



OCTOBER 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

INDIGENOUS PEOPLES' DAY, MONDAY, OCTOBER 9, 2023



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

MEMBERSHIP INFORMATION:

NEW/RENEWAL PARTICIPANTS ARE REQUIRED TO FILL OUT PAPERWORK TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00



JOIN US FOR OUR MONTHLY DSA ADVISORY COUNCIL MEETING.

MONDAY, OCTOBER 16, 2023

@12:00 PM

INFORMATION AND ASSISTANCE LINE OFFICE
1620 1ST ST. 87102

HEALTH EVENTS:

GEHM Clinic:

October 11th,

9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

November 1st,

9:00 AM-12:00 PM

50+ Adult Fitness Exam:

October 21st,

9:00 AM-1:00 PM

Medicare Fair:

October 11th

9:00 AM-11:00 AM



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:

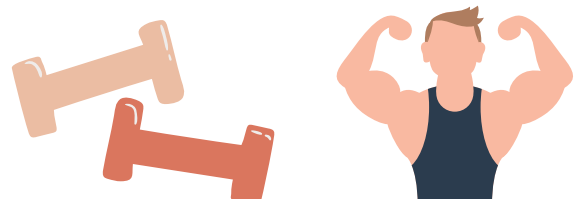
M-F, 8:00 AM-8:45 PM

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



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 Class

Tuesday, 10:00 am - 11:30 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

Sharing memories through writing

Wednesday,

12:30 pm - 2:00 pm

Senior Citizen's Law Office Presentation

Wednesday,

October 25th

9:00 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

Ballroom Dancing \$

Saturday, 1:00 pm - 2:00 pm

Albuquerque Fibromyalgia Support Group

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

Multiple Sclerosis Self-Help Group

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



The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season! The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations! Please see the front desk for a list of items needed. Donations may be dropped off at any CABQ Senior or Multigenerational Center until November 3

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

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

Thursday,
9:30 am - 10:30 am

Feldenkrais

Thursday,

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

Kendo \$

Wednesday, 6:00 pm - 7:30 pm

Friday, 6:00 pm - 7:30 pm

Tai Ji Quan: Moving for better balance

***10/2/23 - 11/27/23**

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

Monday and Wednesday

4:30 pm- 5:30 pm

Mat Pilates Class \$7

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

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

10:15 am- 11:30 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 Register: play.cabq.gov

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

TRICK
OR
TREAT



YOUTH PROGRAM CALENDAR

National Bullying Prevention Month

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
2 Recreation Rotation- Hot Air Balloon Art Project 4:30 pm- 5:3- pm 	3 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) 	4 Recreation Rotation- Karaoke and Dance 4:30 pm- 5:30 pm  Group 2- Eat Smart Play Hard Newsletter #4 sent home	5 Recreation Rotation- Explora Outreach 4 pm- 5:30 pm 	6 Recreation- Kids Choice! 4:30 pm- 5:30 pm Kids Night Out Science Club 6-8 pm \$5 Forensic Science & Scooby-Doo Pizza Provided Sign Up in Advance at Youth Desk Group 2- (Week 5) Staff Check Fun books, stamp progress poster and give prize!
9 NDB CLOSED 	10 Recreation Rotation- Sports Day 4:30 - 5:30 pm  Teen Tuesday with Explora! Ages 13-19 6 pm-7 pm Sign up at Youth Desk	11 Recreation Rotation- Music/Dance activities 4:30 pm- 5:30 pm "Feels Like Home" German Culture Night 4 pm- 6 pm Group 2- Eat Smart Play Hard Newsletter #5 sent home	12 Program Hours: 7:30 am - 5:30 pm FARMERS DAY Big Jim's Farms Intergeneration Field Trip 9 am-12 pm \$10.50 & Pay for What You Pick 	13 Program Hours: 7:30 am - 5:30 pm McCall's Pumpkin Patch 12:15 pm- 5:15 pm \$20 Family Game Night Mummy Relay Races 6 pm-8 pm Sign up at Youth Desk Adult Must Be Present
16 Recreation Rotation- Group 1 Kids Cook- 4:00- 5:30 pm Group 2- (Week 5) Staff Check Fun books and stamp progress poster	17 Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) UFC Fighter Presentation Time TBD	18 Recreation Rotation- Sing Along Songs 4:30 pm- 5:30 pm  Group 2- Eat Smart Play Hard Newsletter #6 sent home	19 NO PROGRAM	20 NO PROGRAM Throughout the Generations Family Dinner and Movie Monster House 5:00 pm-8:00 pm Wear PJs, bring blankets, sleeping bags etc. Sign up at Youth Desk
23 Recreation Rotation-Arts and Crafts- Make a Monster 4:30 pm- 5:30 pm  Group 2- (Week 6) Staff Check Fun books and stamp progress poster	24 Recreation Rotation- Eat Smart to play Hard Fun day!! 4pm- 6 pm Teen Tuesday with Explora! Ages 13-19 6 pm-7 pm Sign up at Youth Desk	25 Recreation Rotation- BOOgie Activity 4:30 pm- 5:30 pm 	26 Recreation Rotation- Halloween Escape Room 4:30 pm- 5:30 pm 	27 Spooktacular Halloween Fright Night 6 pm- 8:30 pm
30 Recreation Rotation- Arts and Crafts- Paper Plate Bats 4:30 pm- 5:30 pm	31 Halloween Party 3 pm- 5:30 pm 			

