



AUGUST 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."

Accredited by



National Institute of
Senior Centers

MEMBERSHIP INFORMATION:



NEW/RENEWAL PARTICIPANTS ARE
REQUIRED TO FILL OUT PAPERWORK
TO REGISTER FOR AN ANNUAL
MEMBERSHIP OF \$20.00

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

A la Carte Items:

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 Program Coordinator

Victoria Jaramillo, Senior Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Joshua Baca, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Tanner Keener, Program Assistant

Ariana Lira, Program Assistant

Justine Pennington, Program Assistant

Maria Munoz, General Service Worker

Voivod Benavides, General Service Worker

Diego Valdez, General Service Worker



HEALTH EVENTS:



GEHM Clinic:
August 30th,
9:00 AM-12:00 PM

Covid/Flu Shot Clinic:
August 16th,
9:00 AM-12:00 PM



AARP will be hosting a "Safety Awareness" on September 13, 2023
@ 10:00 AM-11:00AM

Please sign up @ front desk to secure your spot by September 8th!
*Refreshments will be provided

GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM

5:00 PM-8:00 PM

SATURDAY,

10:00 AM-2:00 PM

*CLOSED M-F

3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

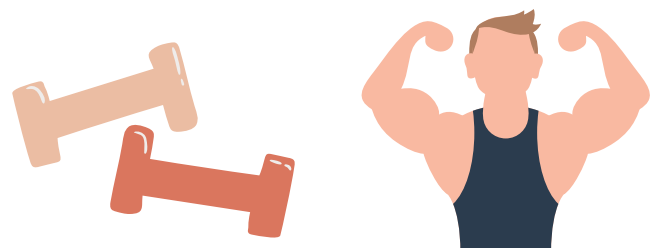
M-F, 8:00 AM-8:45 PM

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 an adult required) to
use fitness center.



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

Card Making

Thursday, 10:30 am-11:30 am

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

Bible Study/Prayers

Friday, 9:00 am- 10:30 am

Open Bible Study

Friday 10:00 am- 11:00 am

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

Sharing memories through writing

Wednesday,
12:30 pm- 2:00 pm

Italian Culture Group Film

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

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

Ballroom Dancing \$

Saturday, 1:00 pm-2:00 pm

Mah Jongg Group

M,W,TH
12:00 pm- 1:30 pm

Albuquerque Fibromyalgia Support Group

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

Multiple Sclerosis Self-Help Group

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

*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!



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 - 8:15 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

Weights, Stretch, and Light Aerobics

Social Hall

Thursday,
9:30 am - 10:30 am

Feldenkrais

Thursday,
10:00 am - 11:00 am
6:00 pm - 7:00 pm

Kendo \$

Wednesday, 6:00 pm - 7:30 pm
Friday, 6:00 pm - 7:30 pm



Open Gym (All Ages)

Gymnasium

Monday and Friday
5:00 pm - 8:15 pm
Tuesday and Thursday
10:30 am - 2:00 pm
Monday - Friday
4:45 pm - 5:45 pm
Saturday
11:00 am - 2:30 pm
***UNDER 18 REQUIRES
A PARENT/GUARDIAN**

Senior Basketball

Gymnasium

Monday,
10:45 am - 2:00 pm
Wednesday,
6:00 pm - 8:30 pm
Saturday,
9:00 am - 11:00 am

Grade/Middle School Basketball

Gymnasium

M-F 3:15 pm - 4:45 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 Aerobics Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

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

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am

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

Mat Pilates Class \$7

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

Youth Corner

After School Program Youth Program August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

To Register: play.cabq.gov

Meet the Youth Staff

Jayden Aragon, Recreation Leader
Angelina Baca, Recreation Leader
Regina Canela, Recreation Leader
Hope Davis, Recreation Leader
Alexis Gonzales, Student Supervisor
Raquel Gonzales, Recreation Leader
Moses Janga, Recreation Leader

Mika Juan, Recreation Leader
Matthew Mendoza, Recreation Leader
Dominique Rodriguez, Recreation Leader
Amous Rodela, Recreation Leader
Sarah Ruden, Program Coordinator
Helaina Sarabia, Recreation Leader
Jaeda Saucedo, Student Supervisor

YOUTH PROGRAM CALENDAR

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
	1	2 Mandatory Parent Open House 5 pm- 5:45 pm	3 FIRST DAY OF SCHOOL	4 Back to School Family Cookout 3:30 pm- 5 pm
7 After School Program Starts 2:30 pm- 5:30 pm Recreation-Back to School Arts and Crafts 4:30- 5:30 pm 	8 Recreation- Team Work Activities & Bok Fitness 4:30- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	9 Recreation- Music/Dance Activity 4:30- 5:30 pm	10 International Youth Day Recreation- Ice breakers, Go over NDB Rules 	11 Celebrate International Youth Booth Float Party! Recreation- Continue to get to know each other Family Game Night Video Game Room 6 pm- 8 pm 
14 Celebrate National Creamside Day Popsicle Party Recreation-Popsicle Arts and Crafts 4:30- 5:30 pm	15 Recreation- Team Work Games & Group Yoga 4:30- 5:30 pm 	16 Recreation- Music/Dance Activity "Feels Like Home" Pakistan Culture Night 4 pm- 5:30 pm	17 Recreation- Science Project- Learn How to Make Ice Cream! 4:30- 5:30 pm	18 Celebrate National Senior Citizens Day Recreation- Kids Choice! Over the Generations Family Dinner Party 5 pm- 6 pm Family Movie Night- The Sandlot 6 pm- 8 pm Wear PJs, bring blankets
21 World Senior Citizen Day Recreation-Arts and Crafts- make something special for a senior in our lives 4:30- 5:30 pm	22 Recreation- Sports & Sports themed games 4:30- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk 	23 Recreation- Repeat after me songs & Dance 4:30- 5:30 pm 	24 Recreation- Learn about women's history for National Women's Equality Day 4:30- 5:30 pm 	25 Recreation- Kids Choice! 4:30- 5:30 pm 
28 Recreation-Arts and Crafts 4:30- 5:30 pm 	29 Recreation- Team Work Activities & Bok Fitness 4:30- 5:30 pm 	30 Recreation- Music/Dance Activity 4:30- 5:30 pm	31 Recreation- S.T.E.M Project 4:30- 5:30 pm	

Calendar is Subject to Change