



DECEMBER 2022

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



CLOSED

December 8, 2022, Thursday, Mandatory department-wide staff training

December 24, 2022, Saturday, Christmas Eve

December 26, 2022, Monday, In Observance of Christmas Day

January 2, 2023, Monday In Observance of New Years Day

VISIT OUR WEBSITE

[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

Breakfast

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

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 \$ Free

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 ALBUQUERQUE

December 2022

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative to provide locally sourced fruits, vegetables, beans, and



Monday	Tuesday	Wednesday	Thursday	Friday
5 • Salisbury Steak/Mashed Potatoes w/Gravy • Sliced Carrots • Diced Beets • Apricots • 1% Milk 	6 • Macaroni & Cheese w/ Steamed Broccoli • Seasonal Vegetable • Stewed Tomatoes • Greek Yogurt • 1% Milk 	7 • Green Chile Chicken Tamales • Pinto Beans • Calabacitas • Fresh Seasonal Fruit • 1% Milk 	8 CLOSED	9 • Sesame Beef w/Pepper & Onions • Chow Mein Noodles • Stir Fry Vegetables • Fortune Cookie • 1% Milk 
12 • Seasoned Baked Salmon/Rice Pilaf • Succotash • Seasonal Vegetable • Fresh Seasonal Fruit • 1% Milk 	13 • Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion • Brown Rice • Okra w/ Diced Tomatoes • Orange • 1% Milk 	14 • Beef Tips w/Gravy/Boovie Pasta • Garlic Brussel Sprouts • Peach Crisp • Croissant/Margarine • 1% Milk 	15 • Seasoned Pork Loins w/ Gravy/Mashed Sweet Potatoes • Seasonal Vegetable • Warmed Sliced Apples • Dinner Roll w/Margarine • 1% Milk 	16 • Baked Ziti • Steamed Broccoli • Garlic Breadstick • Pear • 1% Milk 
19 • Breaded Cod/Tartar Sauce • Crinkle Cut Fries • Steamed Spinach • Mixed Fruit • Whole Grain Dinner Roll w/Margarine • 1% Milk 	20 • Chicken Pot Pie • Ancient Rice • Steamed Broccoli • Peaches • 1% Milk 	21 • Pasta Primavera • Green Beans • Garlic Breadstick • Greek Yogurt • 1% Milk 	22 • Red Chile Pork Tamales • Calabacitas • Pinto Beans • Pineapple • 1% Milk 	23 • Roast Beef w/Gravy • Mashed Potatoes • Peas w/Carrots • Strawberries w/ Pound Cake • Dinner Roll w/ Margarine • 1% Milk 
26 Closed for Christmas 	27 • Cheese Omelet w/ Roasted Potatoes • Stewed Tomatoes • Whole Grain Biscuit • Mandarin Oranges • 1% Milk 	28 • Breaded Cod over Brown Rice • Green Beans • Cauliflower w/ Red Peppers • Fresh Seasonal Fruit • 1% Milk 	29 • Green Chile Chicken Posole • Calabacitas • Steamed Cabbage • Flour Tortilla • Rice Pudding • 1% Milk 	30 • Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes • Collard Greens and Black eyed Peas • Cornbread • Grapes and a Fortune Cookie • 1% Milk 

Festive Holiday Luncheon

Sunday, December 25 2022

11:00 AM- 1:00 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch at

Los Volcanes Senior Center located at

6500 Los Volcanes NW 87121

\$4.00 per person

*Call for Reservation & Pre payment details: 505-767-5999



Meet North Domingo Baca Staff



Anna M. Sanchez,
Department of
Senior Affairs,
Director

Sarah Ruden, Youth/Community Program Coordinator



Thomas Gallagher, Center Manager
Vacant, Center Supervisor

Dejah Aranda, Office Assistant
Madeline Silva, Recreation Assistant
Victoria Jaramillo, Recreation Assistant
Bob Hastings, Program Assistant
Erin Magrath, Program Assistant

Aubrey Sandoval, Program Assistant
Maria Munoz, General Service Worker
Diego Valdez, General Service Worker
Voivod Benavides, General Service Worker
Juan Arroyo, General Service Worker



TRACK HOURS:

M-F 8:00AM-8:45PM
SATURDAY 9:00AM-2:45PM

ROCK WALL HOURS:



T-F 9:00AM-11:00AM,
6:30PM-7:45PM
CLOSED Fridays
4:00PM-5:00PM FOR
AFTER SCHOOL PROGRAM

FITNESS CENTER HOURS:

M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
1:30PM-2:00PM
SATURDAY 9:00AM-2:45PM



GAME ROOM HOURS:

M-F 8:00 AM-3:00 PM
6:00 PM-8:45 PM
Saturday
9:00 AM-2:30 PM



Health Events:

GEHM Clinic

December 14th
9:00AM-12:00PM



Presbyterian Senior Care

December 2nd
10:00AM-12:00PM



Covid/Flu Shot Clinic

December 13th
8:00AM-12:00PM



North Domingo Baca Classes

Photography

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



Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm



Italian Culture Group Film

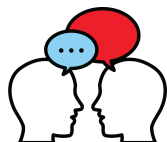
First Friday of the month,
6:00 pm- 8:00 pm



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

Bible Study

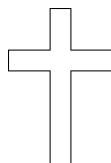
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am-10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



Family Centered Prayer Battle

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

Multiple Sclerosis Self-Help Group

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

Albuquerque Fibromyalgia Support Group

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

Qigong

Wednesday,
10:00 am- 11:00 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
and 6:00 pm- 7:00 pm

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Card Making

Thursday, 10:30 am-11:30 am

Estate Planning

December 1, 2022
Wednesday
10:30 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 for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

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- 8:00 pm

Friday.

11:00 am-2:00 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

Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

Tai Chi Gung \$

Monday,

12:30 pm-1:30 pm

Middle/Grade School

Basketball

Gymnasium

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

*UNDER 18 REQUIRES A

PARENT/GUARDIAN

Open Gym for Adults and Teens

Gymnasium

Monday and Friday

5:00 pm-8:15 pm

*UNDER 18 REQUIRES A

PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

11:00 am-2:00 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



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Gentle Exercise

M,W,F

9:30 am- 10:30 am

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Dance 2 Enhance with Ana \$8

NDB Aerobics Room

Monday

5:30 pm- 6:30 pm

Boomer Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm



Qigong with Lillian \$

NDB Aerobics Room

Tuesday and Thursday

8:30 am- 10:00 am

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 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

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

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

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Community Events



December Birthday
Cake Celebration in
Lobby
December 1st



Community Dance Night
December 30th
6:00 pm- 8:00 pm



Toy Drive for Youth in Need
Donations Accepted until
December 21st



Pie Social
December 5th
75¢



Senior

White Elephant
December 14th
10:00 am- 11:30 am



Arts and Crafts With
NDB Staff
December 12th & 19th
1:00 pm -2:30 pm



Old Town Tree
Lighting
Trip
December 2nd
5:00 pm- 8:30 pm
Sign up at Front
Desk



Around the World
Holiday Event
December 22nd
10:00 am- 11:30 am
Sign up at Front
Desk



New Years Toast
December 30th
11:30 am- 1:00 pm

Youth



Kids Night Out
Teen Gaming &
Science Club
December 2nd
6:00 pm- 8:00 pm
Sign up at Youth
Desk



Teen Tuesdays
Ages 13-19
December 6th &
December 20
5:30 pm- 7:00 pm
Sign up at Youth Desk

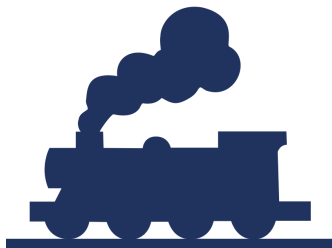


Movie After Lunch
December 6th &
December 20th
1:00 pm- 2:30 pm



Intergenerational
Holiday Party
December 23rd
Social Hall
3:00 pm- 5:30 pm

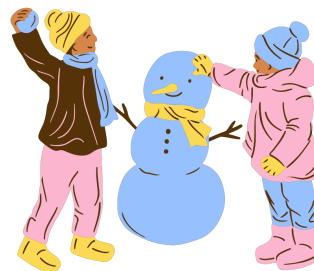
Family



Family Movie Night
Polar Express
December 16th
6:00 pm- 8:00 pm



Family Indoor Hockey
Every Saturday in
December
Half Court Gym
11:15 am- 2:15 pm



Family Game Night
"Snowball" Fight
December 9th
6:00 pm- 8:00 pm
Half Court Gym



Over the
Generations
Holiday Family
Dinner
December 16th
4:30 pm -6:00 pm



Youth Corner

NDB After School Youth Program

Monday - Friday | 2 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

Meet the Youth Staff

Jorge Ayala, Rec Leader

Ryan Allison, Rec Leader

Joshua Baca, Rec Leader

Hope Davis, Rec Leader

Alexis Gonzales, Student Supervisor

Gravin Hauenstein, Rec Leader

Tanner Keener, Student Supervisor

Bella Quintana, Rec Leader

Leah Rodriguez, Rec Leader

Jaeda Saucedo, Youth Supervisor
















Eric Talamantes, Rec Leader

Issa Velasques, Rec Leader



IMPORTANT YOUTH PROGRAM DATES

December

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
			1 Recreation Rotation- Educational Activities 4 pm- 5 pm 	2 END OF BOK PARTY! 2:30- 3 pm Recognize International Day of Persons with Disabilities Recreation Rotation- Kids Choice! 4 pm- 5 pm Parent Night/ Science Club 6 pm- 8 pm 
5 Recreation Rotation- Arts and Crafts- Make Snow Flakes 4 pm- 5 pm 	6 National Cotton Candy Day Recreation Rotation- Team Work Activities 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Signs up at Youth Desk 	7 Recreation Rotation- Learning new dance moves 4 pm- 5 pm 	8 Recreation Rotation- Making Holiday Cards 4 pm- 5 pm 	9 National Christmas Card Day Recreation Rotation- Kids Choice! 4 pm- 5 pm Family Winter Game Night Gym 6 pm- 8 pm Adult Must Be Present Sign up in Advance at Youth Desk
12 Recreation Rotation- Arts and Crafts- Make Snow Globes 4pm- 5 pm 	13 Recreation Rotation- Sports Themed Rotations 4 pm- 5 pm 	14 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	15 Recreation Rotation- Educational Activities 4 pm- 5 pm 	16 Holiday PJ Party Recreation- Kids Choice! 2:30 pm-4:30 pm Over the Generations Family Dinner Party 4:30 pm- 6 pm 3rd Annual Polar Express Night 6 pm- 8 pm Wear PJs, Bring Blankets, Sleeping Bags etc.
19 Wear Red and/or Green Day Recreation Rotation- Arts and Crafts- Make Gingerbread Houses 4 pm- 5 pm	20 Wear Wintery Socks Day Recreation Rotation-Team Work Activities 4 pm- 5 pm Behavior Earned Holiday Party Kids Choice in a Movie \$5 4 pm- 5:30 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Signs up at Youth Desk	21 Program Hours 7:30 am-5:30pm Wear Festive Hats and Headbands Day National Cookie Exchange Day Manzano Mesa Field Trip Decorate Cookies 10 am- 3 pm 	22 Program Hours 7:30 am-5:30pm Wear Ugly Sweater Day Around the World Holiday Event 10 am- 11:30 am Social Hall Intergenerational Ornament Making Project 1 pm- 2:30 pm Room 5	23 Program Hours 7:30 am-5:30pm Wear Pajamas Day Intergenerational Holiday Party 11:30 am- 3 pm 
26 CLOSED	27 Program Hours 7:30 am-5:30pm Bear Canyon Friendship Coffee Field Trip 9:00 am- 11 am	28 Program Hours 7:30 am-5:30pm Krispy Kreme Field Trip 8:45 am- 10:30 am \$7 	29 Program Hours 7:30 am-5:30pm Starbucks Field Trip 10 am- 11:40 am \$5+ Ice Skating Field Trip Time: 12:30 pm- 3:30 pm Price: \$8 	30 Program Hours 7:30 am-5:30pm New Year's NDB Balloon Drop with Manzano Mesa 11 am- 1 pm \$3+ 

 Winter Break

 Winter Break

Calendar is Subject to Change

