



JANUARY 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."



MEMBERSHIP INFORMATION

NEW PARTICIPANTS ARE REQUIRED TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00.



CLOSED

Monday, January 2, 2023, In Observance of New Years Day

Monday, January 16, 2023, Martin Luther King Jr. Day



It's that time of year again to start or keep working on your mental and physical health. North Domingo Baca has a lot to offer you to accomplish those goals. The fitness center upstairs offers cardio and weight machines along with free weights. If you need assistance or instructions on how to use the machines ask the staff to schedule you a Fitness Room Orientation. Please look over the newsletter and see all the offerings from low impact to high impact classes. Best of luck don't hesitate to ask our fitness team questions on helping you succeed in your journey this year.



VISIT OUR WEBSITE
[HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

Breakfast

Monday-Friday 8:00AM-9:00AM

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 \$ Free

ONE ALBUQUERQUE

January 2023

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico GROWN** state initiative to provide locally sourced fruits, vegetables, beans, and



Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed in Observance of New Year's Day	3 • Beef Tips w/ Gravy/Pasta • Green Peas • Bread Stick • Greek Yogurt • 1% Milk	4 • Omelet w/ Cheese/ Veggies • Diced Red Potatoes • Peach Cobbler • 1% Milk	5 • Turkey Pot Pie • Steamed Broccoli • Seasonal Vegetable • Applesauce • 1% Milk	6 • Pork chop with Rice • Seasonal Vegetable • Green Beans • Seasonal Fruit • 1% Milk
9 • Baked Tilapia • Collard Greens • Corn Bread • Cookie • 1% Milk	10 • Chicken/Alfredo w/ Green Chile • Sliced Carrot • Steamed Broccoli • Seasonal Fruit • 1% Milk	11 • Roast Beef w/ Brown Gravy • Mashed Potatoes • Green Beans • Red Grapes • 1% Milk	12 • Sweet and Sour Pork • Brown Fried Rice • Stir Fry Vegetable • Seasonal Fruit • 1% Milk	13 • Pasta Primavera • Seasonal Vegetable • Seasonal Fruit • Dinner Roll • 1% Milk
16 Closed for Martin Luther King Day	17 • Green Chile Chicken Posole • Fajita Blend • Cabbage • Vanilla Pudding • Flour Tortilla • 1% Milk	18 • Baked Ziti • Green Beans • Breadstick • Seasonal Fruit • 1% Milk	19 • Roasted Pork Loin • Seasonal Vegetable • Brussel Sprouts • Pineapple • Dinner Roll • 1% Milk	20 • Sloppy Joes • Tater Tots • Broccoli • Seasonal Fruit • 1% Milk
23 • Chicken Parmesan • Ancient Grain • Cauliflower • Mandarin Orange • 1% Milk	24 • Carne Adovada • Pinto Beans • Calabacitas • Mixed Fruit • 1% Milk	25 • Cheeseburger • French Fries • Bell Pepper & Onions • Banana • 1% Milk	26 • Baked Cod • Lemon Butter Orzo • Spinach & Onions • Applesauce • Dinner Roll • 1% Milk	27 • Cheese Omelet & Hash Browns • Stewed Tomatoes • Cherry Cobbler • Biscuit • 1% Milk
30 • Salmon • Rotini Pasta • Seasonal Vegetable • Seasonal Fruit • 1% Milk	31 • Green Chile Beef Enchiladas • Spanish Rice • Pinto Beans • Seasonal Fruit • 1% Milk	1 • Baked Ziti • Steamed Zucchini • Garlic Breadstick • Greek Yogurt • 1% Milk	2 • Oven Fried Chicken • Roasted Sweet Potatoes • Collard Greens • Dinner Bread • Seasonal Fruit • 1% Milk	3 • Ham & Potato Soup • Roasted Corn & Red Peppers • Cherry Cobbler • Biscuit • 1% Milk

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 60+ there is a suggested \$2 donation
50-59 is \$3.25
Ages 49 and under is \$7.67

SENIOR DAY!!

SIGN UP AT FRONT DESK!

Thursday, January 19, 2023

10AM - 12PM

Roundhouse in Santa Fe



NM Aging & Long-Term Services
2023 Legislative Forum Series

Thursday, January 5, 2023

9:30AM - 11:00AM

Meet North Domingo Baca Staff

Thomas Gallagher, Center Manager

Vacant, Center Supervisor

Sarah Ruden, Youth/Community Program Coordinator



Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Victoria Jaramillo, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Aubrey Sandoval, Program Assistant

Maria Munoz, General Service Worker

Diego Valdez, General Service Worker

Voivod Benavides, General Service Worker

Juan Arroyo, General Service Worker

Happy New Year!

As we start 2023 off together, I want to take some time to share an exciting update from the Department of Senior Affairs.

Effective January 3, 2023, all City of Albuquerque senior and multigenerational lunch sites will offer free/donation based senior lunch service to adults age 60+ Monday-Friday 11:30AM – 1:00PM. In effort to increase accessibility to our lunch program, we are adding additional site locations in our City. New locations are Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center. We also want to remind adults 60+ that transportation is provided from their homes to a senior meal site within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center meal sites. To utilize meal site transport services, individuals can register directly with their closest center site. For more information on current senior meal sites, please visit cabq.gov/seniors or call 505-764-6400.

It is our goal to continue providing the best services, programs and resources for Albuquerque's older adult population and we are looking forward to another year of health and happiness!

Sincerely,

Anna M. Sanchez,
Department of Senior Affairs,
Director

Health Events:

GEHM Clinic

January 11th

9:00 AM-12:00 PM



Covid/Flu Shot Clinic

TBD



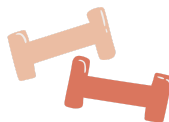
FITNESS CENTER HOURS:

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

CLOSED FOR CLEANING M-F

1:30PM-2:00PM

SATURDAY 9:00 AM-2:45 PM



TRACK HOURS:

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

SATURDAY 9:00AM-2:45PM



GAME ROOM HOURS:

M-F 8:00 AM-3:00 PM

6:00 PM-8:45 PM

Saturday

9:00 AM-2:30 PM



ROCK WALL HOURS:

T-F 9:00 AM-11:00 AM,

6:30 PM-7:45 PM

CLOSED Fridays

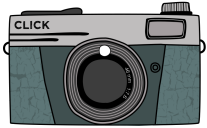
**4:00 PM-5:00 PM FOR
AFTER SCHOOL PROGRAM**



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am
Thursday, 6:00 pm - 8:00 pm

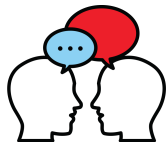


Friday,

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



Bible Study

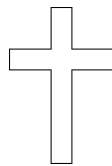
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am - 10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



Family Centered Prayer Battle

Friday, 9:00 am - 10:30 am

Kendo \$

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

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

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

Beginning German

Tuesday,
10:30 am - 12:00 pm



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



Mah Jongg Group

M,W,TH
12:00 pm - 1:30 pm

Feldenkrais

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

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Card Making

Thursday, 10:30 am - 11:30 am

Italian Culture Group Film

First Friday of the month,
6:00 pm - 8:00 pm

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, 9:30 am- 10:30 am
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- 8:00 pm
Friday,
11:00 am-2:00 pm

Tai Chi for Arthritis & Fall Prevention

Wednesday,

1:00 pm- 2:00 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

Badminton

Gymnasium

Tuesday
6:00 pm- 8:00 pm

Weight Loss Challenge

Tuesday

2:00 pm-3:30 pm
6:00 pm-7:30 pm

Grade/Middle School

Basketball

Gymnasium

M-F 2:30 pm-4:00 pm

*UNDER 18 REQUIRES A
PARENT/GUARDIAN



Open Gym for Adults and Teens

Gymnasium

Monday and Friday
5:00 pm-8:15 pm
*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday
10:30 am-2:30 pm
Monday- Friday
5:00 pm-6:00 pm
Saturday
11:00 am-2:00 pm
*UNDER 18 REQUIRES A
PARENT/GUARDIAN

Senior Basketball

Gymnasium

Monday
12:00 pm-2:30 pm
Wednesday
6:00 pm-8:15 pm
Saturday
9:00 am-11:00 am

Tai Ji Quan Moving for better balance

Tuesday

1:00 pm- 2:00 pm



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Gentle Exercise

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

Gentle Flow Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

Weight Training 101

Jan 11, 2023 - March 1, 2023

1:30 pm- 2:30 pm



Qigong with Lillian \$

NDB Aerobics Room

Tuesday and Thursday

8:30 am- 10:00 am

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

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

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Hula \$

NDB Aerobics Room

Wednesday

5:30 pm- 7:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

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



Community Events



**January Birthday
Cake Celebration in
Lobby**
January 4th
12:00 pm- 1:00 pm



Community Dance Night
January 27th
6:00 pm- 8:00 pm



Feels Like Home Culture Night
Jan 11th
European Culture Appreciation
4:00 pm- 6:00 pm



Pie Social
January 9th
75¢

Senior



**New Mexico Holocaust &
Intolerance Museum Trip**
January 25th
11:45 am- 1:30 pm
Sign up at Front Desk



**Arts and Crafts With
NDB Staff**
January 23rd
1:00 pm - 2:30 pm



**Law Enforcement
Appreciation Day
Coffee With a Cop**
January 9th
8:00 am- 9:00 am



**La Cueva BSU
Presentation**
January 12th
12:30 pm- 1:00 pm

Youth



**Kids Night Out
Teen Gaming &
Science Club**
January 6th
6:00 pm- 8:00 pm
Sign up at Youth
Desk



Generation Gap Game
January 3rd
12:30 pm- 1:00 pm

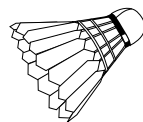
Teen Tuesdays
Ages 13-19

January 10th & January 24 th
5:30 pm- 7:00 pm
Sign up at Youth Desk



Movie After Lunch
January 3rd & January 17th
1:00 pm- 2:30 pm

Family



Family Badminton
Every Saturday in
January
Half Court Gym
11:15 am- 2:15 pm



Family Game Night
Family Fitness
January 13th
6:00 pm- 8:00 pm
Half Court Gym



**Over the Generations
Family Dinner**
January 20th
4:30 pm - 6:00 pm

Family Movie Night

Pinocchio 2022
January 20th
6:00 pm- 8:00
pm



Youth Corner

NDB After School Youth Program

Monday - Friday | 2 PM - 5:30 pm

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To join the waitlist please speak to Youth Staff

Meet the Youth Staff





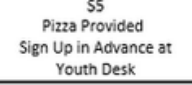













Jorge Ayala, Rec Leader
 Ryan Allison, Rec Leader
 Joshua Baca, Rec Leader
 Hope Davis, Rec Leader
 Alexis Gonzales, Student Supervisor

Gravin Hauenstein, Rec Leader
 Tanner Keener, Student Supervisor
 Olivia Mahoney, Rec Leader
 Leah Rodriguez, Rec Leader
 Jaeda Saucedo, Youth Supervisor
 Issa Velasques, Rec Leader



IMPORTANT YOUTH PROGRAM DATES

January

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
2 Program Hours: 7:30 am- 5:30 pm Dress to Impress Day 	3 Program Hours: 7:30 am- 5:30 pm 100 th Day of Youth Program Dress up as a Senior! 	4 No Youth Program Mandatory Youth Staff Training 	5 APS Back to School Hours Return to 2 pm- 5:30 pm Recreation Rotation- Science Project 4 pm- 5 pm 	6 New Mexico's Birthday Parade 2:30 pm- 3 pm Kids Night Out Science Club/Teen Gaming 6-8 pm 55 Pizza Provided Sign Up in Advance at Youth Desk 
9 National Law Enforcement Appriciation Day  Cookies with a Cop 3:30 pm- 4:30 pm Recreation Rotation- Fuse Beads 4:30 pm- 5:30pm	10 Recreation Rotation- Team Work Games 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	11 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	12 Recreation Rotation- Educational Worksheets 4 pm- 5 pm 	13 Recreation- Kids Choice! 4 pm- 5 pm Family Game Night Family Fitness 6 pm- 8 pm Half Court Gym Sign up at Youth Desk 
16 NDB CLOSED Martin Luther King Day 	17 Recreation Rotation- Team Work Games 4 pm- 5 pm 	18 Recreation Rotation- Sing Along Songs 4 pm- 5 pm 	19 National Popcorn Day Free Popcorn Recreation Rotation- Brain Teasers 4 pm- 5 pm 	20 Recreation Rotation- Kids Choice! 4 pm- 5 pm Family Movie Night Pinocchio 2022 6 pm-8 pm Wear PJs, Bring Blankets, Sleeping Bags etc. Sign up at Youth Desk
21 Recreation Rotation-Arts and Crafts- My Year in a Review 4 pm- 5 pm 	22 Recreation Rotation- Sports Activities 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	23 Recreation Rotation- Line Dance 4 pm- 5 pm 	24 Recreation Rotation- Science Activity 4 pm- 5 pm 	25 Recreation Rotation- Kids Choice! 4 pm- 5 pm 
27 Recreation Rotation-Arts and Crafts 	28 Recreation Rotation- Team Work Games 4 pm- 5 pm			

Calendar is Subject to Change

