



JULY 2023

7521 CARMEL AVE NE, 87113

505-764-6475

WELCOME TO NORTH DOMINGO BACA

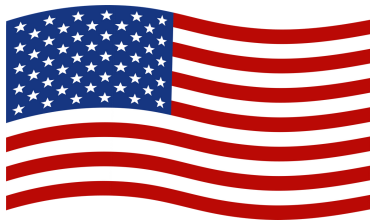
HOURS OF OPERATION:

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."

Accredited by 
National Institute of
Senior Centers



CLOSED

In observance of Independence Day,
Tuesday, July 4, 2023

***Gym schedule will change effective June 12, 2023 - July 28, 2023
due to the summer youth program.**

Visit our website:

<https://www.cabq.gov/seniors>



BREAKFAST

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



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

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

BACON (2 SLICES)
\$0.50

SAUSAGE (2 SLICES)
\$0.50

RED OR GREEN CHILE
\$0.25

HOT CEREAL W/ MILK
\$0.70

HASH BROWNS \$0.30
TORTILLA \$0.20

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25
TOAST \$0.20

ENGLISH MUFFIN \$0.20

DRINKS:

Coffee \$ Free

Hot Cocoa \$0.30

Hot Tea \$0.30

Milk \$0.25

Orange Juice \$0.25

LUNCH

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

MEET NORTH DOMINGO BACA STAFF

Thomas Gallagher, Center Manager

Amber Maestas, Center Supervisor

Sarah Ruden, Youth Program Coordinator

Victoria Jaramillo, Senior Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Tanner Keener, Program Assistant

Ariana Lira, Program Assistant

Justine Pennington, Program Assistant

Maria Munoz, General Service Worker

Voivod Benavides, General Service Worker

Diego Valdez, General Service Worker



MEMBERSHIP INFORMATION:



NEW /RENEWAL PARTICIPANTS ARE REQUIRED TO FILL OUT PAPERWORK TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00

HEALTH EVENTS:

GEHM Clinic:

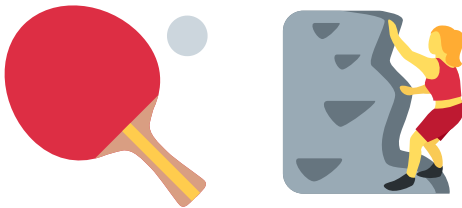
July 12th,

9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

July 19th,

9:00 AM-12:00 PM



GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM

SATURDAY,

9:00 AM-2:30 PM

*CLOSED M-F

10:00 AM-11:10 AM

3:30 PM-4:40 PM FOR
SUMMER PROGRAM

ROCK WALL HOURS:

M-F, 9:00 AM-3:00 PM

5:00 PM-8:00 PM

*CLOSED M-F

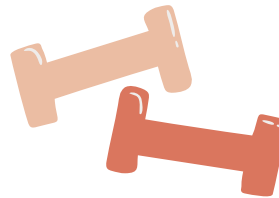
10:00 AM-11:10 AM

3:30 PM-4:40 PM FOR
SUMMER PROGRAM

***Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)**

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities.

The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!



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 an adult required) to use fitness center.

TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM

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

Card Making

Thursday, 10:30 am-11:30 am

Bible Study

Monday, 9:00 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

Bible Study/Prayers

Friday, 9:00 am- 10:30 am

Ballroom Dancing \$

Saturday, 1:00 pm-2:00 pm

Sharing memories through writing

Wednesday,
12:30 pm- 2:00 pm

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

Italian Culture Group Film

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

Rotary Club

Tuesday, 12:00 pm- 1:30 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

Albuquerque Fibromyalgia Support Group

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

Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm-2:30 pm



Join us for our monthly Department of Senior Affairs Advisory Council meeting at Highland Senior Center, 131 Monroe NE, 87108
Monday, July 17th, 2023 @ 12:00 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 and Thursday,
9:30 am - 10:30 am

Learn to play pickleball

Gymnasium

Wednesday,
10:45 am - 12:45 pm

Open Play Pickleball

Gymnasium

Thursday,
6:00 pm - 8:15 pm
Friday,
10:45 am - 12:45 pm

Badminton

Gymnasium

Tuesday,
6:00 pm - 8:00 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

Weights, Stretch, and Light Aerobics

Social Hall

Thursday,
9:30 am - 10:30 am

Feldenkrais

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

Kendo \$

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



Open Gym (All Ages)

Gymnasium

Monday and Friday
5:00 pm - 8:15 pm
Tuesday and Thursday
10:45 am - 11:45 am
Monday - Friday
4:45 pm - 5:45 pm
Saturday
11:00 am - 2:30 pm
***UNDER 18 REQUIRES
A PARENT/GUARDIAN**

Senior Basketball

Gymnasium

Monday,
10:30 am - 11:45 am
Wednesday,
6:00 pm - 8:30 pm
Saturday,
9:00 am - 11:00 am

Grade/Middle School Basketball

Gymnasium

M-F 3:15 pm - 4:45 pm
***UNDER 18 REQUIRES
A PARENT/GUARDIAN**



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

8:50 am- 10:00 am

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Gentle Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 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

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday,

12:30 pm- 2:00 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Friday

4:15 pm- 6:15 pm

Harimau Berantai Silat

NDB Aerobics Room

Tues and Thurs

7:30 pm- 8:45 pm

Mat Pilates Class \$7

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

Youth Corner

NDB 2023 Summer Program

June 12th- July 28th

\$30 Month Per Child

Active \$20 DSA Youth Membership Required

Fees can be paid in person or play.cabq.gov

To join the waitlist to speak to Youth Program Coordinator or Youth Staff Supervisors

Meet the Youth Staff

Sarah Ruden, Youth Program Coordinator
 Alexis Gonzales, Student Supervisor
 Nicholas Moskola, Student Supervisor
 Jaeda Saucedo, Student Supervisor

Group 1 (Ages 5- 6)

Kathy Nguyen, Rec Leader
 Jaydn Aragon, Junior Mentor
 Femma Olvera-Martinez, Rec Leader
 Ann Hastings, Rec Leader
 Mika Juan, Rec Leader
 Isaiah Mendoza, Rec Leader

Group 2 (Ages 7-8)

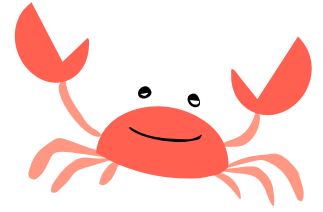
Ryan Alison, Rec Leader
 Connor Kindel, Rec Leader
 Eli Abeyta, Rec Leader
 Olivia Mahoney, Rec Leader
 Matthew Jaramillo, Rec Leader
 Matthew Mendoza, Rec Leader
 Payton Rutter, Rec Leader

Group 3 (Ages 9-10)

Dominique Rodriguez, Rec Leader
 Josh Baca, Rec Leader
 Raquel Gonzales, Rec Leader
 Devin Fickler, Rec Leader
 Damien Talamantes, Rec Leader
 Regina Canela, Rec Leader
 Moses Janga, Rec Leader
 James, Junior Mentor

Group 4 (Ages 11+)

Hope Davis, Rec Leader
 Eric Talamantes, Rec Leader
 Helaina Sarabia, Rec Leader
 Angelina Baca, Rec Leader
 Izaih Apodaca, Rec Leader



YOUTH PROGRAM CALENDAR

<p>3 4th of July Art Project Group 1: 1:30- 2:05 Group 2: 2:15- 2:50 Group 3: 10:40 am-11:10 Group 4 12:45- 1:20 Menchie's Field Trip Group 1 : 2:15 pm Group 2: Noon Group 3: 12:45 pm Group 4 1:30 pm Price \$ Group 4 Behavior Earned Field Trip</p>	<p>4 CLOSED Happy 4th of July</p>	<p>5 Splash Pad Group: 1 Time: 10:30 am- 2:30 pm Price: FREE Swimming Group 2 Time: Noon- 2:30 pm Price: \$1.50 Limit: 13</p>	<p>6 Swimming Group 3 Time: Noon- 2:30 pm Price: \$1.50 Limit: 13 Swimming Group 4 Time: 2:30- 5 pm Price: \$1.50 Limit: 13</p>	<p>7 Cliffs- All Groups Time: 10:30 am- 4:30 pm Limit: 60 Price: \$30 or cliffs Pass PARENT NIGHT OUT 5:30 pm- 7:30 pm Sign up at Youth Desk</p>
<p>10 Make Pizza All Groups Group 1: 1:30- 2:05 Group 2: 2:15- 2:50 Group 3: 10:40 am-11:10 Group 4: 12:45- 1:20 Bahama Bucks Field Trip Group 1: Noon Group 2 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price \$5+</p>	<p>11 Volleyball Tournament All Groups Time: 12:00- 1 pm Kona Ice 3pm Price 3+ *Children will be responsible for money</p>	<p>12 Silva Lanes Bowling Group: 1 Time 9:30 am- 12:30 pm Price \$7 Limit: 13 Silva Lanes Group 2 Time Noon- 2:30 Price: \$ 7 Limit: 13</p>	<p>13 Silva Lanes Bowling Group: 3 Time 9:30 am- 12:30 pm Price: \$7 Limit: 13 Silva Lanes Group 4 Time Noon- 2:30 Price: \$7 Limit: 13</p>	<p>14 ABQ ZOO - All Groups Time 10:30 am- 4 pm Limit: 60 Price \$5 Sign up Monday, July 10th Family Reunion Picnic Social Hall Patio 5:30 pm- 7 pm All children MUST still be signed out by 5:30 pm!</p>
<p>17 Bee Hotels Group 1: 1:30- 2:05 Group 2: 2:15- 2:50 Group 3: 10:40 am-11:10 Group 4: 12:45- 1:20 Group 4 Behavior Earned Field Trip</p>	<p>18 Baseball Tournament At NDB All Groups Time: 12:00- 1 pm Kona Ice 3pm Price: \$3+ *Children will be responsible for money</p>	<p>19 Splash Pad Group: 1 Time: 10:30 am- 2:30 pm Price: Free Swimming Group 2 Time: Noon- 2:30 pm Price: \$1.50 Limit: 13</p>	<p>20 Swimming Group 3 Time: Noon- 2:30 pm Price: \$1.50 Limit: 13 Swimming Group 4 Time: 2:30- 5 pm Price: \$1.50 Limit: 13</p>	<p>21 "Out of this World" Talent Show All Groups Time: 4:30 pm- 6:30 pm All Kids MUST still be signed out by 5:30 pm</p>
<p>24 Disney Day Dress Up! Dairy Queen Group 1: Noon Group 2 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price \$5+</p>	<p>25 Sports Day Dress Up! Eat Smart to Play FUN DAY!! 9:30 am- 11:30 am Color Run at NDB All Groups Time 12:00 pm- 1 pm *please wear white and eye protection Kona Ice Time: 1 pm Price \$3+ *Children will be responsible for money</p>	<p>26 We Wear Pink Dress Up! Water Day at NDB & Snow Cones All Groups Time: Noon - 3 pm Free</p>	<p>27 Western Day Dress Up! Movie Day at NDB Bring pjs, Blankets, ect. All groups 3 pm- 5:30 pm</p>	<p>28 Black Out Day Dress Up! Last Day of the Program Party 12- 3 pm Price \$3</p>

Calendar is Subject to Change