

# **WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER**

## **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:**

### **PRESIDENTS' DAY**

MONDAY, FEBRUARY 17, 2025



### **START OF THE AARP TAX**

### **ASSISTANCE:**

FEBRUARY 3, 2025

CALL 311 OR [HTTPS://TAXAPPOINTMENT.AARP.ORG](https://taxappointment.aarp.org)  
TO MAKE APPOINTMENT

*Did you know the Department of Senior Affairs offers transportation to seniors ages 60 and older who live within a five-mile radius of our senior and multigenerational centers? This free service makes it easier than ever to stay connected, participate in activities, and enjoy all your local center has to offer. Current members can sign up for transportation at the front desk or call 764-6400 for more info.*



# BREAKFAST



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

## 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

## DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30  
HOT TEA \$0.30 | MILK \$0.25 |  
ORANGE JUICE \$0.25

## 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

## WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

## A la Carte Items:

CHEESE \$0.25  
1 PANCAKE \$0.25  
1 FRENCH TOAST \$0.25  
TOAST \$0.20  
ENGLISH MUFFIN \$0.20  
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



# 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**

# UPCOMING EVENTS

## YOUTH JOB FAIR:

FEBRUARY 1, 2025

@ 9:00 AM - 3:00 PM

BERNA FACIO PROFESSIONAL DEVELOPMENT CENTER

## ADVISORY COUNCIL MEETING:

FEBRUARY 24, 2025

@ 12:00 PM

BEAR CANYON SENIOR CENTER - 4645 PITT NE, 87111

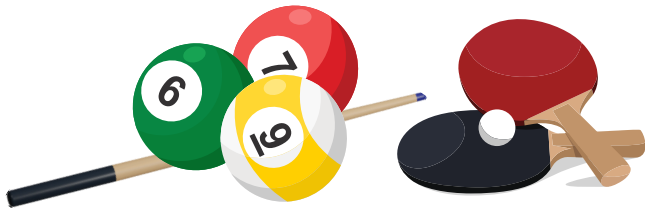


## TRACK HOURS:

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

## ROCKWALL HOURS:

M-F, 10:30 AM - 6:00 PM  
SATURDAY, 10:00 AM - 2:00 PM  
**CLOSED M-F, 3:45 PM - 6:00 PM  
FOR YOUTH PROGRAM**



## GAME ROOM HOURS:

MONDAY-FRIDAY,  
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.**

# North Domingo Baca Classes

## 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

## 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



## Kendo \$

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

## Rotary Club

Tuesday, 12:00 pm- 1:30 pm

## Italian Movie Night

2nd Friday of Every Month  
6:00 pm- 8:00 pm

## French Group

Saturday,  
9:30 am- 11:00 am



## 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!



## Photography

Wednesday, 9:00 am- 11:00 am  
Wednesday, 6:00 pm- 7:30 pm

## Sharing memories through creative writing

Wednesday,  
12:30 pm- 2:00 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

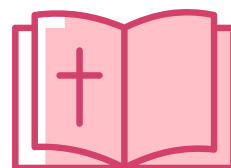


## Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month  
11:30 am- 1:00 pm  
Email: [abqfibro.com](mailto:abqfibro.com)

## Ostomate Support Group

1st Saturday of Every Month  
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

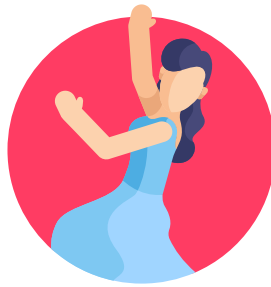
## Mixed Fellowship/Prayers/Bible Study

Monday, 1:15 pm - 2:30 pm

# Health and Fitness Classes

## Zumba (Gold) \$4

Social Hall  
Tuesday,  
9:15 am- 10:15 am



## Zumba \$4

Social Hall  
Monday, Wednesday,  
Saturday  
9:15 am- 10:15 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  
3:00 pm- 4:00 pm

## Korean Yoga Tai Chi Quiong

Friday,  
2:00 pm- 3:00 pm

## FIT for Seniors \$3

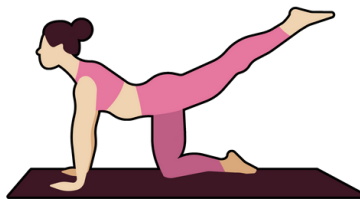
Gymnasium  
Tuesday and Thursday,  
9:30 am- 10:30 am

## Fit/Tone with Jen \$4

Tuesday,  
9:15 am- 10:15 am

## Tai Chi

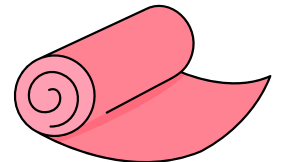
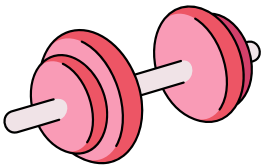
Tuesday and  
Thursday  
1:00 pm- 2:00 pm  
2/18/25-4/10/25



## Weights, Stretching, and Light Aerobics

Social Hall  
Tuesday | 10:15 am- 11:10 am  
Thursday | 9:30 am- 10:30 am

\* Bring 2 weights (1 lbs - 3 lbs) every Thursday



## Jazzercise \$

Social Hall

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

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

# 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  
12:30 pm -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

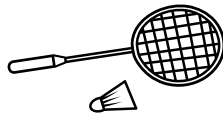
**Unified Recreation Open Gym**  
Thursday,  
12:00 pm- 2:00 pm



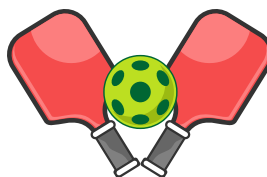
**Learn to play pickleball**  
Wednesday,  
12:00 pm-3:00 pm



**Badminton**  
Monday/Tuesday,  
\*Half Court  
1:00 pm- 2:30 pm  
Tuesday,  
6:00 pm- 8:00 pm



**Open play pickleball (All Ages)**  
Thursday,  
6:00 pm- 8:00 pm  
Friday,  
11:00 am-2:30 pm

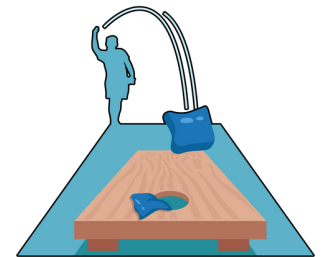


**Family Open Gym**  
Monday-Friday,  
5:00 pm- 5:45 pm

Saturday,  
\*Half court youth and family  
11:00 am-12:30 pm

**Middle School Open Gym**  
Monday-Friday,  
\*Half court  
3:00 pm-4:00 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

## **Flex & Tone**

Gymnasium

Tuesday/Thursday

8:15 am - 9:15 am

## **Yoga with Misa \$7-10**

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:15 am- 10:15 am

## **Yoga Flow with Cindy**

**\$10**

NDB Aerobics Room

Wednesday

4:15 PM - 5:15 PM

\*Bring yoga mat, block,  
strap

## **Restorative Yoga**

**with Dr. Maddoux \$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

## **NM Folk Dance**

NDB Aerobics Room

Wednesday

9:00 am- 11:00 am

## **Chinese Folk Dance**

NDB Aerobics Room

Monday

6:30 pm- 8:30 pm

Saturday

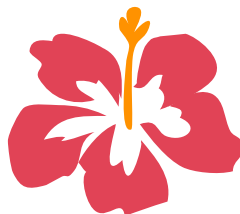
12:30 pm- 2:00 pm

## **Intro to Hula \$**

NDB Aerobics Room

Monday

\*Starts at 3:00 pm



## **Hula \$**

NDB Aerobics Room

Wednesday

5:30 pm- 6:45 pm

## **Kuchupudi/Mohiniyattom**

**Dance \$20.00**

NDB Aerobics Room

Wednesday

7:00 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

## **Kung Fu**

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

## **Body Balance \$5**

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

\*Bring yoga mat  
and water bottle

## **Indian Classical**

**Dance-Shalaka \$**

NDB Aerobics Room

Thursday, 4:30 pm- 5:30 pm

Friday, 4:15 pm- 6:15 pm

## **LaBlast (Dance Fitness)**

**\$5**

NDB Aerobics Room

Thursday

10:00 am- 11:00 am

# North Domingo Baca Multigenerational Center Community Event Calendar

## Trips for the Month

Trip to Laguna Burger on  
Route 66  
Thursday, February 20  
Depart @ 10:30 am



Trip to the Movies  
Movie: TBD  
Tuesday, February 11  
Depart @ 10:30 am



## February Celebrations

February  
7

February Birthday's  
Cake Snack Bar  
@ 12:00 pm

February  
12

"Feels Like Home"  
Lantern Festival  
@ 3:30 pm - 5:00 pm

## Community Events

\*Calendar is subject to change

February 4  
Teeniors Tech Help  
@ 3:00 pm - 5:00 pm



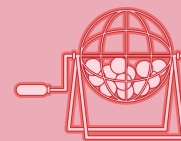
February 14  
Advance Planning for Seniors  
9:00 am - 11:00 am



February 11  
Pie Social in the Snack Bar  
@ 12:00 pm



February 18  
**B.I.N.G.O**  
Room 1  
@ 1:00 pm - 2:30 pm



February 12  
GEHM Clinic  
8:30 am - 12:00 pm

February 19  
PNM Energy Smart  
11:00 am - 1:00 pm



February 14  
Valentine Day Music with Lunch  
@ 11:30 am - 1:00 pm



February 21  
Family Dinner & Movie  
in Social Hall  
@ 5:30 pm - 8:00 pm

