



**DECEMBER 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

## **CLOSED**

**CHRISTMAS DAY, MONDAY, DECEMBER 25, 2023**

**NEW YEARS DAY, MONDAY, JANUARY 1, 2024**

## **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

## Message from Director:

Dear Friends,



What an incredible year it has been! As we launch ahead into another holiday season, it is important to take a moment to reflect on all the good things that made 2023 special, while also looking ahead toward 2024 with excitement for all the good that is yet to come.

Our senior, multigenerational and sports & fitness centers continue to serve as community hubs for friends, families, and neighbors to access services and programs, fitness and exercise services, receive support, and gather to share meals, exchange knowledge, and create new memories together. We are incredibly grateful for all of our center members, volunteers, and staff who help to fill our centers with life, joy, and camaraderie.

Coming up in 2024, we hope to build on our existing services and programs to enhance the lives of youth and older adults in our community by remaining focused on our Strategic Plan. This work will incorporate publicized community forums, as we review everything from operational efficiencies to targeted facility improvements. We will also be hosting a series of focus groups throughout the year for our members to share their thoughts and learn how to help us advocate for the needs of our growing older adult population and youth in our community.

Of course, City General Obligations Bonds are another key part of ensuring the Department of Senior Affairs remain operational, so we would like to take this opportunity to say thank you for your strong show of support in last month's election as well as in future elections. Funding will support particular projects, including Highland Senior Center, Manzano Mesa Multigenerational Center, and general renovations and repairs needed at all of our centers!

From all of us at the Department of Senior Affairs, we hope that you have a Happy Holidays and wonderful New Year!

Warmest regards,  
Anna Sanchez, Director

## HEALTH EVENTS:

### GEHM Clinic:

December 13th  
8:30 AM-12:00 PM



### Vial of Life :

December 11th  
10:00 AM-12:00 PM



Tuesday,  
December 5, 2023  
@ 3:00 pm - 5:00 pm

## 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



## 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



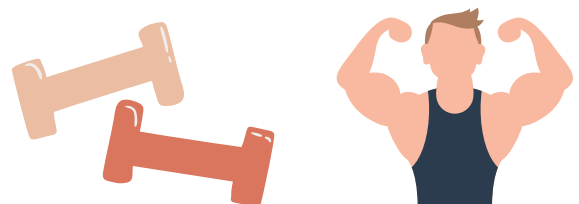
## TRACK HOURS:

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



**\*\*No class 12/15/2023-1/12/2024**

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

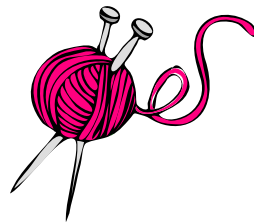
## Rotary Club

Tuesday, 12:00 pm - 1:30 pm

## Knitting/Crocheting

Tuesday,

1:00 pm - 3:00 pm



## 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 the month,  
11:30 am - 1:00 pm

## Sharing memories through writing

Wednesday,  
12:30 pm - 2:00 pm

## 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  
Diego Valdez, General Service Worker  
Dale Bowles, General Service Worker

# 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 - 3:00 pm

## Badminton

Gymnasium

Tuesday,  
6:00 pm - 8:00 pm



## Jazzercise \$

Social Hall

Sign up at [Jazzercise.com](http://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

Tuesday,  
10:30 am - 11:10 am  
Thursday,  
9:30 am - 10:30 am

## Feldenkrais

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

## Kendo \$

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

## Tai Ji Quan: Moving for better balance

Monday and Wednesday,  
1:00 pm - 2:00 pm

## Open Gym (All Ages)

\*UNDER 18 REQUIRES A  
PARENT/GUARDIAN

Gymnasium

Monday

5:45 pm - 8:15 pm

Tuesday and Thursday

10:45 am - 2:00 pm

Friday (Family Night)

5:45 pm - 8:15 pm

Saturday

11:00 am - 2:30 pm

## Senior Basketball

Gymnasium

Monday,

10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am



# 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

## **Restorative Yoga \$10**

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

## **LaBlast (Dance Fitness) \$5**

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 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

## **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

7:30 pm- 8:30 pm

**\*\*Mat Pilates Class will  
return January 2024**

## **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

9:30 am- 11:00 am

## **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

10:00 am- 11:15 am

Saturday

9:15 am- 10:15 am

# 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 join waitlist please speak to Youth Staff

## 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  
 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 Recognize International Day of Persons with Disabilities Recreation Rotation- Behavior earned party! 4:30 pm- 5:30 pm  Parent Night/ Science Club 6 pm- 8 pm
4 Recreation Rotation- Arts and Crafts- Make Snow Flakes 4:30 pm- 5:30 pm  	5 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2)  Teen Tuesday With Explora! Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	6 Recreation Rotation- Learning new dance moves 4:30 pm- 5:30 pm  	7 NO PROGRAM 😞  	8 National Christmas Card Day Recreation Rotation- Kids Choice! 4:30 pm- 5:30 pm  Family Winter Game Night Gym 6 pm- 8 pm Adult Must Be Present Sign up in Advance at Youth Desk
11 Recreation Rotation- Arts and Crafts- Make Snow Globes 4:30pm- 5:30 pm    START ACCEPTING HOLIDAY PARTY DONATIONS	12 Recreation Rotation- Sports Themed Rotations 4:30 pm- 5:30 pm  	13 "Feels Like Home" Holiday's around the World Celebration 4 pm- 6 pm  	14 Recreation Rotation- Nutrition Educational Activities 4:30 pm- 5:30 pm  	15 Holiday PJ Party Recreation- Kids Choice! 2:30 pm--4:30 pm  Throughout the Generations Family Dinner 5- 6 pm 3rd Annual Polar Express Night 6 pm- 8 pm Wear PJs, Bring Blankets, Sleeping Bags etc.
18 Wear Red or Green Day  Recreation Rotation- Kids Cook- Group 1 4:00- 5:30 pm	19 Wear Ugly Sweater Day Pacer Exam 3pm- 3:30 pm Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Pacer Exam Teen Tuesday With Explora! Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	20 Wear Festive Hats and Headbands Day  Recreation Rotation- Music/Dance Activities 4:30 pm- 5:30 pm  LAST DAY FOR HOLIDAY PARTY DONATIONS	21 Wear PJS  Holiday Party The Grinch Bring Blankets, Sleeping Bags etc. \$5 Donation	22 NO PROGRAM 😞
25 CLOSED	26 Program Hours 7:30 am-5:30pm  Bear Canyon Friendship Coffee Field Trip 9:00 am- 11 am	27 Program Hours 7:30 am-5:30pm  Krispy Kreme Field Trip 8:45 am- 10:30 am \$7  Ice Skating Field Trip Time: 12:30 pm- 3:30 pm Price: \$8	28 Program Hours 7:30 am-5:30pm Starbucks Field Trip 10 am- 11:40 am \$5+ Explora Time: 12:30 pm- 3:30 pm Price: \$8	29 Program Hours 7:30 am-5:30pm  New Year's NDB Balloon Drop 11 am-1 pm

 Winter Break 

Calendar is Subject to Change

