



AUGUST 2024

7521 CARMEL AVE NE, 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:

MONDAY - FRIDAY 8:00AM - 9:00PM

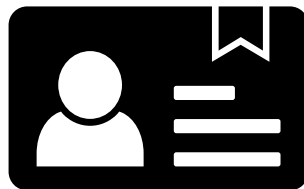
SATURDAY 9:00AM - 3:00PM

"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/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 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

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

A la Carte Items:

EGG \$0.25

BACON (2 SLICES) \$0.50

SAUSAGE (2 SLICES)

\$0.50

RED OR GREEN CHILE

\$0.25

OATMEAL \$0.70

POTATO SQUARES \$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 ages 60+ there is a suggested \$2 donation

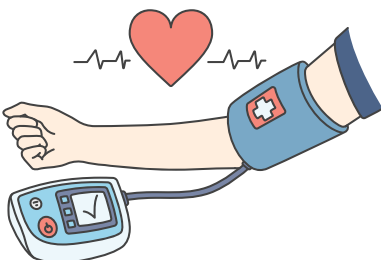
50-59 is \$3.25

Ages 49 and under is \$7.67

GEHM CLINIC:

August 14, 2024

8:30 AM- 12:00 PM



Sign up with us to go to
Barela's fiestas September 6th
10:00 am - 3:00 PM
@ Barelas senior center



Pottery Sign Ups

TBA



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 YOUTH 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**

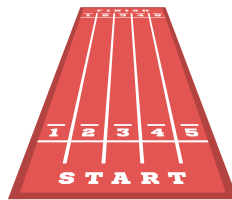
**3:45 PM-4:45 PM FOR
YOUTH AFTER SCHOOL PROGRAM**



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 a parent/legal guardian required) to use fitness center.**

North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

Saturday,
9:30 am - 11:00 am

Card Making

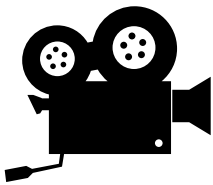
Thursday, 10:30 am - 11:30 am

Sharing memories through creative writing

Wednesday,
12:30 pm - 2:00 pm

Italian Movie Night

2nd Friday of Every Month
6:00 pm - 8:00 pm



Scottish Music Session

4th Saturday of Every Month
12:00 pm - 2:00 pm



Open Bible Study

Monday and 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

Mixed Fellowship/Prayers/Bible Study

Monday, 1:15 pm - 2:30 pm

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm - 3:00 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!
See you Friday!
Bring art supplies!

ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm
Thursday, 5:00 pm - 8:00 pm
Saturday, 11:45 am - 1:15 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

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am - 2:00 pm
Email: abqfibro.com

Brain Education

Friday,
2:00 pm - 3:00 pm



Retire United

3rd Wednesday of Every Month
9:30 am - 11:30 am

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/Tone with Jen \$4

Friday,

9:15 am- 10:10 am



FIT for Seniors \$3

Gymnasium

Tuesday and Thursday,
9:30 am- 10:30 am



Yoga with Lynn \$10

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm- 2:00 pm

Feldenkrais

Thursday,

10:00 am- 11:00 am

6:00 pm- 7:00 pm

Kendo \$

Monday and Wednesday,

6:00 pm- 7:30 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



Weights, Stretching, and Light Aerobics

Social Hall

Tuesday,

10:15 am- 11:10 am

Thursday,

9:30 am- 10:30 am

GYM SCHEDULE

Open Gym (All Ages) *UNDER 18 REQUIRES A PARENT/GUARDIAN

Tuesday
11:00 am-12:30 pm

50+ Senior Basketball
Gymnasium
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

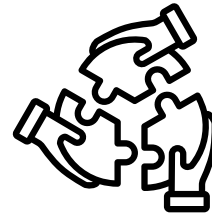
Thursday
10:45 am-11:45 am

Family Open Gym
Monday-Friday,
5:00 pm-5:45 pm
Saturday,
*Half court youth and family
11:00 am-2:30 pm

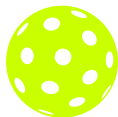
Middle School Open Gym
Monday-Friday,
3:00 pm-4:00 pm



Unified Recreation Open Gym
Thursday,
12:00 pm-2:00 pm



Learn to play pickleball
Wednesday,
12:00 pm-3:00 pm



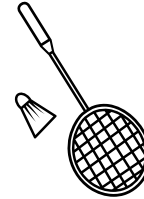
Open play pickleball (All Ages)
Thursday,
6:00 pm-8:00 pm
Friday,
11:00 am-2:30 pm



Friday
6:00 pm-8:00 pm

Saturday
11:00 am-2:30 pm

Badminton
Monday/Tuesday,
*Half Court
1:00 pm-2:30 pm
Tuesday,
6:00 pm-8:00 pm



Cornhole
Monday/Tuesday,
*Half Court
1:00 pm-2:30 pm



50+ Senior pickleball
Tuesday,
*Half Court
11:00 am-12:30 pm

Sports and 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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

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

10:00 am- 11:15 am

Saturday

9:00 am- 10:30 am

Tai Chi for Arthritis

NDB Aerobics Room

*8/7/24-9/25/24

Wednesday

1:00 pm- 2:00 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

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

Aikido \$5

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat and water bottle

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:00 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

***Restorative Yoga will resume September 10th, 2024**

North Domingo Baca Multigenerational Center Community Event Calendar

Upcoming Trips

➤ **August 13** Trip to Montgomery Pool *Depart @ 12:30 PM



➤ **August 20** Trip to the Movies to watch "Fly me to the Moon" *Depart @ 12:00 PM



➤ **August 26** Trip to Saggio's Pizzeria for Lunch *Depart @ 11:30 AM



August CELEBRATIONS

August 2

**August Birthday's
Cake celebration in the lobby
@ 12:00 PM**



August 9

**Poppin into the school year
with popcorn
In the lobby
@ 12:00 PM**



Community Events

*Calendar is subject to change

➤ **August 6** Pie Social in the Lobby @ 12:00 pm



August 15 Trip to the Golden Jubilee Open house @ Palo Duro SC Depart @9:30 AM

➤ **August 7** Cherry Hills Library Outreach in the Lobby 12:00 pm- 1:00 pm

August 15 Live Music During lunch @11:30 am - 1:00 pm



➤ **August 12** Bingo in Room 1 @ 1:00 pm - 2:30 pm



August 19 Arts and Crafts Room 1 @ 1:00 pm



➤ **August 14** Have a creamsicle with us to honor purple heart day in the lobby @ 12:00 PM



August 30 Live Music in the Amphitheater with the "Jammin Time Band" @ 11:30 AM - 1:00 PM

