

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:

**MARTIN LUTHER KING JR DAY
MONDAY, JANUARY 20, 2025**

GEHM CLINIC:

**JANUARY 15, 2025
8:30 AM - 12:00 PM**



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

A la Carte Items:

EGG \$0.25

CHEESE \$0.25

BACON (2 SLICES) \$0.50

1 PANCAKE \$0.25

SAUSAGE (2 SLICES) \$0.50

1 FRENCH TOAST \$0.25

RED OR GREEN CHILE \$0.25

TOAST \$0.20

OATMEAL \$0.70

ENGLISH MUFFIN \$0.20

POTATO SQUARES \$0.30

TORTILLA \$0.20

DRINKS:

Coffee \$Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

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



JOIN US FOR OUR MONTHLY
DSA ADVISORY COUNCIL MEETING

JANUARY 27, 2025 @ 12:00 PM

SANTA BARBARA MARTINEZTOWN

MULTIGENERATIONAL CENTER

1825 EDITH NE ALBUQUERQUE, NM 87102

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

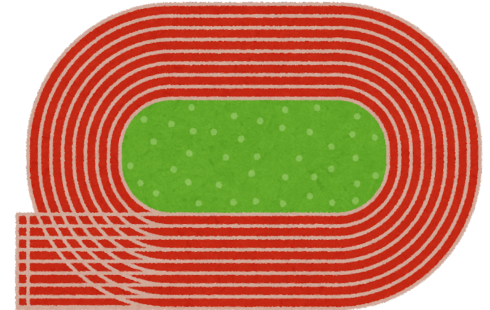
***You must be the age 16+
(under 18 a parent/legal guardian
required to use fitness center)**



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



ROCK WALL 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 AFTER
SCHOOL PROGRAM**

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

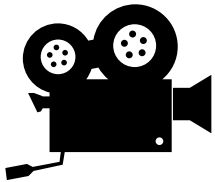
4th Saturday of Every Month
12:00 pm- 2:00 pm

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

Advanced Beginner German

Tuesday,
9:30 am- 11:00 am

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

Albuquerque Fibromyalgia Support Group

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

Email: abqfibro.com

Ostomate Support Group

1st Saturday of Every Month
1:00 pm- 2:15 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/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

3:00 pm- 4:00 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

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

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

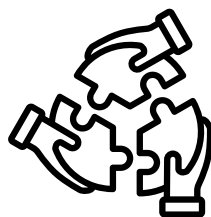
11:00 am - 2:30 pm

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

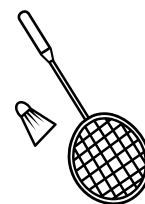
Monday / Tuesday,

*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

Thursday

10:00 am- 11:00 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

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

- **January 14** Trip to Szechwan Chinese Restaurant for Lunch
*Depart @ 11:30 am
- **January 27** Trip to the State Capital In Santa Fe
(For Senior Day)
*Depart @ 8:00 am

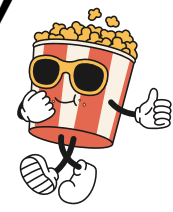


January Celebrations

January 3 January Birthday's
Cake celebration in
the Snack Bar
@ 12:00 pm



January 17 National Popcorn Day
Free popcorn in the
Snack Bar
@ 12:00 pm



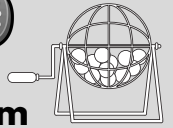
Community Events

*Calendar is subject to change

➤ **January 7** Pie Social in the
Snack Bar
@ 12:00 pm



January 13 **BINGO**
Room 1
@ 1:00 pm - 2:30 pm



➤ **January 7** Teen Tuesday
@ 6:00 pm - 7:00 pm



January 17 Family Dinner & Movie
in Social Hall
@ 5:30 pm - 8:00 pm



➤ **January 10** Live Music During
Lunch
@ 11:30 am - 1:00 pm



January 31 Arts & Crafts Vision
Board for 2025
Room 1 @ 1:00 pm

