



**JULY 2022**

**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

Gymnasium schedule will change  
effective June 13th thru August 5th due  
to the summer youth program.  
Please see gym door for new schedule.  
Thank you for your understanding!

Closed for Fourth of July  
Monday,  
July 4, 2022



Join us at our next one on Tuesday, July 12, at North Domingo Baca  
Multigenerational Center from 9:30am-10:30am.

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 \$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.

## 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. .



**ONE ALBUQUERQUE**

## July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
				1 • Cheeseburger • Sweet Corn • Steak Fries w/ Ketchup • Watermelon • 1% Milk
4 <b>CLOSED</b> 	5 • Lemon Pepper Chicken w/ Brown Rice • Diced Beets • Roasted Brussels Sprouts • Chocolate Pudding • 1% Milk	6 • Egg Salad Sandwich on Whole Grain Bread w/ Lettuce & Tomato • Carrot Sticks • Fresh Seasonal Fruit • 1% Milk	7 • Meatballs w/ Marinara Sauce on Whole Grain Hoagie Roll • Diced Tomatoes • Steak Fries w/ Ketchup • Seasonal Vegetable • Fresh Seasonal Fruit • 1% Milk	8 • Garlic Tilapia • Whole Wheat Pasta w/ Diced Tomatoes • Calabacitas • Yogurt • 1% Milk
11 • Pork Chop w/ Brown Rice • Rosemary Potatoes • Seasonal Vegetable • Applesauce • 1% Milk	12 • Beef Fajita w/ Onions, Red & Green Peppers • Pinto Beans • Flour Tortilla • Baked Apples • 1% Milk	13 • Pasta Primavera w/ Stir Fry Vegetables in Alfredo Sauce • Spinach • Breadstick • Fresh Seasonal Fruit • Yogurt • 1% Milk	14 • Breaded Cod w/ Tartar Sauce over Brown Rice • Stewed Tomatoes • Green Beans • Fresh Seasonal Fruit • 1% Milk	15 • Chicken Parmesan • Spaghetti w/ Steamed Broccoli • Seasonal Vegetable • Fresh Seasonal Fruit • 1% Milk
18 • Carne Adovada • Spinach • Pinto Beans • Flour Tortilla • Fresh Seasonal Fruit • 1% Milk	19 • Sweet n Sour Chicken w/ Stir Fry Vegetables • Seasonal Vegetable • Brown Rice • Fortune Cookie • 1% Milk	20 • Salisbury Steak w/ Gravy • Mashed Potatoes • Seasonal Vegetable • Fresh Banana • Whole Grain Dinner Roll w/ Margarine • 1% Milk	21 • Cheese Omelet • Stewed Tomatoes • Diced Potatoes • Whole Grain Biscuit w/ Margarine • Mandarin Oranges • 1% Milk	22 • BBQ Pork • Roasted Sweet Potato • Seasonal Vegetable • Fresh Seasonal Fruit • Whole Grain Dinner Roll w/ Margarine • 1% Milk
25 • Spaghetti w/ Meat Sauce • Imperial Blend Vegetables • Seasonal Vegetable • Fresh Seasonal Fruit • 1% Milk	26 • Baked Salmon w/ Lemon and Garlic • Ancient Grain Blend • Mushrooms & Green Beans • Fresh Seasonal Fruit • 1% Milk	27 • Red Chile Tamales • Calabacitas • Pinto Beans • Fresh Seasonal Fruit • 1% Milk	28 • Macaroni & Cheese w/ Steamed Broccoli • Seasonal Vegetable • Fresh Seasonal Fruit • Yogurt • 1% Milk	29 • Chicken Salad Sandwich • Sliced Cucumber and Carrot Sticks • Cole Slaw • Fresh Seasonal Fruit • 1% Milk

Happy July!

Back by popular demand, I am excited to announce the return of our six-month Activities Catalog! While the center newsletters serve as a great way to see what is going on in your close community, many of you expressed the desire to see what's going on at other centers too. We are excited that many of our members enjoy other communities and we want to encourage trying new things offered throughout our city. Look for the catalog at the end of this month in the Albuquerque Journal, at your center or online at our [cabq.gov/seniors](http://cabq.gov/seniors) website. Another exciting announcement is that beginning July 1, coffee will become free to our members at our senior and multigenerational centers. This was an offering made possible in the budget approved by Mayor Tim Keller and Albuquerque's City Council, and we hope will be an ongoing benefit to our seniors.

In addition to our free favorite coffee, our senior meal program is now incorporating fresh, local fruits and vegetables as often as possible. A new program initiative focused on enhancing nutrition and promoting healthier lifestyles, provides senior nutrition programs with funding to purchase local produce directly from New Mexico farmers. We are excited to be a part of this funding made possible by the New Mexico Grown Grant which helps us do our part in helping maintain family farming and conserve the unique heritage and cultural traditions of New Mexico.

As always, you are encouraged to reach out to myself or any of our Senior Affairs leadership team any time you have a question or need additional information. I also welcome you to visit with us at any of our "Coffee with Constituents" events.

Join us at our next one on Tuesday, July 12, at North Domingo Baca Multigenerational Center from 9:30am-10:30am.

I always value your feedback, and suggestions on how we can serve the needs of our older adults in the best way possible.



Sincerely

Anna Sanchez,  
Director,  
Department of  
Senior Affairs



### TRACK HOURS:

M-F 8:00AM-8:45PM  
CLOSED FOR CLEANING M-F  
1:30PM-2:00PM  
SATURDAY 9:00AM-2:15PM

### ROCK WALL HOURS:

M-F 9:00AM-2:00PM  
6:30PM-7:45PM

CLOSED 2:00PM-5:00PM FOR  
CLEANING/AFTER SCHOOL  
PROGRAM

\*Summer Hours:

Closed 9:30am to 11:45am and  
3:30pm to 5:30pm



### Health Events:

**GEHM Clinic**

**July 13th**

**9:00AM-12:00PM**

**All about Medicare 101/**

**Pres Medicare**

**July 20th**

**10:00AM-12:00PM**



### Loaner Tablet Program

To help bridge the widening digital divide, the Department of Senior Affairs has partnered with DiverselT 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.



### FITNESS CENTER HOURS:

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



### GAME ROOM HOURS:

M-F OPEN: 8:00AM-9:30AM  
12:00PM-3:30PM, AND 6:00PM-8:45PM  
SATURDAY: 9:00AM-2:45PM

\*Summer Hours:

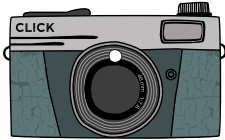
Closed 9:30am to 11:45am and 3:30pm to  
5:30pm



# North Domingo Baca Classes

## Photography

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



**Learn to Paint and Draw with Kelly**  
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



## Ukulele Group

Wednesday,  
10:00 am- 12:00 pm



## Italian Culture Group Film

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

## Quilting Cluster

Friday, 10:00 am- 4:00 pm

## Bible Study

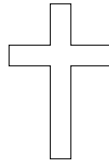
Monday, 8:30 am - 10:00 am

## Open Bible Study

Wednesday, 8:45 am-10:00 am

## Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



## 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

## Rotary Club

Tuesday, 12:00 pm- 1:30 pm

## ABQ Karate \$

Monday, 5:00 pm- 8:00 pm  
Wednesday, 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



## 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

## Albuquerque Fibromyalgia Support Group

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

## Card Making

Thursday, 10:30 am-11:30 am



# Health and Fitness Classes



## **Zumba \$4**

Social Hall

Monday, Wednesday, and  
Saturday.

9:15 am- 10:15 am

## **Zumba (Gold) \$4**

Social Hall

Tuesday, 9:15 am- 10:15 am

## **Learn to play pickleball**

Gymnasium

Wednesday

\*Summer Hours

10:45 am- 12:45 pm

## **Open play pickleball**

Gymnasium

Friday

\*Summer Hours

10:45 am- 12:45 am

## **FIT for Seniors \$3**

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

Thursday, 9:30 am- 10:30 am

## **Unified Rec for Individuals with Disabilities**

Gymnasium

Thursday

6:30 pm-7:30 pm

## **Jazzercise \$**

Social Hall

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

## **Enhance Fitness**

Social Hall

M,W,F

8:05 am- 9:05 am and

10:15 am - 11:15 am

## **Middle School Basketball**

Gymnasium

\*Summer Hours:

M-F

4:00 pm - 4:45 pm

\*UNDER 18 REQUIRES A  
PARENT/GUARDIAN

## **Open Gym for adults and teens**

Gymnasium

Monday 6:00 pm-8:00 pm

\*UNDER 18 REQUIRES A  
PARENT/GUARDIAN

## **Open Gym (All Ages)**

Gymnasium

Tuesday and Thursday

\*Summer Hours:

10:45 am- 11:45 am

Monday-Friday

5:00 pm- 5:45 pm

\*UNDER 18 REQUIRES A  
PARENT/GUARDIAN

## **50+ Basketball**

Gymnasium

\*Summer Hours:

Monday

10:45 am- 11:45 am

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

## **60+ Basketball**

Gymnasium

Saturday,

9:15 am- 10:30 am



# 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

## Dance 2 Enhance with Ana

NDB Aerobics Room

Monday,

5:30 pm- 6:30 pm

Tuesday,

5:00 pm- 6:00 pm

## Boomer Yoga \$8

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 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

## 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



## 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

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

## Yoga with Misa

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:00 am- 10:15 am



# Community Events



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



**Senior Arts and Crafts  
July 11 & July 25th  
1:00 pm -2:30 pm**



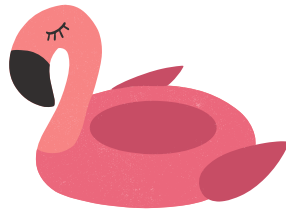
**Senior Lunch and  
Movie  
July 1st  
Noon- 1:30 pm**



**Pie Social  
July 11th  
75¢**



**Family Mini Golf Game Night  
July 8th  
6:00 pm -8:00 pm**



**Teen Field Trip  
Teen Night Splash!  
Ages 12-19  
July 8th  
Sunport Pool  
5:30 pm- 7:00 pm  
Sign up at front desk**



**Family Movie Night  
July 15, 2022  
6:00 pm- 8:00 pm**



**Youth Talent Show  
July 29th  
Gym  
\*Gym will be closed all  
day  
10:00 am- 3:00 pm**



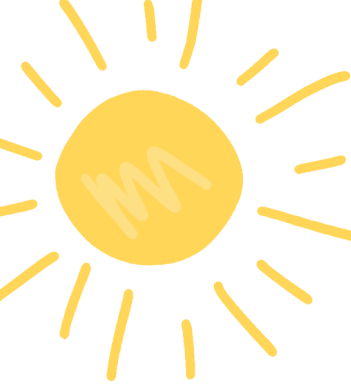
**Lunch with NDB  
Staff  
July 20th  
Restaurant TBD  
10:30 am - 1:00 pm**



**Teen Tuesdays  
Ages 13-19  
July 12th & July 26th  
5:30 pm- 7:00 pm**



**Community Dance Night  
July 22nd  
6:00 pm- 8:00 pm**



# Youth Corner

## NDB Summer Youth Program

Monday - Friday | 7:30 am - 5:30 pm

\$30 a month Per Child

Membership Required

To join the waitlist please speak to Youth Staff

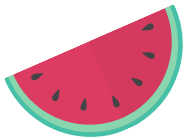


## Meet the Youth Staff

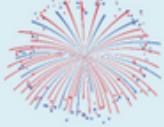




Sarah Ruden, Program Coordinator  
 Ryan Allison, Rec Leader  
 Jorge Ayala, Rec Leader  
 Josh Baca, Rec Leader  
 Katerina Bonilla, Rec Leader  
 Jude Connell  
 Hope Davis, Rec Leader  
 Alexis Gonzales, Youth Supervisor  
 Gavin Hauenstein, Rec Leader  
 Ava Garcia Wesley, Rec Leader  
 Analisa Ibarra, Rec Leader

Analisa Ibarra, Rec Leader  
 Tanner Keener, Youth Supervisor  
 Erin Magrath, Rec Leader  
 Isaiah Mendoza, Rec Leader  
 Matthew Mendoza, Rec Leader  
 Nicholas Moskola, Youth Supervisor  
 Ayyah Monette, Rec Leader  
 Ella Morton  
 Kathy Nguyen  
 Femma Olvera Martinez  
 Bella Quintana

Leah Rodriguez  
 Helaina Sarabia  
 Jaeda Saucedo  
 Timrod Sedillo  
 Isaac Sedillo  
 Preston Stanley  
 Eric Talamantes  
 Damien Talamantes  
 Isabella Velasquez  
 Taylor Ward



## IMPORTANT YOUTH PROGRAM DATES

	Monday	Tuesday	Wednesday	Thursday	Friday	
JULY	4 <b>CLOSED</b> 	5 <b>Kickball Tournament</b> All Groups Time: 12:00-1:30 pm <b>Kona Ice:</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money*	6 <b>Splash Pad</b> Group: 1 Time: 10:30-2:15 pm Price: \$2.00 Limit: 13 <b>Swimming</b> Group: 2 Time: 12:00-2:30 pm Price: \$1.50 Limit: 13	7 <b>Swimming</b> Group: 3 Time: 12:00-2:30 pm Price: \$1.50 Limit: 13 <b>Swimming</b> Group: 4 Time: 2-4:30 pm Price: \$1.50 Limit: 13	8 <b>Cliffs- All Groups</b> Time: 10:30 am- 5:00 pm Limit: 60 Price: \$28 or Cliffs Pass 	WEEK 4
	11 <b>Make Pizza</b> All Groups During Room 5 rotations Price: \$3 <b>Bahama Bucks Field Trip</b> Group 1: 10:40 am Group 2: 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price: \$5+	12 <b>Soccer Tournament</b> All Groups Time: 12:00-1:30 pm <b>Kona Ice:</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money*	13 <b>Silva Lanes Bowling</b> Group: 1 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13 <b>Silva Lanes Bowling</b> Group: 2 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13	14 <b>Bite Safety Presentation</b> Group 1: 8 am- 9 am Group 2: 9 am- 10 am <b>Silva Lanes Bowling</b> Group: 3 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13 <b>Silva Lanes Bowling</b> Group: 4 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13	15 <b>Urban Air</b> Time: 9:00 am- 12:00 pm Limit: 60 Price: \$30 <b>ABQ Fire Department Presentation Amphitheater</b> Time: 2:30-3:00 pm	WEEK 5
	18 <b>Make NDB T-Shirts</b> All Groups During Room 5 Rotations <b>Dairy Queen</b> Group 1: 10:40 am Group 2: 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price: \$5+	19 <b>Baseball Tournament</b> All Groups Time: 12:00-1:30 pm <b>Kona Ice:</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money*	20 <b>Bite Safety Presentation</b> Group 3: 8-9 am Group 4: 9 am- 10 am <b>Splash Pad</b> Group: 1 Time: 10:30-2:15 pm Price: \$2.00 Limit: 13 <b>Swimming</b> Group: 2 Time: 12-2:30 pm Price: 1.50 Limit: 13	21 <b>Swimming</b> Group: 3 Time: 12:00-2:30 pm Price: \$1.50 Limit: 13 <b>Swimming</b> Group: 4 Time: 2-4:30 pm Price: \$1.50 Limit: 13	22 <b>ABQ Bio Park- All Groups</b> Time: 9:00 am- 3:30 pm Limit: 60 Price: \$7 	WEEK 6
	25 <b>Make Group Art Mural</b> All Groups During Room 5 Rotations <b>Menchie's Field Trip</b> Group 1: 10:40 am Group 2: 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price: \$5+	26 <b>Color Run at NDB</b> All Groups Time: 12:00-1:30 pm *Please wear white & bring goggles or sunglasses* <b>Kona Ice:</b> Time: 1:00 pm Price: \$3+ * Children will be responsible for money*	27 <b>Water Day at NDB &amp; Snow Cones</b> All Groups Time: 12:00-3:00 pm FREE	28 <b>Movie Day at NDB</b> Bring Pjs, Blankets, etc. All Groups Time 3:00- 5:30 pm 	29 <b>TALENT SHOW</b> All groups Time: 10:00 am- 3:00pm *Please Bring Umbrellas and Sun Protection 	WEEK 7



Calendar is Subject to Change