



APRIL 2023

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."



SAVE THE DATE

SENIOR TECH CONNECT FAIR

PALO DURO SENIOR CENTER

FRIDAY, APRIL 14, 2023



Visit our website:

<https://www.cabq.gov/seniors>



BREAKFAST



Monday - Friday 8:00AM - 9:00AM

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

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

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

EGG \$0.25

BACON (2 SLICES) \$0.50

SAUSAGE (2 SLICES) \$0.50

RED OR GREEN CHILE \$0.25

HOT CEREAL W/ MILK \$0.70

HASH BROWNS \$0.30

TORTILLA \$0.20

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25

TOAST \$0.20

ENGLISH MUFFIN \$0.20

DRINKS:

Coffee \$ Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

LUNCH

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 60+ there is a suggested \$2 donation

50 - 59 is \$3.25

Ages 49 and under is \$7.67

MEET NORTH DOMINGO BACA STAFF

Thomas Gallagher, Center Manager

Amber Maestas, Center Supervisor

Sarah Ruden, Youth/Community Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Victoria Jaramillo, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Maria Munoz, General Service Worker

Diego Valdez, General Service Worker

Voivod Benavides, General Service Worker

Juan Arroyo, General Service Worker



MEMBERSHIP INFORMATION:



NEW PARTICIPANTS ARE REQUIRED TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00.

HEALTH EVENT:

GEHM Clinic:

April 12th,

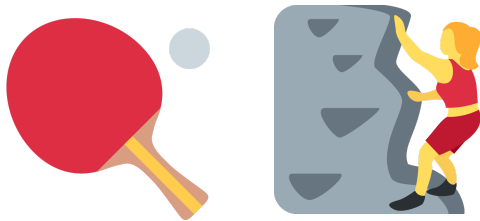
9:00 AM-12:00 PM



Advanced Planning for Seniors:

April 5th,

9:00 AM-11:00 AM



GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR
AFTER SCHOOL PROGRAM

ROCK WALL HOURS:

M-F, 9:00 AM-3:00 PM,

4:30 PM-8:00 PM

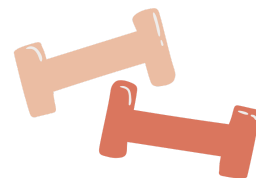
*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR
AFTER SCHOOL PROGRAM

*Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities.

The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!



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 ages of 16 or 17 with an adult to use fitness center.

TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM

North Domingo Baca Classes

Photography

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



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 Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm



Beginning German

Tuesday,
10:30 am - 12:00 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm - 2:30 pm

Bible Study

Monday, 9:00 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

Women's Bible Class

Tuesday, 10:00 am - 11:30 am

Bible Study/Prayers

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,
1:00 pm - 2:30 pm

Computer Classes with Lloyd

Tuesday, April 11th
9:30 am - 11:30 am
Tuesday, April 18th
9:30 am - 11:30 am
Tuesday, April 25th,
9:30 am - 11:30 am



ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm
Thursday, 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
6:00 pm - 7:00 pm

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Card Making

Thursday, 10:30 am - 11:30 am

Italian Culture Group Film

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,
1:00 pm - 2:30 pm

Health and Fitness Classes

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

Learn to play pickleball

Gymnasium

Wednesday,

12:00 pm - 2:00 pm

Open Play Pickleball

Gymnasium

Thursday,

6:00 pm - 8:30 pm

Friday,

11:00 am - 2:00 pm

Badminton

Gymnasium

Tuesday,

6:00 pm - 8:00 pm



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

Tai Chi for Arthritis & Fall Prevention

Classroom 5

Monday and Wednesday,

1:00 pm - 2:00 pm

Tai Ji Quan Moving for better balance

Classroom 4

Tuesday and Thursday,

1:00 pm - 2:00 pm

Weights, Stretch, and Light Aerobics

Social Hall

Thursday,

9:30 am - 10:30 am

Open Gym (All Ages)

Gymnasium

Monday and Friday

5:00 pm - 8:15 pm

Tuesday and Thursday

10:30 am - 2:30 pm

Monday - Friday

5:00 pm - 6:00 pm

Saturday

11:00 am - 2:00 pm

***UNDER 18 REQUIRES A PARENT/GUARDIAN**

Senior Basketball

Gymnasium

Monday,

12:00 pm - 2:30 pm

Wednesday,

6:00 pm - 8:15 pm

Saturday,

9:00 am - 11:00 am

Grade/Middle School Basketball

Gymnasium

M-F 2:30 pm - 4:00 pm

***UNDER 18 REQUIRES A PARENT/GUARDIAN**



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

8:50 am- 10:00 am

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Gentle Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 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

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Youth Corner

NDB After School Youth Program

Monday - Friday | 2:00 pm - 5:30 pm

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To join the waitlist please speak to Youth Staff

NDB Summer Program Dates TBD



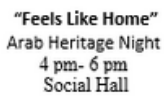












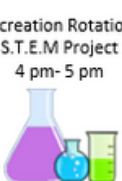
Meet the Youth Staff

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
 Olivia Mahoney, Rec Leader
 Leah Rodriguez, Rec Leader
 Dominique Rodriguez, Rec Leader
 Jaeda Saucedo, Youth Supervisor
 Issa Velasques, Rec Leader

IMPORTANT YOUTH PROGRAM DATES

April

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
3 Recreation Rotation- Arts and Crafts- Butterflies 	4 Recreation Rotation- Team Work Games 4 pm- 5 pm 	5 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm "Feels Like Home" Arab Heritage Night 4 pm- 6 pm Social Hall 	6 National Student Athlete Day Special Guest! Recreation Rotation- Gardening- Science Activity 4 pm- 5 pm 	7 NO PROGRAM 😞
10 Recreation Rotation- Arts and Crafts- Bunny Craft 	11 Recreation Rotation- Team Work Games 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	12 International Women's Day Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	13 Recreation Rotation- Reading and Writing Activities 4 pm- 5 pm 	14 Recreation Rotation- Kids Choice! 4 pm- 4:30 pm Over the Generations Family Dinner Party 4:30 pm- 6 pm Family Movie Night- The Lorax 6 pm- 8 pm Wear PJs, bring blankets
17 Recreation Rotation-Arts and Crafts- Flowers 4 pm- 5 pm 	18 Recreation Rotation- Sports Related Games 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	19 Recreation Rotation- Sing Along Songs 4 pm- 5 pm 	20 Community Gardening Social Hall Patio 2:30-3:00 Recreation Rotation- Educational Worksheets 4 pm- 5 pm 	21 National Kindergarten Day Kindergartener Surprise! International Creativity Day Recreation Rotation- Kids Choice! 4 pm- 5 pm
24 Recreation Rotation-Arts and Crafts- Dream Catchers 4 pm- 5 pm 	25 Recreation Rotation- Sports Related Games 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	26 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	27 Recreation Rotation- S.T.E.M Project 4 pm- 5 pm 	28 National Superhero Day Wear a Superhero Shirt! Recreation Rotation- Kids Choice! 4 pm- 5 pm

Calendar is Subject to Change