pm and 3:00pm time slots)

RSVP Required: Bring your phone, tablet or laptop and list of questions!

RSVP with the center: (505) 764-6475

North Domingo Baca Multi Gen Center
7521 Carmel NE | Albuquerque, NM 87113

Teeniors® are tech-savvy teens and young adults who help older adults learn technology through one-on-one, personalized coaching. Their goal is to empower you - to connect with your loved ones, engage with your community, and the world through technology - while providing paid, meaningful jobs for young adults. Teeniors is an award-winning, woman-owned small business and social profit created in NM in 2015. You can see our multi-award winning work featured on NPR, The Kelly Clarkson Show, Costco Magazine, The New York Times, Univision, Albuquerque Journal and more! Visit teeniors.com or contact teeniors@gmail.com | (505) 600-1297.

WHAT'S NEW!

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

NM Folk Dance

Wednesday,

New class time

9:30 am- 11:00 am

B.I.N.G.O

New time

12:30 pm - 2:00 pm

Neuro Up for Parkinson's

NDB Aerobics Room

Mon. & Wed., 8:15 am- 9:15 am

**Please go to the Fitness Center
to sign up**

Coffee with Constituents

September 24, 2026 from 8:30 am - 9:30 am

Los Volcanes Senior Center

6500 Los Volcanes Rd, NW 87121

DSA ADVISORY COUNCIL MEETING

September 21, 2026 at 12:00 pm

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE 87113

Advisory Council webpage:

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

September - December 2026 schedule:

Monday, September 21, 12:00-1:30 p.m. - North Domingo Baca Multigenerational Center

Monday, October 19, 12:00-1:30 p.m. - Barelas 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>



PRIME TIME 50+ EXPO

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 RQUE senior affairs



Baked Cinnamon Apple Rings

3 Ingredients

- Apples: 2 medium (sweet varieties like Gala, Fuji, or Honeycrisp work best)
- Cinnamon: 1/2 teaspoon
- Butter or Coconut Oil: 1 tablespoon (melted)



Simple 4-Step Instructions

1. Preheat your oven to 350°F and line a baking sheet with parchment paper.
2. Slice the apples into 1/4-inch thick rounds, and gently pop out the center core/seeds of each slice with your fingers or a spoon.
3. Arrange the slices on the pan, brush them with the melted butter, and sprinkle the cinnamon evenly over the top.
4. Bake for 20 minutes until the apple slices are completely soft, fragrant, and tender.



Special Events & Announcements



BIG JIM FARMS
FLOWER U-PICK

Join us for a morning trip to Big Jim Farms to enjoy the flower fields and pick your own bouquet. Participants can purchase a U-Pick flower bouquet with mason jar for \$20

✓ Sign up at the front desk today!

U-Pick Flowers: \$20 per person
Includes a mason jar!

CHECK IN: 9:00 AM
DEPART: 9:30 AM
ARRIVAL: 10:00 AM
RETURN: 1:00 PM

THURSDAY
SEPTEMBER
17TH

Big Jim Farms

MEXICO'S

Trip to the Balloon Museum to view Mass Ascension

Tuesday, October 6th, 2026

Check-in: 5:00am Depart: 5:15am Return by 11:00am

Free Entry to the Balloon Museum only.

Food and drinks will be at your own expense

SIGN UP ENDS SEPT. 18TH

LOTTERY DRAWING WILL BE SEPT. 21ST

THOSE SELECTED WILL BE NOTIFIED BY STAFF.

TRIP IS FOR MEMBERS 50+
MUST SIGN UP IN PERSON
& HAVE AN ACTIVE
MEMBERSHIP



FOOD TRUCKS AND VIEWS!

Thank you Arts and Culture
for this opportunity.

ONE
ALBUQUE
RQUE senior affairs

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



NORTH DOMINGO BACA



**Trip to
Sergio's Bakery
& Cafe**

Thursday, September 10

Check in: 4:15 PM

Depart: 4:30 PM

Return: 7:00 PM

Food and beverages will be
purchased at your own expense

NORTH DOMINGO BACA

**Trip to
Telephone Museum**

Wednesday, September 23

Check In: 9:15 AM

Depart: 9:30 AM

Return: 12:30 PM



Must bring cash to pay

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
Maria Munoz, General Services
Cyrus Benavides, General Services
Leon Mascarenas, General Services
William Banach, SCSEP

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

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

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

Community Events Calendar

TRIPS FOR THE MONTH

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

Days and Times are subject to change

Trips are at your own expense

Trip to Sergio's Italian

Bakery & Cafe \$\$

Thursday, September 10

Check in: 4:15 pm

Depart: 4:30 pm

Return: 7:00 pm

Trip to Big Jim Farms \$\$

Thursday, September 17

Check in: 9:00 am

Depart: 9:30 am

Return: 1:00 pm

Trip to Telephone Museum \$\$

Wednesday, September 23

(Must bring cash to pay)

Check in: 9:15 am

Depart: 9:30 am

Return: 12:30 pm

UPCOMING TRIPS FOR OCTOBER:

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

except the Balloon Museum, sign up is 8/21 - 9/18

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

Depart: 5:15 am

Return: 11:00 am

Please see flyer for all the details

- Sign up 8/21 - 9/18

- Lottery Drawing 9/21

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

Wednesday, October 12

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

Community Events

***Calendar is subject to change**

Please visit the front desk for more information

No class for September

AARP Driving

Sign up at the front desk

September 4

Birthday Celebration

12:00 pm In the Snack Bar

September 8

Pie Social

12:00 pm In the Snack Bar

September 9

GEHM CLINIC

8:30 am

September 11

Teeniors - Tech Help

2:00 pm - 4:00 pm

Sign up at the front desk

September 18

FREE

Falls Risk Screening Event

8:30 am - 12:00 pm

September 10 & 24

Live Music During Lunch

11:30 am

September 28

B.I.N.G.O

NEW TIME 12:30 pm - 2:00 pm

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

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