



NORTH DOMINGO BACA  
MULTIGENERATIONAL  
CENTER

FEBRUARY 2022

505-764-6475

7521 CARMEL AVE NE 87113

# WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:

MONDAY- FRIDAY 8:00AM-9:00PM

SATURDAYS 9:00AM-3:00PM

CLOSED

Presidents' Day  
February 21, 2022



## Masks are required!!



Schedule an appointment to  
get your taxes done with  
AARP by calling 311 or AARP  
website



"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

[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 RQUE**

## February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31 • Pasta Primavera • Seasonal Vegetables • Dinner Roll with Margarine • Warm Cinnamon Pineapple Chunks • 1% Milk	1 • Baked Cod w/ Tartar • White Rice • Green Beans • Seasonal Fruit • 1% Milk	2 • Memphis Dry-Rubbed Chicken • Seasonal Vegetables • Cornbread • Seasonal Fruit • 1% Milk	3 • Beef Tips w/Bowtie Pasta • Peas and Carrots • Peach Crumble • Dinner Roll w/ Margarine • 1% Milk	4 • Pork Chop • Mashed Red Potatoes • Crispy Roasted Brussels Sprouts • Seasonal Fruit • 1% Milk
7 • Oven Fried Chicken • Homemade Mac-N-Cheese • Collard Greens • Dinner Bread w/ Margarine • Seasonal Fruit • 1% Milk	8 • Turkey with Gravy • Mashed Potato with Gravy • Steamed Broccoli • Dinner Roll with Margarine • Cookie • 1% Milk	9 • Low Sodium Ham and Potato Soup • Steamed Carrots • Biscuit • Seasonal Fruit • 1% Milk	10 • Rec Chile Beef Enchilada • Spanish Rice • Pinto Beans • Seasoned Fruit • 1% Milk	11 • Baked Cod w/Tartar Sauce • Buttered Noodles • Succotash • Seasoned Fruit • 1% Milk
14 • Baked Ziti/Pasta/ Marinara and Cheese • Season Vegetable • Garlic Bread Stick • Yogurt • 1% Milk	15 • Baked Ham w/ Pineapple Sauce • Sweet Potatoes • Broccoli-Cauliflower-Carrots • Pudding • 1% Milk	16 • Teriyaki Chicken • White Rice • Steamed Crinkle Cut Carrots • Apple • 1% Milk	17 • Tilapia w/ Tartar Sauce • Rosemary Potatoes • Seasonal Vegetable • Seasoned Fruit • 1% Milk	18 • Red Chile Beans with Beef, Cheese and Onions • Crispy Roasted Cauliflower • Tortilla • Brownie • 1% Milk
21 <b>Closed Holiday Presidents Day</b>	22 • Soft Chicken Tacos • Tortillas • Spanish Rice • Corn with Red Peppers • Cookie • 1% Milk	23 • Cheeseburger • Bun • Baked Beans • Steamed Carrots • Seasonal Fruit • 1% Milk	24 • Swedish Meatballs w/ Gravy • Steamed Green Beans • Cherry Cobbler • 1% Milk	25 • Salmon with Garlic Sauce • Angel Hair Pasta with Diced Tomatoes • Season Vegetable • Jell-O w/ Fruit • 1% Milk



The Department of Senior Affairs Senior Meal Program is proud to be part of the "New Mexico Grown" state initiative:  
 -Supporting economic growth by incorporating fresh local produce provided by our own New Mexican farmers.  
 -Providing locally sourced produce with less single use packaging which lessens our environmental impact.  
 -Providing fresh produce is higher in vitamins than frozen or canned foods ensuring seniors can count on us for a fresh and healthy meal.

## 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 Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit [cabq.gov/seniors](http://cabq.gov/seniors) for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.

Respectfully,



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

# Health Events:

## GEHM Clinic

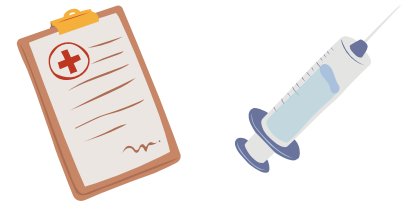
February 9, 2022  
8:30AM-12:00PM

## Covid/Flu Shot Clinic

February 8, 2022  
9:00 AM-12:00 PM

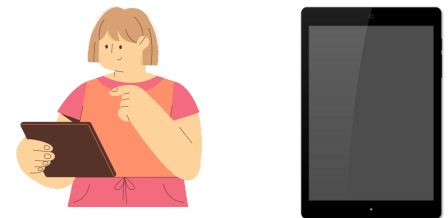
## Fall Prevention

February 16, 2022  
10:00 AM



## Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverseIT of Adelante to offer a loaner tablet program to help older adults, 60 and older, learn about digital technology and how to navigate the internet. Visit with center staff for enrollment details.



## TRACK HOURS:

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



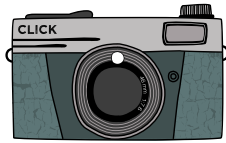
## GAME ROOM HOURS:

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

## Computer Classes

Sign up at the front desk  
Starts February 4, 2022

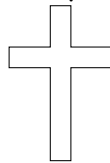


## Quilting Cluster

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

## Bible Study

Monday, 8:30 am - 10:00 am  
**Open Bible Study**  
Wednesday, 8:45 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

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

## Beginner Rockwall Climbing

Tuesdays & Thursdays  
9:15 am- 10:15 am ages 18+  
2:15 pm- 3:15 pm ages 5-18



## 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

**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

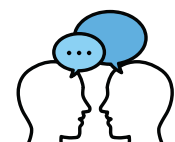
Wednesday, 6:00 pm- 8:00 pm  
Friday, 6:00 pm- 8:00 pm

## French

Saturday, 9:30 am- 11:00 am

## Beginning German

Tuesday, 10:30 am- 12:00 am



# Health and Fitness Classes



## Zumba \$2

Social Hall

Monday, Wednesday, and  
Saturday.

9:15 am- 10:15 am

## Open Gym (All Ages)

Gymnasium

Tuesdays-Thursdays

11:45 am- 2:00 pm

Monday-Friday

5:00 pm- 5:45 pm

## Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

## Unified Rec for Individuals with Disabilities

Gymnasium

Thursday:

6:00 pm-8:00 pm

## Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



## 60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am



## 50+ Basketball

Gymnasium

Wednesday

11:45 am- 2:00 pm

6:00 pm-8:00 pm

## Jazzercise \$

Social Hall

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

M,W 4:30 pm-5:30 pm

Tues/Thurs 8:05 am-9:05 am

Friday 9:15 am- 10:15 am

Saturday 10:20 am- 11:20 am



## FIT for Seniors \$3

North Domingo Baca

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

10:30 am

## Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and

10:15 am - 11:15 am

## Yoga with Lynn \$5

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

## Badminton

Gymnasium

Tuesday

6:00 pm- 8:00 pm

## 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

Monday

1:00 pm- 2:00 pm

### Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

### NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

### Indian Classical Dance-Shalaka

NDB Aerobics Room

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

### Bommer Yoga

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 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

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

**February 4, 2022 - National Wear Red Day**

Please Join us in wearing red to raise awareness about heart disease

**February 11, 2022 - Community Dance Night**

Come join us for dance night in Social Hall from 6 pm- 8 pm

**February 18, 2022 - Family Movie Night**

From 6 pm-8 pm Join us while we watch UP. You are welcome to wear pjs, bring blankets, sleeping bags, etc.



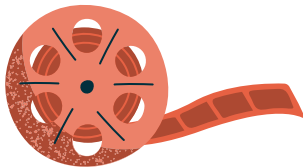
**February Birthday  
Cake Celebration in  
Lobby  
February 1st**



**Come join us for our  
Pie Social  
February 7 in Lobby  
75¢**



**"Stepping Stones"  
Beginner rockwall  
climbers group  
18+  
Every Thursday  
9:15 am - 10:15 am**



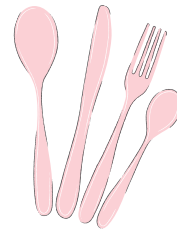
**Movie Every Friday  
During Lunch in  
Social Hall**



**Community Sweethearts  
Dance  
6 pm - 8 pm**



**Senior Trip:  
Meow Wolf  
February 10th  
10 am - 3:30 pm**



**Lunch with Tom & Sarah  
February 23rd  
Restaurant TBA  
10:30 am - 1:00 am**



# Youth Corner



## NDB After School Program

Monday - Friday | 2:00 pm - 5:30 pm

\$15 a month Per Child

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

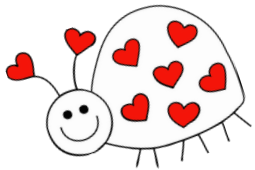
To register please visit [play.cabq.gov](http://play.cabq.gov)

## Meet the Youth Staff

Sarah Ruden, Program Coordinator

Hope Davis, Rec Leader  
Berto Ibarra, Student Supervisor  
Nick Moskola, Rec Leader  
Santana Sisneros, Student Supervisor  
Josh Baca, Rec Leader

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



## FEBRUARY IMPORTANT DATES

February 4th - After School Parents 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



February 18th- Family Movie Night

From 6pm-8:30, have the whole family join us for a movie and popcorn. You are welcome to wear pjs, bring blankets, sleeping bags, etc.

February 21st - Presidents' Day - NDB Closed

