

April 2025 Newsletter

CENTER HOURS
M-F: 8AM-9PM
SAT: 9AM-3PM
SUN: CLOSED

CENTER STAFF

Brittani Torres, Center Manager
Esperanza Molina, Center Supervisor
Josephine Griego, Coordinator
Suzanne Reyes, Coordinator
Vacant, Office Assistant
Katherine Jimenez,
Alexia Watson-Gallegos,
Joshua Zuniga
Program Assistants
Vacant, Recreation Assistant
Leroy Chambers, Cook
Maria Dominguez, Kitchen Aid
Monica Rosales, General Services
Leon Mascarenas, General Services
Andre Valdez, General Services

50+ SENIOR TECH CONNECT



NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

APRIL 11, 2025
8:30AM - 12:30PM

Prizes & Fun
Refreshments
Demonstrations
Computer Classes
Hands-on Learning
No Registration Required
(505)764-6475

Scan to
Learn More!



*A chance for
older adults to
explore today's
technology*

SPECIAL DATES & ANNOUNCEMENTS

4/2: National Walking Day
4/4: Road Runner Food Bank
4/9: TRIP: Santa Fe Cemetery
4/10: Brain Games
4/11: TRIP: Senior Tech Connect
4/15: GHEM Clinic
4/16: TRIP: Bear Canyon Easter
4/17: Tech Thursday
4/22: Earth Day
4/23: Mystery Movie
4/24: TRIP: Gathering of Nations
4/24: Tech BINGO
4/25: AARP Defensive Driving
4/25: Road Runner
4/28: Teeniors
5/5: Cinco de Mayo



Beyond Walls Brain Games

Improves cognitive health through fun challenges Classes provided by the Beyond Walls Program.

Thursday, April 10, 2025

10:30am-11:30am

Sign up at the front desk

Beyond Walls Digital Literacy

Empowers participants with essential tech skills to stay connected. Classes provided by the Beyond Walls Program.

Thursday, April 17, 2025

10:30am-11:30am

Sign up at the front desk

Beyond Walls Bingo

Enhances mood and builds social connections. Bingo provided by the Beyond Walls Program.

Thursday, April 24, 2025

10:30am-11:30am

Winners get a \$10.00 Gift Card Mailed to the center!



SIGN UP AT THE FRONT DESK

Mobile Food Pantry

Friday, April 4, 2025

Friday April 25, 2025

2:30pm - 4:00pm

The mobile food pantry for the community supplied by Roadrunner Food Bank. Groceries will be distributed in Social Hall.



AARP Defensive Driving

The AARP Smart Driver course teaches valuable defensive driving techniques and provides a refresher about the rules of the road to keep your daily commute a safe commute.

Friday, April 25, 2025

1:00pm-5:30 pm

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



GEHM CLINIC

Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday, April 15, 2025

9:00am-12:00pm

As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 ♦ Chicken Tamales 2ea Red Chile 1oz ♦ Roasted Vegetables 4oz ♦ Berry Compote 4oz ♦ 1% Milk 8oz 	1 ♦ Pork Posole 4oz ♦ Mushrooms 4oz ♦ Pinto Beans 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	2 ♦ Beef Tips w/Gravy 3oz ♦ Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	3 ♦ Veggie Green Chile Cheeseburger 1ea ♦ Diced Potatoes 4oz ♦ Succotash 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	4 ♦ Garlic Butter Tilapia 4oz ♦ Spinach 4oz ♦ Green Beans 4oz ♦ Grapes 4oz ♦ 1% Milk 8oz
7 ♦ Rotisserie Chicken 4oz ♦ Roasted Vegetables 4oz ♦ Sweet Potato Mash 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Banana 1ea ♦ 1% Milk 8oz 	8 ♦ Salisbury Steak 4oz Green Chile Gravy 2oz ♦ Mashed Potatoes 4oz ♦ Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	9 ♦ Asian Diced Pork 3oz ♦ Peppers 2oz ♦ Brown Rice 4oz ♦ Roasted Vegetables 4oz ♦ Fortune Cookie 2ea ♦ 1% Milk 8oz 	10 ♦ Macaroni & Broccoli 4oz ♦ Green Beans 4oz ♦ Carrots 4oz ♦ Yogurt 4oz ♦ 1% Milk 8oz 	11 ♦ Breaded Cod 4oz Tarter Sauce 1ea ♦ Steamed Broccoli 4oz ♦ Calabacitas 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz
14 ♦ Carne Adovada 3oz Red Chile 2oz ♦ Spinach 4oz ♦ Pinto Beans 4oz ♦ Pudding 1ea ♦ 1% Milk 8oz 	15 ♦ Chicken Fajita 4oz ♦ Tortilla 2ea ♦ Brown Rice 4oz ♦ Corn/Edamame 4oz ♦ Banana 1ea ♦ 1% Milk 8oz 	16 ♦ Beef Tips w/Gravy 3oz ♦ Bowtie Pasta 4oz ♦ Brussel Sprouts 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 6oz ♦ 1% Milk 8oz 	17 ♦ Spaghetti 4oz ♦ Mushrooms 2oz ♦ Roasted Cauliflower 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Orange 1ea ♦ 1% Milk 8oz 	18 ♦ Lemon Pepper Salmon 1ea ♦ Mashed Potatoes 4oz ♦ Steamed Broccoli 4oz ♦ Apple 1ea ♦ 1% Milk 8oz
21 ♦ Turkey Tetrazzini 4oz ♦ Corn/Edamame 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz 	22 ♦ Beef Tips w/Gravy 3oz ♦ Penne Pasta 4oz ♦ Roasted Veggies 4oz ♦ Berry Compote 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ 1% Milk 8oz 	23 ♦ Pork Tamales 2ea ♦ Red Chile 1oz ♦ Pinto Beans 4oz ♦ Calabacitas 4oz ♦ Pudding 4oz ♦ 1% Milk 8oz 	24 ♦ Cheese Omelet 3oz ♦ Peppers & Onions 2oz ♦ Mushrooms 4oz ♦ Apple Slices 4oz ♦ 1% Milk 8oz 	25 ♦ Baked Chicken 3oz ♦ Sweet Potato Mash 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Jell-O 4oz ♦ 1% Milk 8oz
28 ♦ Salisbury Steak 3oz Gravy 1oz ♦ Rosemary Potatoes 4oz ♦ Malibu Blend 4oz ♦ Mixed Berry 4oz ♦ 1% Milk 8oz 	29 ♦ Chicken Posole 4oz ♦ Mushrooms 4oz ♦ Spinach 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Pears 4oz ♦ 1% Milk 8oz 	30 ♦ Garlic Tilapia 3oz ♦ Brussel Sprouts 4oz ♦ Carrots 4oz ♦ Jell-O 4oz ♦ 1% Milk 8oz 	1 ♦ Cheese Lasagna 4oz ♦ Roasted Veggies 4oz ♦ Dinner Roll 1ea Margarine 1pc ♦ Yogurt 4oz ♦ 1% Milk 8oz 	2 ♦ Diced Pork 3oz Gravy 2oz ♦ Sweet Potato Mash 4oz ♦ Green Beans 4oz ♦ Orange 1ea ♦ 1% Milk 8oz

Lunch:

Monday-Friday, 11:30-1:00

Reservations are required the previous day prior to 1:00 pm.

You may call in your reservation or reserve in person. Please arrive for you lunch by 12:30 pm. Menu items subject to change.



Manzano Calendar & Events

Monday

Fitness Room 8:00am - 8:45pm
Aerobics 8:15am - 9:15am
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
EFT Tapping Group 9:00am - 10:00am
Beginner Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
Zumba Gold 10:45am - 11:45am \$
Mah Jong 11:00am - 2:30pm
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Volleyball 5:30pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Tech Bingo (Last Tuesday a Month) 10:00am - 11:00am
Quilting (2nd Tuesday) 10:15am - 1:00pm
Mah Jong 1:00pm - 4:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:30pm - 2:30pm (1st Tuesday)
Badminton 6:00pm - 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:00pm - 8:00pm
Personal Defense Club 7:30pm - 8:30pm



Wednesday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am-9:15am
Computer Lab 8:00am - 8:45pm
Guitar Group 10:00am - 12:00pm
Gentle Exercise 9:30am - 10:30am
Line Dance: Starter 9:30am - 10:30 am
Meditation Group 10:00am - 11:00am
Zumba Gold 10:45am - 11:45am \$
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong: 4:00pm-5:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
Senior Men's Basketball 6:00pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Mental Health Support Group 9:00am - 10:30am
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:00am (3rd Thurs)
Tech Thursday 10:00am - 11:00am (Last Thurs)
Artist Corner 1:00pm - 4:00pm
Bingo Sell Cards 12:30pm - 1:45pm
Bingo 2:00pm - 4:00pm (Doors Close at 2:00pm)
Pickleball 1:00pm - 4:00pm
Badminton 6:00pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Aerobics 8:15am - 9:15am
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Shuffleboard 11:00am - 2:00pm
Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner Day)
Volleyball 5:30pm - 7:30pm
Basketball 7:45pm - 8:45pm



Saturday

Fitness Room 9:00am - 2:45pm
Billiards 9:00am - 2:45pm
Table Tennis 9:00am - 2:45pm
Pickleball 9:00am - 12:00pm
Libros 9:00am - 1:00pm (1ST SATURDAY)
Project Linus 9:00am - 2:45pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 11:00am-12:00pm \$
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 2:45pm (3rd Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

*All classes subject to change



Santa Fe Cemetery Trip

Wednesday, April 9, 2025

Check in: 8:30 am

Depart: 8:30 am

Return: 4:30 pm

Free
*Sack Lunch
Provided



Bear Canyon Senior Easter Party

Wednesday, April 16, 2025

Check in: 1:30

Depart: 1:45

Return: 4:30



The Gymnasium will be
closed
Tuesday, May 6th
&
Wednesday, May 7th
ALL DAY

Tech Connect

At North Domingo Baca

Friday, April 11, 2025

Check in: 8:00

Depart: 8:15

Return: 1:00

A chance for
older adults
to learn today's
technology

Gathering of Nations

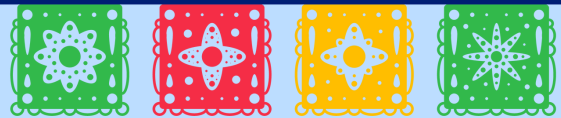
Thursday, April 24, 2025

Check in: 9:00 am

Depart: 9:15am

Return: 6:00 pm

\$25 per person



Cinco De Mayo Celebration

Monday, May 5, 2025

10:00am



***Sign up at the front desk is required for ALL trips
Food is at your own expense**



National Walking Day

Join us for a walk at the park!
Wednesday, April 2, 2025
Meet in the Lobby at 10:00am



One-on-one help with technology

April 28, 2025
2:00pm-3:00pm
or
3:00pm-4:00pm

Please sign up at front desk to make a one-on-one appointment!



Join us to celebrate Earth Day and receive free plants and seeds!!

Tuesday, April 22, 2025
10:00am



Mystery Movie

Join us in the lobby for a movie to celebrate National Spanish Language Day.

Wednesday, April 23, 2025
10:00am