



NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

505-764-6475

JULY 2021

7521 CARMEL AVE NE 87113

WELCOME BACK



HOURS OF OPERATION:
MONDAY- FRIDAY 8AM-9PM
SATURDAYS 9AM-3PM

SCHEDULE OF
CLASSES TO COME,
PLEASE BE ON THE
LOOK OUT!



In honor of 4th of
July we are closed
Monday, July 5th



"WE ARE COMMITTED TO PROVIDING RESOURCES WITH CARE AND
COMPASSION THAT HELP OUR COMMUNITY THRIVE WHILE EMBRACING
AGING."

[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

Breakfast

Monday-Friday 8AM-9AM

Breakfast beginning/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 CART 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 \$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
5 Closed (4th of July Observance)	6 • Lemon Pepper Chicken • Brown Rice • Diced Beets • Dinner Roll W/ Margarine • Vanilla Pudding • 1% Milk 	7 • Frito Pie • Imperial Blend • Corn Chips • Mandarin Orange • 1% Milk 	8 • Steak Fingers W/ White Gravy • Mashed Potatoes • Cheddar/Onion Blend • Red Apple • 1% Milk 	9 • Garlic Tilapia • Pasta W/ Diced Tomatoes • Green Beans • Yogurt • 1% Milk 
12 • Chicken Parmesan • Butter Spaghetti • Crinkle Cut Carrots • Sliced Peaches • 1% Milk 	13 • Breaded Cod W/ Tartar Sauce • Whole Corn • Normandy Blend • Watermelon • 1% Milk 	14 • Pasta Primavera • Green Beans • Breadstick • Mixed Fruit • 1% Milk 	15 • Beef Fajita • Spanish Rice • Miso Corn • Flour Tortilla • Chocolate Pudding • 1% Milk 	16 • Chile Cheese Hot Dog • Tater Tots W/ Ketchup • Mixed Vegetables • Pear • 1% Milk 
19 • Carne Adovada • Spanish Rice • Pinto Beans • Flour Tortilla • Cookie • 1% Milk 	20 • Spaghetti W/ Meat Sauce • Imperial Blend • Garlic Breadstick • Banana • 1% Milk 	21 • Oven Fried Chicken W/ White Gravy • Ancient Grain • Sliced Carrots • Green Apple • 1% Milk 	22 • Cheese Omelet • Sliced Tomatoes • Diced Potatoes • Mandarin Orange • 1% Milk 	23 • Salisbury Steak W/ Gravy • Mashed Potatoes • Spinach • Peaches • Dinner Roll W/ Margarine • 1% Milk 
26 • Blackened Salmon • Ancient Grain • Green Beans • Red Apple • 1% Milk 	27 • Pork Chop W/ Gravy • Au Gratin Potato • Green Peas • Honeydew • Dinner Roll W/ Margarine • 1% Milk 	28 • Sweet & Sour Chicken • Stir Fry Vegetables • Brown Rice • Fortune Cookie • 1% Milk 	29 • Mac & Cheese W/ Broccoli • Mixed Vegetables • Biscuit • Vanilla Pudding • 1% Milk 	30 • Red Chili Pork Tamales • Calabacitas • Pinto Beans • Orange • 1% Milk 

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.

Hello,

We are very excited and pleased to announce a few great updates for the month of July!

A new addition to the Department of Senior Affairs is our new Deputy Director Chris Sanchez. Chris possess an MBA and more than 20 years of executive leadership and strategic management experience in public, private, and non-profit sectors throughout New Mexico. He previously served as the Department Director of Community Services appointed by the Mayor of Santa Fe, has a background in youth corrections and community programming, was the director of the Santa Fe County Youth Development Program and previously worked with State of New Mexico's Family and Community Services. For the past three years, he has served as the Deputy Assessor appointed by the Santa Fe County Assessor. We are pleased to welcome Chris and look forward to him joining us in enhancing our mission of our commitment to providing resources with care and compassion that help our community thrive while embracing aging.

Another eagerly anticipated update is the re-opening of all senior and multigenerational centers on Tuesday, July 6, 2021. The past year has been unlike anything we've ever experienced, and we're working hard to adjust and evaluate how we can continue to provide more programming and activities for community members while still adhering to New Mexico's public health order. As we anticipate many of the state's restrictions to be lifted, we want to continue to bring you the services and connections you need, even if it may look a little different than it has in the past. It really can't be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens. We want to be sure the approach we're taking to reopen is thoughtful, and that we're creating an environment that's safe for everyone. When we do reopen, more than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness sites. We're looking at how to manage the reopening of our programs and some of those plans will include continuation of increased cleaning and sanitization and continuing to offer virtual services.

We thank you for your continued patience with our staff as we work to resume our dynamic programming, events and activities. You can learn more about our approach to re-opening, in-person activities and programs available, or learn more details on how we're making our center sites safe, by calling your center site directly, checking in with our Senior Information Line at 505-764-6400 Monday-Friday between 8am-4:30pm or by visiting our website cabq.gov/seniors.



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



TRACK HOURS:

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

ROCK WALL HOURS:

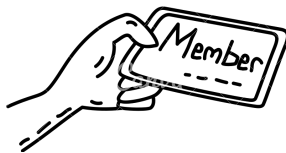
M-F 8:00AM-10:00AM
4:00PM-8:30PM
CLOSED 10:00AM-4:00PM FOR
SUMMER PROGRAM

GAME ROOM HOURS:

GAME ROOM CLOSED 9:00AM-4:00PM
FOR THE YOUTH PROGRAM
M-F 4:00PM-8:45PM
SATURDAY: 9:00AM-2:45PM

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, HOWEVER, A FEE
WAIVER CAN BE REQUESTED.
EXISTING MEMBERSHIPS WILL BE
RENEWED AND EXTENDED DUE
TO THE COVID-19 PANDEMIC
CLOSURES OF OUR CENTERS.



Daytime Dancing

Tune into GOC-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs featuring Swing Swift on July 10th at 3 PM and 7 PM. We will be holding virtual BINGO on July 7th, and July 21st at 1:30 PM. You can pick up your cards Tuesday July 6th & 19th 11:30 AM-1:00PM. Then join us at [Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors) at the right day and time.

