

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
JUNETEENTH,
WEDNESDAY, JUNE 19, 2024

ATTENTION:
Gym schedule will change
effective June 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

Welcome Summer!

This summer is filled with excitement for the Department of Senior Affairs as we look forward to expanding our services in the community!

First, we are thrilled to announce the grand opening of our newest facility, the Santa Barbara Martineztown Multigenerational Center! This 5,000-square-foot center will offer versatile space to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. We invite you to join us in June for the celebration!

In addition, we are excited to share that the long-awaited Cibola Loop Multigenerational Center will soon begin construction on Albuquerque's northwest side. This nearly 15,000-square-foot facility will provide a wide range of programs and services for that quadrant of the city, becoming the tenth addition to DSA's growing slate of senior and multigenerational centers.

In other news, please keep an eye out for our upcoming Senior Affairs Activity Catalog! Releasing in July, this catalog will feature six months of exciting activities, programs, resources, and ways to continue to engage with others and our community! Copies will be available at all senior and multigenerational center locations, as well as online at cabq.gov/seniors.

Finally, stay tuned for more improvements at our centers, including updates at Manzano Mesa, Palo Duro, Highland, and North Valley, with needed infrastructure and system enhancements. Here's to a happy, healthy summer full of progress and lasting memories!

Message from our Director



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:

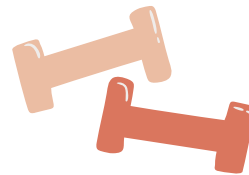
M-F, 8:00 AM-8:45 PM

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

JUNE 17, 2024

@ 12:00 PM

NORTH VALLEY SENIOR CENTER

3825 4TH ST NW, 87107

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

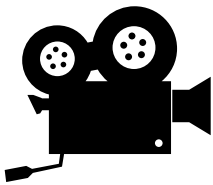
Thursday, 10:30 am - 11:30 am

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

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

50+ Senior pickleball

Monday,

6:00 pm - 8:15 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

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,

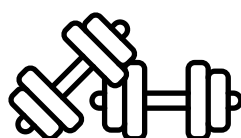
10:30 am - 11:45 am

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

➤ **June 11** FREE Trip to Visit the New Center
Martinez Town
*Depart @ 9:30 AM

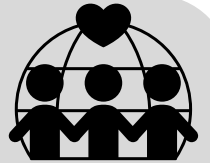
➤ **June 12** Ride the Rail Runner to Visit the National Cemetery in Santa Fe
FREE
*Depart @ 8:30 AM



➤ **June 20** Trip to Barelás coffee house for Lunch
*Depart @ 11:30 AM

➤ **June 27** Trip to Highland Senior Center Pride Event
*Depart @ 2:00 PM

Community Events



➤ **June 17** Bingo Room 1 @1:00 pm -2:30 pm

➤ **June 18** Pie Social in the Lobby @ 12:00pm

➤ **June 21** Arts and Crafts Room 1 @1:00 pm -2:00 pm

➤ **June 28** Live Music in the Amphitheater @11:30am 

JUNE CELEBRATIONS

➤ **June 10** June Birthday's Cake celebration lobby @ 12:00 PM



➤ **June 14** Father's Day Celebration Social Hall Patio @ 3:00 pm- 5:00pm

Happy FATHER'S DAY



➤ **June 28** National Logistics Day Celebrate with popcorn in the Lobby @ 12:00 PM



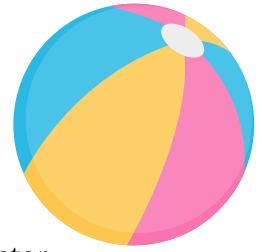
Health, and Legal Events

➤ **June 12** GEHM Clinic in the Lobby @ 8:30 am-12:00pm

➤ **June 20** Senior Citizen law office Estate Planning Room 1 @ 12:00 pm



Youth Corner



Summer Youth Program 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

Open House For Registered Parents-June 12th at 5 pm

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
Cillian Guttierrez, 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
Femba Olvera Martinez, Rec Leader
Isabella Mclish, Rec Leader
isaiah Mendoza, Rec Leader
Matthew Mendoza, Rec Leader
Nick Mosokla, Rec Leader
Sophia Moskola, Rec Leader
Maddox Presser, Rec Leader

Weston Quintana, 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
Jeada Saucedo, Student Supervisor
Quinten Talamantes, Rec Leader



FAMILY & INTERGERNATIONAL EVENTS

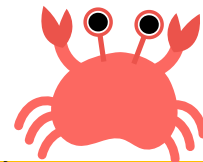
Fathers Day Celebration- June 14th 3 pm- 5 pm







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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>First Day of Summer Program! Get to Know Each Other & the Center! NDB Scavenger Hunt 8am- 9am</p>  	<p>18</p> <p>Picture Day!! Show 'n Tell Group 1 2:15 pm Group 2 10:40 am Group 3 12:45 pm Group 4 1:30 pm</p>	<p>19</p> <p>Sorry - We're CLOSED</p>	<p>20</p> <p>Color Run at NDB All Groups Time 12:00 pm- 1 pm *please wear white and eye protection</p> 	<p>21</p> <p>National Skate Day! Roller Skating 3:30- 5:30 pm Special Guest Visit! Aquarium Field Trip Sign up!!</p>
<p>24</p> <p>Community Mural 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</p> <p>Aquarium and Botanical Gardens Group 2 & 3 Time 10:30 am- 2 pm Limit: 45 Early Sign up!</p> 	<p>25</p> <p>Aquarium and Botanical Gardens Group 1 & 4 Time 10:30 am- 2 pm Limit: 35 Early Sign Up!</p> <p>Kona Ice 1pm Price \$3+ *Children will be responsible for money</p>	<p>26</p> <p>Outpost Ice Skating Group 1 & 2 Time: 11:30 am- 2:30 pm Price: \$10 Limit: 48</p> <p>Cinemark Century Rio 24 Movie TBD Group 3 & 4 Time: TBD</p> 	<p>27</p> <p>Outpost Ice Skating Group 3 & 4 Time: 11:30 am- 2:30 pm Price: \$10 Limit: 36</p> <p>Cinemark Century Rio 24 Inside Out 2 Group 1 & 2 Time: TBD</p>	<p>28</p> <p>ABQ ZOO - All Groups Time: 10:30 am- 4 pm Limit: 60 Price \$5 Sign up Friday June 27th @ 8:15 am</p> <p>Early Sign up for Meow Wolf</p> 



Calendar is Subject to Change