

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."

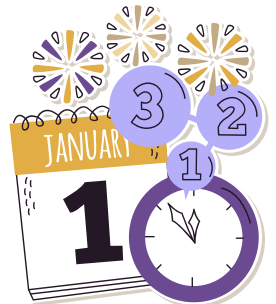
Accredited by 
National Institute of
Senior Centers

CLOSED:

CHRISTMAS DAY/NEW YEARS DAY

WEDNESDAY, DECEMBER 25, 2024

WEDNESDAY, JANUARY 1, 2025



CHRISTMAS DAY LUNCHEON

WEDNESDAY, DECEMBER 25, 2024

DOORS OPEN AT 11:00 AM

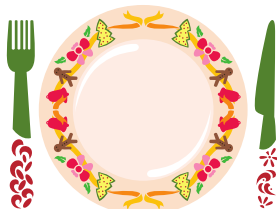
MANZANO MESA MULTIGENERATIONL CENTER

501 ELIZABETH SE, 87123

PURCHASE TICKETS AT MMMC.

505-275-8731

TICKETS ARE REQUIRED.



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

HOW LUNCH WORKS:

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

Hello December!

As 2024 draws to a close, I am delighted to reflect on a remarkable year full of progress for the Department of Senior Affairs, as well as to share some of the exciting plans we have in store for 2025. This year, we were thrilled to host the Barelás Senior Center Fiestas for the first time of since the COVID-19 pandemic, marking the return of the beloved tradition to the Barelás neighborhood. We also celebrated the 50th anniversary Palo Duro Senior Center, representing five decades of service to our older adult community.

Another highlight was the grand opening of the Santa Barbara Martineztown Multigenerational Center, a vibrant space designed to bring generations together. Looking ahead, the new Northwest Multigenerational Center, which broke ground in May 2024, is scheduled to open late next year, further expanding our commitment to serving families across the city.

Coming up in 2025, we're excited to offer even more ways for folks to stay active and engaged as they age. From expanded health and fitness offerings to unlimited learning and opportunities to connect, there is so much to look forward to. Over the next few months, we will also be reevaluating our menus to ensure they continue to meet the highest standards while serving the diverse and growing needs of our community. Your feedback and ideas will be crucial to this process, as we work to upgrade our meals to promote health and wellbeing!

As you celebrate the holidays with family and friends, I hope you take pride in being part of a community that's committed to growing stronger together. Your participation and support make everything we do possible, and we can't wait continue this journey with you.

Wishing you a joyous holiday season and a New Year filled with health and happiness.

Sincerely,

Anna M. Sanchez, Director

GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

***CLOSED M-F**

3:45 PM-6:00 PM

**FOR YOUTH AFTER
SCHOOL PROGRAM**



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

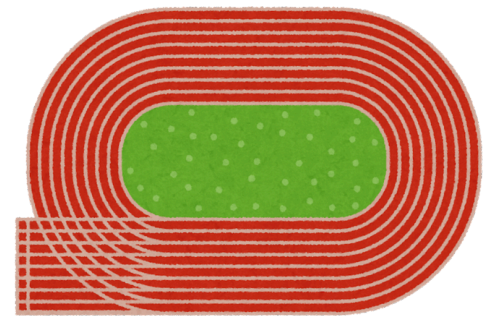
***You must be the age 16+
(under 18 a parent/legal guardian
required) to use fitness center.**



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



ATTENTION:

**THE ROCK WALL BE CLOSED UNTIL
FURTHER NOTICE. WE APOLOGIZE FOR THE
INCONVENIENCE THIS MAY CAUSE**

GEHM CLINIC:

DECEMBER 11, 2024

8:30 AM-12:00 PM



COLVAX SHOTS

DECEMBER 18, 2024

11:00AM-4:00 PM

North Domingo Baca Classes

Photography

Wednesday, 9:00 am- 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 pm



Scottish Music Session

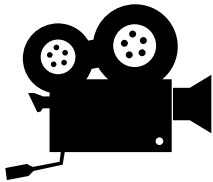
4th Saturday of Every Month
12:00 pm- 2:00 pm

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



French Group

Saturday,
9:30 am- 11:00 am

Ostomate Support Group

12/14/24, Saturday,
1:00 pm- 2:15 pm

Open Bible Study

Monday and Wednesday,
9:00 am-11:00 am

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

Korean Yoga Tai Chi Quiong

Friday,
2:00 pm- 3:00 pm

Holistic Healing; Body Talk System with Suryo

3rd Monday of Every Month
10:00 am- 11:00 am

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am- 1:00 pm

Email: abqfibro.com

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

Thursday
10:45 am - 11:45 am

Friday
6:00 pm - 8:00 pm

Saturday
11:00 am - 2:30 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

Unified Recreation Open Gym

Thursday,

12:00 pm - 2:00 pm

Learn to play pickleball

Wednesday,

12:00 pm - 3:00 pm



Family Open Gym

Monday - Friday,

5:00 pm - 5:45 pm

Saturday,

*Half court youth and

family

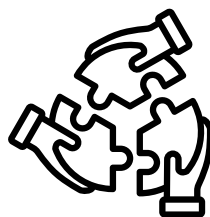
11:00 am - 2:30 pm

Middle School Open Gym

Monday - Friday,

*Half court

3:00 pm - 4:00 pm



Open play pickleball (All Ages)

Thursday,

6:00 pm - 8:00 pm

Friday,

11:00 am - 2:30 pm

Badminton

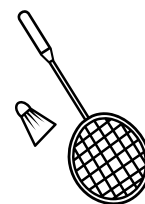
Monday / Tuesday,

*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

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

Yoga Flow with Cindy \$10

NDB Aerobics Room

Wednesday

4:15 PM - 5:15 PM

*Bring yoga mat, block, strap

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 PM - 5:30 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



North Domingo Baca Multigenerational Center Community Event Calendar

Upcoming Trips

- **December 13** Trip to Old Town for a Holiday Stroll
*Depart @ 5:00 pm
- **December 17** Trip to River of Lights
(See front desk for details)
*Depart @ 4:15 pm



December Celebrations

December 6 December Birthday's
Cake celebration in
the Snack Bar
@ 12:00 pm










Happy Holidays



Participate in North Domingo Baca
Giving Tree located at Front Lobby

Community Events

*Calendar is subject to change

- **December 3**  **Teeniors** 
@ 3:00 pm - 5:00 pm
- **December 4** **Cherry Hills Public Library**
@ 12:00 pm - 1:00 pm
- **December 5** **Live Music During Lunch** 
@ 11:30 am - 1:00 pm
- **December 10** **Pie Social in the Snack Bar** 
@ 12:00 pm
- **December 10** **Teen Tuesday**
@ 6:00 pm - 7:00 pm
- **December 13** **Power of Attorney Workshop** 
Room 1 @ 9:00 am - 11:00 am
- **December 13** **Family Dinner & Movie in Social Hall** 
@ 5:30 pm - 8:00 pm
- **December 16** **BINGO** 
Room 1 @ 1:00 pm - 2:30 pm
- **December 19** **Live Music During Lunch** 
@ 11:30 am - 1:00 pm
- **December 20**  **4th Annual Polar Express Night**
@ 6:00 pm - 8:00 pm