



WELCOME TO NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

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

Spring is here, and with it comes a season full of opportunities to connect, learn, and stay active! Whether you're looking to explore volunteer opportunities, expand your technology skills, focus on your health and wellness, or simply enjoy time with friends and family, we have something for everyone in the months ahead. I'm happy to share some of the exciting things coming your way this spring!

On March 14th, you're invited to the AmeriCorps Seniors Volunteerism Fair at Manzano Mesa Multigenerational Center from 10 a.m. to 1 p.m. If you're 55 or older and looking for ways to give back, this event is a wonderful opportunity to explore volunteer programs like Foster Grandparents and Senior Companions, as well as opportunities with other local organizations.

Then, on April 11th, join us for the 50+ Senior Tech Connect Fair at North Domingo Baca Multigenerational Center from 8:30 a.m. to 12:30 p.m. With hands-on tech coaching, informative booths, and exciting prizes, it's a great way to boost your confidence with technology while having fun.

Looking ahead to May, we're pleased to host National Senior Health and Fitness Day once again on May 28th at North Domingo Baca Multigenerational Center from 9 a.m. to 12 p.m. Sponsored by Blue Cross and Blue Shield of New Mexico, this event is all about celebrating healthy aging with group exercise demonstrations, a mini health fair, free health screenings, low-impact walking events, and more!

As we approach the summer months, we're also excited about the upcoming grand reopening of the Manzano Mesa Multigenerational Center splash pad. This newly renovated space will be designed for all ages and abilities, providing a safe and fun way to cool off as temperatures rise. Grandparents, we encourage you to bring your grandchildren and enjoy making memories together! There's so much to look forward to this season, and I hope to see you at one of our upcoming events. Let's make this spring one to remember!

Sincerely,
Anna M. Sanchez, Director



**50+ SENIOR
TECH
CONNECT**

**SAVE THE DATE!
APRIL 11, 2025**

NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER

**ONE
ALBUQUE
RQUE** senior affairs 



BREAKFAST



MONDAY-FRIDAY | 8:00AM-9:00AM

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

DRINKS:

COFFEE \$FREE | HOT COCOA \$0.30
HOT TEA \$0.30 | MILK \$0.25 |
ORANGE JUICE \$0.25

FULL BREAKFAST \$1.50

2 EGGS W/ POTATO SQUARES, 2 SLICES OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 2 SLICES OF BACON OR SAUSAGE

MINI BREAKFAST \$0.75

1 EGG W/ POTATO SQUARES, 1 PIECE OF TOAST, TORTILLA, OR AN ENGLISH MUFFIN, & 1 SLICE OF BACON OR SAUSAGE

ENGLISH MUFFIN SANDWICH \$1.00

BACON OR SAUSAGE

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

A la Carte Items:

CHEESE \$0.25

1 PANCAKE \$0.25

1 FRENCH TOAST \$0.25

TOAST \$0.20

ENGLISH MUFFIN \$0.20

EGG \$0.25

BACON (2 SLICES) \$0.50

SAUSAGE (2 SLICES) \$0.50

RED OR GREEN CHILE

\$0.25

OATMEAL \$0.70

POTATO SQUARES \$0.30

TORTILLA \$0.20



HOW LUNCH WORKS:

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

SPECIAL ANNOUNCEMENTS

AMERICORPS SENIORS VOLUNTEERISM FAIR:

MARCH 14, 2025

10:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

DSA ADVISORY COUNCIL MEETING:

MARCH 17, 2025

@ 12:00 PM

PALO DURO SENIOR CENTER -
5221 PALO DURO NE, 87110

SANTA FE NATIONAL CEMETERY RIDE WITH RAILRUNNER

(PLEASE SIGN UP AT THE FRONT DESK)

SAVE THE DATE:

APRIL 9, 2025

MAY 14, 2025

JUNE 11, 2025



TRACK HOURS:

M-F, 8:00 AM-8:45 PM
SATURDAY, 9:00 AM-2:45 PM

ROCKWALL HOURS:

M-F, 10:30 AM - 6:00 PM
SATURDAY, 10:00 AM - 2:00 PM
**CLOSED M-F, 3:45 PM - 6:00 PM
FOR YOUTH PROGRAM**



GAME ROOM HOURS:

MONDAY-FRIDAY,
8:00 AM-8:30 PM
SATURDAY, 9:00 AM-2:30 PM

***CLOSED M-F
3:45 PM-6:00 PM
FOR YOUTH AFTER
SCHOOL PROGRAM**

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.**

North Domingo Baca Classes

Music Circle-Sing & Strum

Wednesday,
10:00 am- 12:00 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



Ballroom Dancing \$

Saturday, 1:30 pm-2:45 pm



Kendo \$

Monday and Wednesday,
6:00 pm- 7:30 pm

Rotary Club

Tuesday, 12:00 pm- 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm- 3:00 pm

Italian Movie Night

2nd Friday of Every Month
6:00 pm- 8:00 pm

French Group

Saturday,
9:30 am- 11:00 am



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!



Photography

Wednesday, 9:00 am- 11:00 am
Wednesday, 6:00 pm- 7:30 pm

Sharing memories through creative writing

Wednesday,
12:30 pm- 2:00 pm

ABQ Karate \$

Tuesday, 5:00 pm- 8:00 pm
Thursday, 5:00 pm- 8:00 pm
Saturday, 11:45 am- 1:15 pm



Albuquerque Fibromyalgia Support Group

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

Ostomate Support Group

2nd Saturday of Every Month
1:00 pm- 2:15 pm



Open Bible Study

Monday and Wednesday,
9:00 am-11:00 am

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

Open Bible Study

Friday 6:00 pm- 8:00 pm

Health and Fitness Classes



Zumba (Gold) \$4
Social Hall
Tuesday,
9:15 am- 10:15 am

Zumba \$4
Social Hall
Monday, Wednesday,
Saturday
9:15 am- 10:15 am

**Korean Yoga Tai Chi
Quiong**
Friday,
2:00 pm- 3:00 pm

Yoga with Lynn \$10
Monday, 9:00 am- 10:00 am
Friday, 1:00 pm-2:00 pm

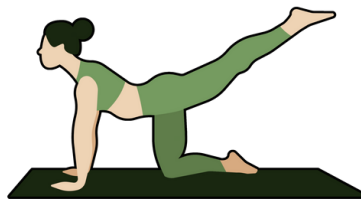
Feldenkrais
Thursday,
10:00 am- 11:00 am RM 4
3:00 pm- 4:00 pm
Aerobics Room

FIT for Seniors \$3
Gymnasium

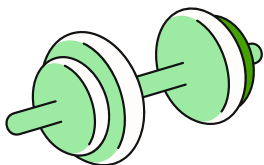
Tuesday and Thursday,
9:30 am- 10:30 am

Fit/Tone with Jen \$4
Tuesday,
9:15 am- 10:15 am

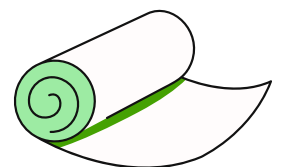
Tai Chi
Tuesday and
Thursday
1:00 pm- 2:00 pm
2/18/25-4/10/25



Weights, Stretching, and Light Aerobics



Social Hall
Tuesday | 10:15 am- 11:10 am
Thursday | 9:30 am- 10:30 am



* Bring 2 weights (1 lbs - 3 lbs) every Thursday

Jazzercise \$
Social Hall

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

Sign up at Jazzercise.com

GYM SCHEDULE

Open Gym (All Ages)*UNDER 18 REQUIRES A PARENT/GUARDIAN

Tuesday
11:00 am-12:30 pm

Thursday
10:45 am-11:45 am

Friday
6:00 pm-8:00 pm

Saturday
12:30 pm -2:30 pm

50+ Senior Basketball
Gymnasium
Monday,
11:00 am-12:30 pm

Wednesday,
6:00 pm-8:00 pm

Saturday,
9:00 am-11:00 am

Women's 50+ Senior Basketball
Monday,
6:00 pm- 8:00 pm

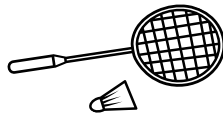
Unified Recreation Open Gym
Thursday,
12:00 pm- 2:00 pm



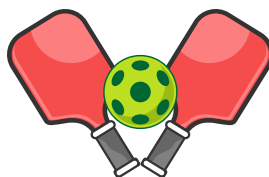
Learn to play pickleball
Wednesday,
12:00 pm-3:00 pm



Badminton
Monday/Tuesday,
*Half Court
1:00 pm- 2:30 pm
Tuesday,
6:00 pm- 8:00 pm



Open play pickleball (All Ages)
Thursday,
6:00 pm- 8:00 pm
Friday,
11:00 am-2:30 pm

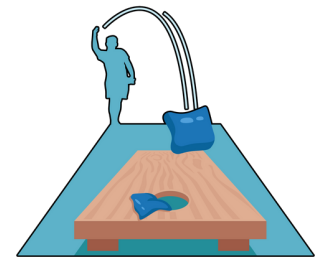


Family Open Gym
Monday-Friday,
5:00 pm- 5:45 pm

Saturday,
*Half court youth and family
11:00 am-12:30 pm

Middle School Open Gym
Monday-Friday,
*Half court
3:00 pm-4:00 pm

Cornhole
Monday/Tuesday,
*Half Court
1:00 pm- 2:30 pm



50+ Senior pickleball
Tuesday,
*Half Court
11:00 am-12:30 pm

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 & Tone

Gymnasium

Tuesday/Thursday

8:15 am - 9:15 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:15 am- 10:15 am

Yoga Flow with Cindy

\$10

NDB Aerobics Room

Wednesday

4:15 PM - 5:15 PM

*Bring yoga mat, block,
strap

Restorative Yoga

with Dr. Maddoux \$10

NDB Aerobics Room

Tuesday

4:30 PM - 5:30 PM

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:00 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

6:30 pm- 8:30 pm

Saturday

12:30 pm- 2:00 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Wednesday

5:30 pm- 6:45 pm

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:00 pm- 8:30 pm

Yoga with Melissa \$7-10

NDB Aerobics Room

Monday

9:00 am- 10:00 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

Aikido \$5

NDB Aerobics Room

Tuesday and Thursday

6:00 pm- 7:30 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat
and water bottle

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Monday, 5:30 pm- 6:30 pm

Thursday, 4:30 pm- 5:30 pm

Friday, 4:15 pm- 6:15 pm

LaBlast (Dance Fitness)

\$5

NDB Aerobics Room

Thursday

10:00 am- 11:00 am

North Domingo Baca Multigenerational Center Community Event Calendar

Trips for the Month



Trip to Gimani Pizza (Uptown)

(\$\$)

Thursday, March 13
Depart @ 11:30 am



Trip to Marketplace Coffee & Tea

(\$\$)

Tuesday, March 25
Depart @ 9:30 am

March Celebrations

March 6
Mardi Gras Party
during Lunch
@ 11:30 am

March 13
St. Patrick Day
Celebration
@ 12:00 pm

Community Events

*Calendar is subject to change

March 6
Teeniors
Tech Help
@ 3:00 pm - 5:00 pm

March 14
Holi Celebration
@ 3:30 pm - 5:00 pm

March 7
March Birthday's
Cake Snack Bar
@ 12:00 pm

March 14
Family Dinner & Movie
in Social Hall
@ 5:30 pm - 8:00 pm

March 12
GEHM Clinic
@ 8:30 am- 12:00 pm

March 17
B.I.N.G.O
Room 1
@ 1:00 pm - 2:30 pm

March 14
Pie Social in the
Snack Bar
@ 12:00 pm

March 27
Live Music During
Lunch
@ 11:30 am