



NORTH DOMINGO BACA
MULTIGENERATIONAL
CENTER

MARCH 2022

505-764-6475

7521 CARMEL AVE NE 87113

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

VISIT OUR WEBSITE [HTTPS://WWW.CABQ.GOV/SENIORS](https://www.cabq.gov/seniors)

Breakfast

Monday-Friday 8AM-9AM

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, HOWEVER, A FEE WAIVER CAN BE REQUESTED. EXISTING MEMBERSHIPS WILL BE RENEWED AND EXTENDED DUE TO THE COVID-19 PANDEMIC CLOSURES OF OUR CENTERS.

ONE ALBUQUE RQUE

March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
28 • Green Chile Chicken Posole • Flour Tortilla • Calabacitas • Fruit • 1% Milk	1 • Turkey w/Gravy • Cornbread Stuffing • Vegetables • Chocolate Chip Cookie • 1% Milk	2 • Red Chile Omelet • Steamed Potatoes • Collard Greens • Fruit • 1% Milk	3 • Diced Pork • Sweet Potatoes • Vegetables • Fruit • 1% Milk	4 • Baked Cod w/Tartar Sauce • Steak Fries w/Ketchup • Brownie • 1% Milk
7 • Beef Fajitas • Flour Tortilla • Spanish Rice • Pinto Beans • Fruit • 1% Milk	8 • Chicken Alfredo w/ Green Chile • Green Beans w/ Mushrooms • Garlic Bread Stick • Pudding • 1% Milk	9 • Baked Ham w/ Pineapple Glaze • Brown Rice • Steamed Carrots • Yogurt • 1% Milk	10 • Beef Steak w/Grilled Onions • Roasted Potatoes • Crispy Roasted Brussel Sprouts • Cookie • 1% Milk	11 • Baked Ziti w/ Mozzarella • Vegetables • Garlic Bread Stick • Fruit • 1% Milk
14 • Baked Chicken • Mashed Potatoes w/ Gravy • Vegetables • Fruit • Dinner roll w/ Margarine • 1% Milk	15 • Minestrone w/Navy Beans • Cornbread • Vegetables • Seasonal Fruit • 1% Milk	16 • BBQ Pulled Pork • Tater Tots w/Ketchup • Sliced Beets • Vegetables • Seasonal Fruit • 1% Milk	17 • Corned Beef • Steamed Potatoes • Steamed Cabbage • Jell-O • 1% Milk	18 • Loaded Baked Potato • Vegetables • Apple Crumble • 1% Milk
21 • BBQ Chicken Thigh • Baked Beans • Corn Bread • Fruit • 1% Milk	22 • Meatballs w/ Marinara & Cheese • Tater Tots w/ Ketchup • Green Beans w/ Mushrooms • Hoagie Bun • Pudding • 1% Milk	23 • Turkey Pot Pie • Steamed Potatoes • Vegetables • Apple Sauce • 1% Milk	24 • Red Chile Beef Enchiladas • Spanish Rice • Calabacitas • Fruit • 1% Milk	25 • Cajun Tilapia • Butter Noodles • Vegetables • Fruit • 1% Milk
28 • Salisbury w/Gravy & Mushrooms • Steamed Potatoes • Vegetables • Fruit • 1% Milk	29 • Chicken Tenders w/BBQ Sauce • Brown Rice • Corn w/Peppers • Dinner Roll w/ Margarine • Pudding • 1% Milk	30 • Garlic Tilapia • Angel Hair Pasta w/ Diced Tomatoes • Steamed Green Beans • Jell-O • 1% Milk	31 • Frito Pie • Vegetables • Fruit • 1% Milk	"Senior Affairs Nutrition Program is proud to be part of the New Mexico Grown state initiative providing locally NM sourced produce, ensuring our seniors a fresh, healthy meal."

Revised 2/7/2022



Hello!

As we start to turn a corner and see a decrease in COVID-19 cases, the New Mexico State mask mandate has been suspended, leaving mask wearing optional in most indoor spaces. This means, in our centers, you will have the option to do what you feel comfortable with however, we still will encourage doing the most to protect yourself and others around you. Please note that there may be areas or activities where masks will still be required and will continue to work to communicate this information as timely as possible. We appreciate your continued cooperation as these requirements are constantly evolving.

As many of you know masks are still required to be worn by all people using public transportation and all of our transportation vehicles are considered public transit. This includes our vans used for day trips driven by volunteer drivers. This means proper mask wearing will still be a mandatory practice in place when riding in all Senior Affairs transportation vehicles. We appreciate your compliance with this request as we will always follow the most recent CDC and NM Department of Health recommendations and guidelines. Also keep in mind, the CDC continues to suggest that you wear the most protective mask you can, that fits well and that you wear consistently.

As we are all ready to move ahead, looking towards spring, we are excited to present our 50+ Senior Tech Connect Fair. The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT are hosting a highly anticipated, free to the public technology fair geared toward older adults 50 years and older. The Senior Tech Connect 50+ Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. There will be a wide variety of "technology education stations" for seniors to engage, along with refreshments and prizes.

We hope that you continue to explore our upcoming events, programs and services by visiting with your center staff or visiting cabq.gov/seniors webpage. Wherever your comfort level is, I am sure you can find something to engage and be a part of our community.

I continue to welcome your feedback, so please do not hesitate to reach out if you have any questions or concerns. I thank you for your continued consideration in taking care of each other as we find new ways of moving on from the limitations COVID-19 presented. We really are stronger together!



Anna Sanchez,
Director,
Department of
Senior Affairs

TRACK HOURS:

M-F 8:00AM-8:45PM
CLOSED FOR CLEANING M-F
2:00PM-2:45PM
SATURDAY 9:00AM-2:15PM
CLOSED FOR CLEANING
2:15PM-3:00PM



ROCK WALL HOURS:

M-F 8:00AM-2:00PM
5:00PM-8:30PM
CLOSED 2:00PM-5:00PM FOR
CLEANING/AFTER SCHOOL
PROGRAM



Health Events:

GEHM Clinic

March 9th, 29th, 30th
8:30AM-12:00PM

Covid Booster Clinic
March 25th

9:00 AM- 12:00 PM

Be Brave with Heart
April 6, 2022



The City of Albuquerque's Department of Senior Affairs and Adelante DiverselT is hosting a highly anticipated, free to the public technology fair geared towards older adults age 50 and older. The 50+ Senior Tech Connect Fair will be Friday, April 1, 2022, from 8:30am-12:30pm at North Domingo Baca Multigenerational Center. A special thanks to our event sponsors, AT&T and Internet Essentials from Comcast.



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.



GAME ROOM HOURS:

M, T, W OPEN 8:00AM-8:45PM
THURSDAY CLOSED 2:15PM-3:15PM
FOR YOUTH PROGRAM
FRIDAY CLOSED 4:00PM-5:00PM
FOR YOUTH PROGRAM
SATURDAY: 9:00AM-2:45PM

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.



Pottery: Clay Class

Open Studio

Thursday, 9:00 am-1:00 pm

Beginners/Intermediate

Tuesday 9:00 am-1:00 pm

Computer Classes

Sign up at the front desk



Quilting Cluster

Friday, 10:00 am- 4:00 pm

Bible Study

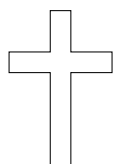
Monday, 8:30 am - 10:00 am

Open Bible Study

Wednesday, 8:45 am-10:00 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm



Card Making

Thursday, 10:30 am-11:30 am

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

Albuquerque Fibromyalgia

Support Group

1st Tuesday of the month,

1:00 pm- 2:30 pm

Stepping Stones

Tuesdays & Thursdays

9:15 am- 10:15 am ages 18+

2:15 pm- 3:15 pm ages 5-17



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

M,W,TR

12:00 pm- 1:30 pm

Feldenkrais

Thursday, 10:00 am- 11:00 am

and 6:00 pm- 7:00 pm

Kendo

Wednesday, 6:00 pm- 7:30 pm

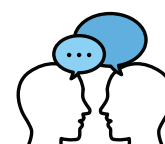
Friday, 6:00 pm- 7:30 pm

French

Saturday, 9:30 am- 11:00 am

Beginning German

Tuesday, 10:30 am- 12:00 am



Health and Fitness Classes



Zumba \$2

Social Hall

Monday, Wednesday, and
Saturday.

9:15 am- 10:15 am

Open Gym (All Ages)

Gymnasium

Tuesday and Thursday

12:00 pm- 2:00 pm

Monday-Friday

5:00 pm- 5:45 pm

Zumba (Gold) \$4

Social Hall

Tuesday, 9:15 am- 10:15 am

Unified Rec for Individuals with Disabilities

Gymnasium

Thursday:

6:00 pm-8:00 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am



50+ Basketball

Gymnasium

Monday

12:00 pm- 2:00 pm

Wednesday

6:00 pm-8:00 pm

Saturday

9:00 am-11:00 am

Jazzercise \$

Social Hall

Sign up at Jazzercise.com

M,W 4:30 pm-5:30 pm

Tues/Thurs 8:05 am-9:05 am

Friday 9:15 am- 10:15 am

Saturday 10:20 am- 11:20 am

Learn to play pickleball

Gymnasium

Wednesday

12:00 pm- 2:00 pm

FIT for Seniors \$3

North Domingo Baca

Tuesday, 9:30 am- 10:30 am

and Thursday, 9:30 am-

10:30 am

Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and

10:15 am - 11:15 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

Open Gym for adults and

teens

Gymnasium

Monday 6:00 pm-8:00 pm

Gentle Exercise

M,W,F

9:30 am- 10:30 am

Open play pickleball

Gymnasium

Friday

12:00 pm- 2:00 pm

Sports and Fitness

Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Aikido

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

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

Friday,

10:00 am- 11:00 am

Qigong with Diane

NDB Aerobics Room

Monday

12:00 pm- 1:00 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

Indian Classical Dance-Shalaka

NDB Aerobics Room

Thursday,

4:30 pm- 5:30 pm

Friday,

4:00 pm- 6:30 pm

American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 12:00 pm

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 10:00 am

Boomer Yoga

NDB Aerobics Room

Tuesday and Thursday

3:30 pm- 4:30 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

Saturday

9:00 am- 10:15 am



Community Events



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



**Family Game Night
Basketball
Knockout and Horse
March 11th
6:00 pm -8:00 pm**



**St. Patrick's Day Celebration
March 17
11:30 am -1 pm**



**Walking Club
Monday, Wednesday and Friday
Walking with NDB Staff
8:30 am - 10:30 am
12:30 pm - 2:00 pm
5:00 pm - 7:00 pm**



**Senior Arts and Crafts
March 7th & March 21st
1:00 pm -2:30 pm**



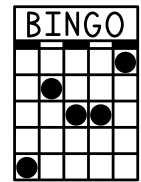
**National Pi Day
Pie Social
March 14th in Lobby
75¢**



**Family Movie Night
March 18th
6:00 pm- 8:00 pm**



**Community Decades Dance Night
March 25
6:00 pm- 8:00 pm**



**Bingo
March 11th
In Social Hall
1:00 pm-2:30 pm**



**Senior Trip:
Pie Town
March 14th
8:30 am - 4:00 pm
Sign up by March 8th**



**Lunch with Tom & Sarah
March 23rd
Restaurant TBD
10:30 am - 1:00 pm**



**Family Basketball Every
Saturday
Half Court
11:15 am - 2:15 pm**



Youth Corner



NDB After School Program

Monday - Friday | 2:00 pm - 5:30 pm

\$15 a month Per Child

Transportation only provided from E.G. Ross Elementary

Membership Required

To register please visit play.cabq.gov

Meet the Youth Staff

Sarah Ruden, Program Coordinator

Josh Baca, Rec Leader

Nick Moskola, Rec Leader

Hope Davis, Rec Leader

Leah Rodriguez, Rec Leader

Alexis Gonzales, Rec Leader

Jaeda Saucedo, Rec Leader

Berto Ibarra, Student Supervisor

Santana Sisneros, Student Supervisor

Tanner Keener, Student Supervisor Preston Stanley, Rec Leader

Erin Magrath, Rec Leader



IMPORTANT YOUTH PROGRAM DATES

Make it Mondays, Team Tuesdays, Wiggle Wednesdays, Thinker Thursdays, Fun Day Fridays

March 2nd- National Read Across America Day & Dr.Seuss' Birthday
Intergenerational read out loud 2:30 pm- 4 pm

March 3rd- World Will Life Day
Wild Life Presentation with ABQ Bio Park

March 4th - After School Parents Night Out
From 6 pm - 8:30 pm , drop your children off to participate in Science club and Teen gaming! Must be registered in our after school program to participate

March 11th - Family Game Night
From 6 pm - 8 pm, playing fun family games - Knock Out & Horse

March 17th-25th - Spring Break
Program Hours 7:30am - 5:30pm

March 17th- St.Patrick's Day Party

March 18th - Family Movie Night
From 6 pm - 8 pm, have the whole family join us for a movie and popcorn. You are welcome to wear pjs, bring blankets, sleeping bags, etc.

March 21st- A Park Above Field trip
11:15 am- 12:45 pm

March 22nd- Friendship Coffee with Bear Canyon
9:30 am- 10:30 pm

March 22nd - Field Day with Manzano Mesa
1 pm- 4 pm

March 23rd- Chick- Fil- A Field Trip
11:20-12:45

March 24th- Explora Field Trip
10 am-12 pm

March 25- International Waffle Day
Please join us for Intergenerational Waffle Making from 8 am- 9am in social hall.





North Domingo Baca Multigenerational Center
7521 Carmel Ave. NE 505-764-6475
Community Event Calendar



March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Mardi Gras</p> <p>Birthday Celebration Lobby 12:30- 1:30 pm</p> <p>"Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>2 National Read Across America Day</p> <p>Intergenerational Read Out Loud 2:30 pm-4:00 pm</p> <p>Walking with NDB Staff Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>3 World Wildlife Day</p> <p>Visit from ABQ Bio park Time TBD Room 4</p> <p>"Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>4 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p> <p>Senior Lunch with Movie Social Hall Noon- 1:30 pm</p>	<p>5 Family Basketball</p> <p>Half Court Gym 11:15 am- 2:15 pm</p>
<p>7 Senior Arts and Crafts</p> <p>Social Hall 1 pm – 2:30 pm</p> <p>Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>8 International Women's Day</p> <p>"Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>9 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>10 "Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>11 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p> <p>BINGO Social Hall 1:00- 2:30</p> <p>Family Knockout Game Night Gym 6-8 pm</p>	<p>12 Family Basketball</p> <p>Half Court Gym 11:15 am- 2:15 pm</p>
<p>14 National Pi Day</p> <p>Senior Trip to Pie Town 8:30 am- 4:00 pm</p> <p>Pie Social Lobby 12:30 pm -1:30 pm</p> <p>Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>15 "Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>16 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>17 St. Patrick's Day</p> <p>Celtic Coytes Perormance Amphitheater 11:30 am-1:00 pm</p> <p>"Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>18 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p> <p>Holi Celebration 2:30 pm- 3:30 pm</p> <p>Family Movie Night Brave 6 pm- 8 pm Wear PJs, bring blankets, sleeping bags etc.</p>	<p>19 Family Basketball</p> <p>Half Court Gym 11:15 am- 2:15 pm</p>
<p>21 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p> <p>Senior Arts and Crafts Social Hall 1 pm – 2:30 pm</p>	<p>22 "Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>23 Lunch W/ Tom & Sarah</p> <p>10:30 am-1:00 pm</p> <p>Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>24 "Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 18+</u> 9:15- 10:15 <u>Ages 5-17</u> 2:15 pm- 3:15 pm</p>	<p>25 National Waffle Day</p> <p>Intergenerational Waffle Bar 8 am- 9 am Social Hall</p> <p>Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p> <p>Community Swing Dance Night Social Hall 6- 8 pm</p>	<p>26 Family Basketball</p> <p>Half Court Gym 11:15 am- 2:15 pm</p>
<p>28 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>29 "Stepping Stones" NDB beginner Rockwall climbers' <u>Ages 5-18</u> 2:15 pm- 3:15 pm</p>	<p>30 Walking with NDB Staff</p> <p>Walking Track 8 am- 10 am Noon- 2 pm 5 pm- 7 pm</p>	<p>31 "Stepping Stones" NDB beginner Rockwall climbers' group <u>Ages 18+</u> 9:15- 10:15</p>		