



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.

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## 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 Community Members,

With one month into 2022 and keeping an optimistic outlook in the year ahead, we do have to acknowledge the continued surges of COVID-19 and its variants. This is a good reminder that we need to take certain precautions and work collaboratively to protect ourselves, our families and others in the community. In order to continue to keep our centers fully operational, we will continue to follow guidelines and requirements from the CDC and NM Department of Health. The current mandate does not require proof of vaccination status; however, mask mandates will be strictly enforced at all centers, including sports and fitness centers and in transportation vehicles regardless of vaccination status. Given the importance of the situation, we do feel it is reasonable to ask members to wear their mask properly. It takes every one of us doing our part, and we ask for your consideration as we are simply working to keep everyone safe and healthy.

In addition to wearing a mask and keeping your distance to protect the people around you and slow the spread of the virus, please consider getting vaccinated, if you haven't already done so. We will continue to work with local public health officials to create vaccination opportunities and make them accessible at all of our senior, multigenerational and sports and fitness centers. February 1st-February 11th, we will host nine COVID-19 and Flu vaccine clinics adding an additional location at our Palo Duro Sports and Fitness Center. You can visit [cabq.gov/seniors](http://cabq.gov/seniors) for details or call 505-764-6400, Monday-Friday 8:15am -4:30pm.

Providing resources for our members has always been our number one priority and we will continue to monitor guidelines and adjust how we serve our community if needed. We thank you for your cooperation and patience as we stand together with a continued positive view on the horizon.



Respectfully,

**Anna Sanchez,**  
Director,  
Department of  
Senior Affairs

# Health Events:

**GEHM Clinic**

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



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.



## 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 2:45PM-5:00PM FOR  
AFTER SCHOOL PROGRAM  
CLOSED FOR CLEANING  
2:00PM-2:45PM



## 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

North Domingo Baca  
Wednesday, 9:00 am- 10:30 am  
Thursday, 6:00 pm- 8:00 pm



**Learn to Paint and Draw with Kelly**  
North Domingo Baca  
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

North Domingo Baca  
Friday, 10:00 am- 4:00 pm

## Bible Study

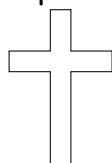
Monday, 8:30 am - 10:00 am

## 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

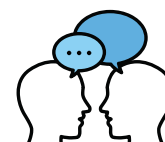
Wednesday, 6:00 pm- 7:30 pm  
Friday, 6:00 pm- 7:30 pm

## 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](http://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**



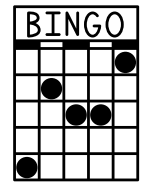
**National Pi Day  
Pie Social  
March 14th in Lobby  
75¢**



**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](http://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.

