

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

MEMBERSHIP INFORMATION:

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

CLOSED

IN OBSERVANCE OF
INDEPENDENCE DAY,
THURSDAY, JULY 4, 2024



ATTENTION:

Gym schedule will change effective
June 17-August 2, 2024 due to
Summer Program. Thank you!



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

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

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 ages 60+ there is a suggested \$2 donation

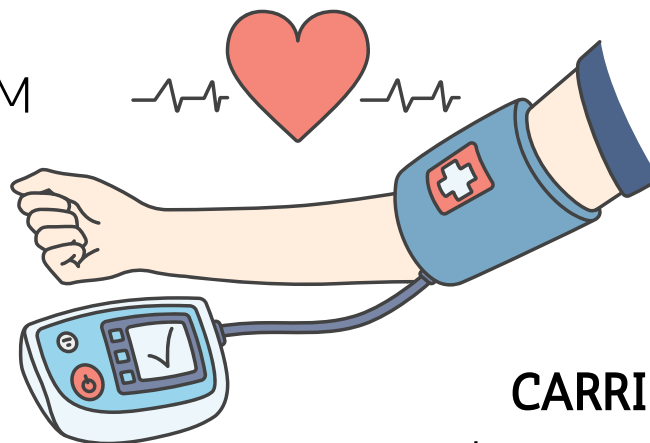
50-59 is \$3.25

Ages 49 and under is \$7.67

GEHM CLINIC:

July 10, 2024

8:30 AM- 12:00 PM



CARRINGTON COLLEGE:

July 17, 2024 and July 22, 2024

8:30 AM- 10:30 AM

GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

***CLOSED M-F**

10:00 AM-11:30 AM

3:30PM-5:00 PM FOR
YOUTH SUMMER PROGRAM



ROCK WALL HOURS:

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

4:30 PM-8:00 PM

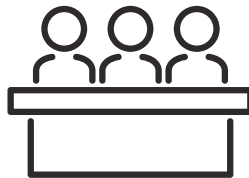
SATURDAY,

9:00 AM-2:30 PM

***CLOSED M-F**

10:00 AM-11:30 AM

3:30 PM-5:00 PM FOR
YOUTH SUMMER PROGRAM



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



FITNESS CENTER HOURS:

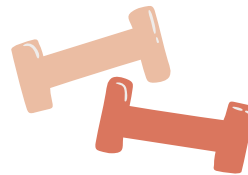
M-F, 8:00 AM-8:45 PM

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.**



JOIN US FOR OUR MONTHLY DSA ADVISORY MEETING

JULY 15, 2024

@ 12:00 PM

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

7521 CARMEL AVE NE , 87113

North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

Saturday,
9:30 am - 11:00 am

Card Making

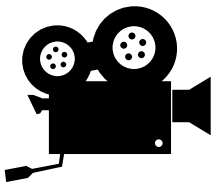
Thursday, 10:30 am - 11:30 am

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



Scottish Music Session

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



Open Bible Study

Monday and 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

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

Albuquerque Fibromyalgia Support Group

1st Tuesday of Every Month
11:30 am - 2:00 pm
Email: abqfibro.com

Brain Education

Friday,
2:00 pm - 3:00 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

Women's Senior Basketball

Monday,

6:00 pm - 8:15 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

Kendo \$

Monday, 6:00 pm - 7:30 pm

Wednesday, 6:00 pm - 7:30 pm

Feldenkrais

Thursday,

10:00 am - 11:00 am

6:00 pm - 7:00 pm

Weights, Stretch, and Light Aerobics

Social Hall

Tuesday,

10:15 am - 11:10 am

Thursday,

9:30 am - 10:30 am

Fit/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

Open Gym (All Ages)

***UNDER 18**

REQUIRES A

PARENT/GUARDIAN

Gymnasium

Tuesday and

Thursday

10:45 am - 11:45 am

Wednesday

4:00 pm - 5:30 pm

Friday

5:45 pm - 8:15 pm

Saturday

***Half court youth and family**

11:00 am - 2:30 pm

Saturday

All Ages Open Gym

11:00 am - 2:30 pm

50+ Senior Basketball

Gymnasium

Monday,

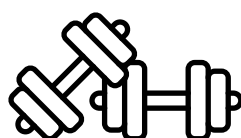
10:30 am - 11:45 am

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am



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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:00 am- 10:30 am

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

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm



North Domingo Baca

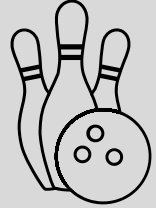
Multigenerational Center Community Event Calendar

Upcoming Trips

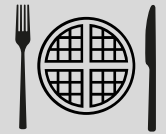
➤ July 12 Trip to Montgomery Pool *Depart @ 12:30 PM



➤ July 17 Bowling at Silva Lanes *Depart @ 1:00 PM



➤ July 18 Trip to Franks Chicken and Waffles for Lunch
*Depart @ 11:30 AM



July CELEBRATIONS

July 3 4th of July Ice Cream Social
In the lobby
@ 12:00 PM



July 5 July Birthday's
Cake celebration in the lobby
@ 12:00 PM



Community Events

➤ July 5 Family Movie Night
Amphitheater
@ 5:30 PM - 7:00 PM



July 19 Family Opry Dance Night
Amphitheater
@6:00 pm - 8:00 pm



➤ July 8 Senior Citizen law office
Power of Attorney
Room 2 @ 12:00 pm

July 22 Bingo in Room 1
@1:00 pm - 2:30 pm

➤ July 9 Pie Social in the
Lobby @ 12:00 pm



July 26 Talent Show
Gymnasium
@5:00 pm - 6:30 pm



➤ July 12 Family Picnic
Social Hall
@5:30 pm - 7:30 pm



July 30 End of Summer cookout
@ 2:00 pm - 4:00 pm

Youth Corner

SUMMER

June 17th- August 2nd

To join the waitlist please speak to Youth Supervisor or Youth Coordinator.

Fees:

\$30 Month Per Child

Active \$20 DSA Youth Membership Required

Meet Our Youth Staff

Ryan Allison, Rec Leader
 Jaydn Aragon, Rec Leader
 Marissa Benavides, Rec Leader
 Mauro Castro Mendoza, Rec Leader
 Hope Davis, Student Supervisor
 Isaiah Denetclaw, Rec Leader
 Devin Fickler, Rec Leader
 Jessie Harrison, Rec Leader
 Danica Jeanette, Rec Leader

Mika Juan, Rec Leader
 Javion Jones, Rec Leader
 Makayla Loughridge, Rec Leader
 Marisol Martinez, Rec Leader
 Femma Olvera Martinez, Rec Leader
 Isaiah Mendoza, Rec Leader
 Matthew Mendoza, Rec Leader
 Sophia Moskola, Rec Leader



Malia Rey, Rec Leader
 Amous Rodela, Rec Leader
 Leah Rodriguez, Student Supervisor
 Payton Rutter, Rec Leader
 Joaquin Rodriguez, Rec Leader
 Helaina Sarabia, Rec Leader
 Jesse Sarabia, Rec Leader
 Jead Saucedo, Student Supervisor

FAMILY & INTERGERNATIONAL EVENTS

Family Movie Night- July 5th 5:30- 7 pm

Family Picnic- July 12th 5:30 pm- 7:30 pm

Talent Show- July 26th 5 pm- 6:30 pm

YOUTH PROGRAM CALENDAR

JULY	1	2	3	4	5
	<p><u>8th of July Art Project</u> (Room 5 rotation) Group 4 : 1:30- 2:05</p> <p><u>Archilles Field Trip</u> Group 1 : 2:15 pm Group 2: Noon Group 3: 12:45 pm Group 4: 1:30 pm Price: \$6</p> <p><u>National Museum of Nuclear Science & History</u> All Groups Time: Noon- 2pm Price: \$10 Limit: 50</p>	<p><u>Splash Pad</u> Group 1 Time: 10:30 am- Noon Price: 75 cents Limit: 13</p> <p><u>Swimming</u> Group 2 Time: Noon- 3 pm Price: \$1.50 Limit: 13</p> <p><u>Kona Ice</u> 1pm Price: \$3+</p>	<p><u>Swimming</u> Group 3 Time: Noon- 3 pm Price: \$1.50 Limit: 13</p> <p><u>Swimming</u> Group 4 Time: 2:30- 5:30 pm Price: \$1.50 Limit: 13</p>	<p>CLOSED</p> <p>Happy 4th of July</p>	<p><u>Cool Springs</u> All Groups Times: Noon- 3 pm Limit: 60 Price: \$25</p> <p><u>Family Movie Luau</u> 5:30 pm- 7 pm All children MUST still be signed out by 5:30 pm!</p>
	8	9	10	11	12
	<p><u>Making Math Pizza</u> All Groups Various Times (Room 5 Rotation)</p> <p><u>Bahama Bucks Field Trip</u> Group 1: Noon Group 2: 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price: \$5+</p>	<p><u>Volleyball Tournament</u> All Groups Time: 12:00- 1 pm <u>Kona Ice</u> 1pm Price: \$3+</p> <p><u>Jungle Jam</u> Group 1& 2 12 pm- 3 pm Price: \$28 Limit: 45</p>	<p><u>Silva Lanes Bowling</u> Group: 1 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13</p> <p><u>Silva Lanes</u> Group 2 Time: Noon- 2:30 Price: \$7 Limit: 13</p>	<p><u>Silva Lanes Bowling</u> Group: 3 Time: 9:30 am- 12:30 pm Price: \$7 Limit: 13</p> <p><u>Silva Lanes</u> Group 4 Time: Noon- 2:30 Price: \$7 Limit: 13</p>	<p><u>Main Event</u> All Groups Time: 10:30 am- 3:30 pm Limit: 60 Price: \$25 Pizza Provided!</p> <p><u>Family Picnic</u> 5:30 pm- 7:30 pm Sign up at Youth Desk</p>
	15	16	17	18	19
<p><u>Bird House</u> During Room 5 Rotation Group 4: 1:30- 2:05</p> <p><u>Meow Wolf</u> Group: 3& 4 Time: 10:30 am- 3:30 pm Price: \$13 Limit: 24</p>	<p><u>Baseball Tournament At NDB</u> All Groups Time: 12:00- 1 pm <u>Kona Ice</u> 1pm Price: \$3+</p> <p>*Children will be responsible for money</p>	<p><u>Splash Pad</u> Group 1 Time: 10:30 am- 2 pm Price: \$ 0.75</p> <p><u>Swimming</u> Group 2 Time: Noon- 3 pm Price: \$1.50 Limit: 13</p>	<p><u>Swimming</u> Group 3 Time: Noon- 3 pm Price: \$1.50 Limit: 13</p> <p><u>Swimming</u> Group 4 Time: 2:30- 5:30 pm Price: \$1.50 Limit: 13</p>	<p><u>Cliffs</u> All Groups Time: 11:00 am- 5 pm Limit: 60 Price: \$33 or Cliffs Pass</p>	
22	23	24	25	26	
<p><u>Making Tin Dye</u> During Field Rotation *Please bring white t shirt*</p> <p><u>Cold Stone Field Trip</u> Group 1 : 2:15 pm Group 2: Noon Group 3: 12:45 pm Group 4: 1:30 pm Price: \$6+</p> <p><u>Explora</u> Group 1 1-4 pm Price: \$8 Limit: 13</p>	<p><u>Basketball Tournament</u> All Groups Time: 12:00- 1 pm <u>Kona Ice</u> 1pm Price: \$3+</p> <p>*Children will be responsible for money</p> <p><u>Explora</u> Group 2 Time: 1:30- 4:30 Price: \$8 Limit: 13</p>	<p><u>Roller Skate City</u> Group 1 Time: 11:30 am- 3:00 pm Price: \$10 Limit: 13</p> <p><u>Roller Skate City</u> Group: 2 Time: 2 pm- 5 pm Price: \$10 Limit: 13</p>	<p><u>Roller Skate City</u> Group 3 Time: 11:30 am- 3:00 pm Price: \$10 Limit: 13</p> <p><u>Roller Skate City</u> Group 4: 2 pm- 5 pm Price: \$10 Limit: 13</p>	<p><u>Talent Show "Under the Sea"</u> All Groups Time: 5 pm- 6:30 pm All Kids MUST still be signed out by 5:30 pm</p>	
29	30	31	1	2	
<p><u>Country Club VS Country Western Day</u></p> <p><u>Dairy Queen</u> Group 1: Noon Group 2: 12:45 pm Group 3: 1:30 pm Group 4: 2:15 pm Price: \$5+</p>	<p><u>Sports Day</u> Represent your favorite team!</p> <p><u>Eat Smart to Play FUN DAY!</u> 9:30 am- 11:30 am <u>Kona Ice</u> Time: 1 pm Price: \$3+</p>	<p><u>Safari</u> Show your wild Side and dress up in animal print or zoo keeper!</p> <p><u>Water Day at NDB & Snow Cones</u> All Groups Time: Noon - 3 pm Free</p>	<p><u>Cozy Comfy Day</u> Wear your PJs!</p> <p><u>Movie Day at NDB</u> Bring pjs, Blankets, etc! All groups 3 pm- 5:30 pm Year book Pass out and Signing @3</p>	<p><u>Rep Your Group Color</u> Group 1 Blue Group 2- Pink Group 3- Green Group 4- Purple</p> <p>LAST DAY!!! @ Party 12- 3 pm</p>	

Calendar is Subject To Change

