



NORTH DOMINGO BACA
MULTIGENERATIONAL
CENTER

DECEMBER 2021

505-764-6475

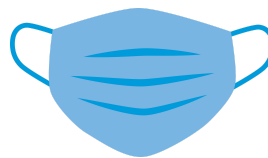
7521 CARMEL AVE NE 87113

WELCOME TO NORTH DOMINGO BACA

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

CLOSED

December 24, 2021
December 25, 2021



**Masks are
required!!**

Accredited by 
National Institute of
Senior Centers

CLOSED

December 31, 2021



"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 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 CARTE 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

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.

**ONE
ALBUQUE
ROQUE**

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
29 • Salisbury Steak w/ Green Chile Gravy • Corn • Mashed Potatoes • Dinner Roll/Margarine • Yogurt • 1% Milk 	30 • Turkey Tetrazzini • Brussel Sprouts • Peach Cobbler • Breadstick • 1% Milk 	1 • Baked Tilapia w/ Lemon and Tartar Sauce • Rice Pilaf • Green Beans • Pudding • 1% Milk 	2 • Chicken Parmesan w/Mozzarella • Carrots • Breadsticks • Fruit cup • 1% Milk 	3 • Diced Pork w/Gravy • Brown Rice • Oriental Blend • Dinner roll w/ Margarine • Jell-O • 1% Milk 
6 • Beef Stir-Fry • Butter Noodle • Baked Apples w/ Raisins • 1% Milk 	7 • Omelet Peppers & Onions • Stewed Tomatoes • Spinach • Apple Sauce • 1% Milk 	8 • Tamales Red Chile • Pinto Beans • Steamed Cabbage • Pudding • 1% Milk 	9 • Lemon Baked Salmon • White Rice • California Blend • Dinner roll w/ Margarine • Orange • 1% Milk 	10 • Spaghetti w/ Mushrooms • Peas & Carrots • Breadstick • Fruit cup • 1% Milk 
13 • Carne Adovada • Spanish Rice • Chuck Wagon • Pudding • 1% Milk 	14 • Turkey and Brown Rice • Green Beans • Cauliflower • Wheat Crackers • Grapes • 1% Milk 	15 • Buffalo Baked Chicken • Mac & Cheese • Diced Beets • Fruit cup • 1% Milk 	16 • Sloppy Joe: Ham-burger Bun • Roasted Green & Red Bell Peppers • Rosemary Potato • Fruit cup • 1% Milk 	17 • Green Chile Cheese-burger • Baked Beans • Normandy Blend/Veg- etables • Cookie • 1% Milk 
20 • Macaroni & Broccoli: Pasta/Broccoli/ Cheese • Sweet Potato • Cherry Cobbler • Dinner Roll W/ Margarine • 1% Milk 	21 • BBQ Chicken • Rice Pilaf • Carrots • Jell-O w/Mixed Fruit • 1% Milk 	22 • Green Chile Chicken Tamale • Pinto Beans • Calabacitas • Yogurt • 1% Milk 	23 • Ham w/Pineapple Glaze • Mash Potato • Mixed Vegetables • Holiday Dessert • 1% Milk 	24 Closed Holiday Christmas Day

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.

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks.

You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,



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

Free Digital Literacy Classe (Diverse IT)

Find what you are searching for..

December 14, 2021

10:00-12:00 PM

To register call: 505-764-6475



Health Events:

Presbyterian Medicare

Every Thursday

10:00AM-1:00PM

Caption Phone System

December 7, 2021

11:30AM-12:30PM

GEHM Clinic

December 15, 2021

8:00AM-12:30PM



LET US PICK YOU UP!

Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.



TRACK HOURS:

M-F 8:00AM-1:45PM

SATURDAY 9:00AM-1:45PM

CLOSED 1:45PM-3:00PM

FOR CLEANING M-F



ROCK WALL HOURS:

M-F 8:00AM-1:45PM

6:00PM-8:30PM

CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM



GAME ROOM HOURS:

M-F 8:00 AM-2:00PM

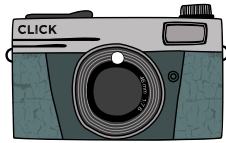
6:00PM-8:30PM

CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM
SATURDAY: 9:00AM-2:45PM

North Domingo Baca Classes

Photography

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



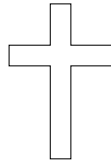
Learn to Paint and Draw with Kelly
North Domingo Baca
Friday, 9:00 am - 11:00 am
Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1 kneaded eraser, 1 charcoal pencil.



Pottery: Clay Class
Open Studio
Thursday, 9:00 am-1:00 pm
Beginners/Intermediate
Tuesday 9:00 am-1:00 pm

Quilting Cluster
North Domingo Baca
Friday, 10:00 am- 4:00 pm

Men's Bible Study
Monday, 8:30 am - 10:00 am
Women's Bible Study
Tuesday, 6:30 pm-8:00 pm



Card Making
Thursday, 10:30 am-11:30 am

Ballroom Dancing
Tuesday, 10:20 am-11:15 am
Saturday, 1:00 pm-2:00 pm

Multiple Sclerosis Self-Help Group
3rd Thursday of the month
1:00 pm-2:30 pm

Albuquerque Fibromyalgia Support Group
Tuesday, 1:00 pm- 2:30 pm

ABQ Karate
Monday, 5:00 pm- 8:00 pm
Wednesday, 5:00 pm- 8:00 pm



Line Dancing
Thursday, 1:30 pm- 3:00 pm
Instructor: Mary

Intermediate Line Dancing
Wednesday, 1:30 pm- 3:00 pm



Mah Jongg
Monday- Friday,
12:00 pm- 1:30 pm

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

Kendo
North Domingo Baca
Wednesday, 6:30 pm- 8:00 pm
Friday, 6:30 pm- 8:00 pm

Health and Fitness Classes



Zumba

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am



FIT for Seniors

North Domingo Baca

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

Open Gym (All Ages)

Gymnasium

Tuesdays-Thursdays

12:00 pm- 1:45 pm

60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am

Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and
10:15 am - 11:15 am

Zumba (Gold)

Social Hall

Tuesday, 9:15 am- 10:15 am



Yoga with Lynn

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

Unified Rec for Individuals with Disabilities

Gymnasium

Monday-Friday

5:00 pm- 6:00 pm

Thursday:

6:00 pm-8:00 pm

50+ Basketball

Gymnasium

Monday,

12:00 pm- 1:45 pm

Wednesday

12:00 pm- 1:45 pm

6:00 pm-8:00 pm

Friday

12:00 pm- 1:45 pm

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



Ta'i Chi Chih with Marc
"A moving meditation"

Wednesday

10:00 am- 11:00 am

Youth Night

Gymnasium

Monday 6:00 pm-8:00 pm

Gentle Exercise

M,W,F

9:30 am- 10:30 am



Sports and Fitness

Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Aikido

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

LaBlast (Dance Fitness)

NDB Aerobics Room

Monday,

9:00 am- 10:00 am

Thursday,

10:00 am- 11:00 am

Dance 2 Enhance with Ana

NDB Aerobics Room

Monday,

5:30 pm- 6:30 pm

Tuesday,

5:00 pm- 6:00 pm

Wednesday,

8:15 am- 9:15 am

Friday,

10:00 am- 11:00 am

Qigong with Diane

NDB Aerobics Room

Friday

1:00 pm- 2:00 pm

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

Tai Chi

NDB Aerobics Room

Wednesday

7:30 pm- 8:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Indian Classical Dance-Shalaka

NDB Aerobics Room

Monday

4:30 pm- 5:30 pm

Wednesday

4:30 pm- 5:30 pm

Thursday,

4:30 pm- 5:30 pm

Friday,

4:00 pm- 6:30 pm

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 11:30 am

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 9:30 am

Hula

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 pm- 12:30 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Chinese Folk Dance

NDB Aerobics Room

Tuesday

10:00 am- 1:00 pm

Saturday,

12:30 pm- 2:00 pm

Yoga with Misa

NDB Aerobics Room

Saturday

9:00 am- 10:15 am





Community Events



December 1, 2021 -December Birthday Celebration in

Lobby

11:30 am -12:30 pm



December 17, 2021- 2nd Annual Polar Express Night

Come join us 6:00 pm- 8:30 pm as we watch Polar Express. You are welcome to bring blankets, pillows, sleeping bags etc.

Entire Family Welcome.



December 18, 2021- National Ugly Sweater Day

All members wear your ugliest sweaters.

December 22, 2021 National Cookie Exchange Day

Participate in National cookies exchange day by bringing prepackaged cookies to share.

Annual Senior Holiday Donation Drive 2021

As we enter into the season for giving, Senior Affairs is collecting donations for the Annual Senior Holiday Donation Drive. The annual drive provides critical needs for Albuquerque's homebound older adult population. Examples of items needed are new towels, toiletries, personal hygiene products, adult depends, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off donations at any of our senior or multigenerational centers during center operating hours until December 31, 2021. For more information regarding locations and hours, please call 505-764-6400.



Senior Trip:
Old Town Holiday Stroll
December 3, 2021
5:00 PM-6:30 PM
Free



**Cherry Hills
Promotional Outreach:**
How to download digital
books from a public
library
1:00PM-2:00PM

**Come join us for our
Pie Social**
December 13, 2021
75¢



Holiday Luncheon 2021

With much excitement, we are looking forward to hosting our annual Holiday Luncheon in-person on Saturday, December 25, 2021 at our Highland Senior Center. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, please visit with Highland Senior Center staff to reserve your space and purchase your meal ticket today. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

Youth Corner



NDB After School Program

Monday-Friday 2-5:30 pm

\$15 a month Per Child

Transportation only provided from E.G. Ross Elementary
Membership Required

To register please visit play.cabq.gov



Meet the Youth Staff



Sarah Ruden, Program Coordinator

Hope Davis, Rec Leader
Humberto Ibarra, Student Supervisor
Nick Moskola, Rec Leader
Santana Sisneros, Student Supervisor

Alexis Gonzales, Rec Leader
Tanner Keener, Student Supervisor
Erin Magrath, Rec Leader
Leah Rodriguez, Rec Leader
Jaeda Saucedo, Rec Leader

DECEMBER IMPORTANT DATES

December 2nd- Celebrate International Day of Persons with Disabilities

Join us as we make crafts and goodies to share with F&CS TR Program.

December 3rd- After School Parent Night Out



From 6pm- 8:30 pm, drop your children off to participate in Science club and Teen gaming!
Must be registered in our after school program to participate.

December 17th- After School Program Holiday PJ Party

2:45-5:00 our after school program will celebrate the Holidays with games, treats, PJ's and a movie.



December 20th - December 31st - Winter Break

Program Hours 7:30- 5:30 pm

December 24th- North Domingo Baca Closed

December 30th- After School Program Ice Skating Field Trip

