



MAY 2023

7521 CARMEL AVE NE, 87113

505-764-6475

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."



SAVE THE DATE

NATIONAL SENIOR HEALTH AND FITNESS DAY @ NDB

MAY 31, 2023

9:00AM - 12:00PM

*Gym schedule will change effective June 12, 2023 due to the summer youth program.

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

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 60+ there is a suggested \$2 donation

50-59 is \$3.25

Ages 49 and under is \$7.67

MEET NORTH DOMINGO BACA STAFF

Thomas Gallagher, Center Manager

Amber Maestas, Center Supervisor

Sarah Ruden, Youth/Community Program Coordinator

Dejah Aranda, Office Assistant

Madeline Silva, Recreation Assistant

Victoria Jaramillo, Recreation Assistant

Bob Hastings, Program Assistant

Erin Magrath, Program Assistant

Tanner Keener, Program Assistant

Ariana Lira, Program Assistant

Justine Pennington, Program Assistant

Maria Munoz, General Service Worker

Voivod Benavides, General Service Worker

Diego Valdez, General Service Worker



MEMBERSHIP INFORMATION:



NEW PARTICIPANTS ARE REQUIRED TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00.

HEALTH EVENTS:

GEHM Clinic:

May 10th,

9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

May 16th,

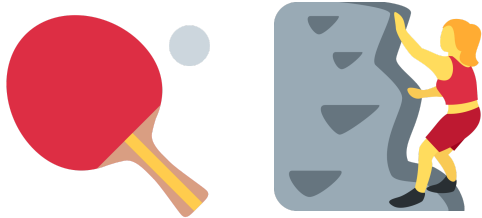
9:00 AM-12:00 PM



***Introducing DSA's New Volunteer Program for ALL-AGES: VIA (Volunteers In Action)**

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in lending a hand, corporate groups that want to give back, and seniors hoping to get more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, participate in a service project, or support ongoing activities.

The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!



GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR
AFTER SCHOOL PROGRAM

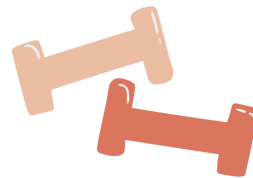
ROCK WALL HOURS:

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

4:30 PM-8:00 PM

*CLOSED FRIDAYS

4:00 PM-5:00 PM FOR
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 ages of 16 or 17 with an adult to use fitness center.

TRACK HOURS:

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

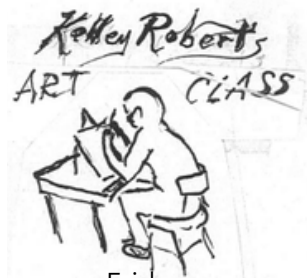
SATURDAY, 9:00 AM-2:45 PM

North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Thursday, 6:00 pm - 8:00 pm



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.

French Group

Saturday,

9:30 am - 11:00 am

Music Circle-Sing & Strum

Wednesday,

10:00 am - 12:00 pm

Beginning German

Tuesday,

10:30 am - 12:00 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month

1:00 pm - 2:30 pm



Bible Study

Monday, 9:00 am - 10:00 am

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

Kendo \$

Wednesday, 6:00 pm - 7:30 pm

Friday, 6:00 pm - 7:30 pm

Ballroom Dancing \$

Saturday, 1:00 pm - 2:00 pm

Sharing memories through writing

Wednesday,

12:30 pm - 2:00 pm

Computer Classes with Lloyd

Does your computers scare you?

Tues/Thurs, May 2th and May 4th

9:30 AM - 11:30 AM



Beginning Microsoft Windows 10 Operation System

Tues/Thurs, May 9th and May 11th

9:30 AM - 11:30 AM

Intermediate Microsoft Word and Excel

Tues/Thurs, May 16th and May 18th

9:30 AM - 11:30 AM

Introduction to Artificial Intelligence

Tues/Thurs, May 23rd and May 25th

9:30 AM - 11:30 AM

ABQ Karate \$

Tuesday, 5:00 pm - 8:00 pm

Thursday, 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

Friday, 1:30 pm - 3:00 pm



Mah Jongg Group

M,W,TH

12:00 pm - 1:30 pm

Italian Culture Group Film

First Friday of the month,

6:00 pm - 8:00 pm

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,

1:00 pm - 2:30 pm

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Card Making

Thursday, 10:30 am - 11:30 am

Knitting/Crocheting

Tuesday,

1:00 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,

12:00 pm - 2:00 pm

Open Play Pickleball

Gymnasium

Thursday,

6:00 pm - 8:30 pm

Friday,

11:00 am - 2:00 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

Tai Ji Quan Moving for better balance

Classroom 4

Tuesday and Thursday,

1:00 pm - 2:00 pm

Weights, Stretch, and Light Aerobics

Social Hall

Thursday,

9:30 am - 10:30 am

Feldenkrais

Thursday,

10:00 am - 11:00 am

6:00 pm - 7:00 pm



Open Gym (All Ages)

Gymnasium

Monday and Friday

5:00 pm - 8:15 pm

Tuesday and Thursday

10:30 am - 2:30 pm

Monday - Friday

5:00 pm - 6:00 pm

Saturday

11:00 am - 2:00 pm

***UNDER 18 REQUIRES A PARENT/GUARDIAN**

Senior Basketball

Gymnasium

Monday,

12:00 pm - 2:30 pm

Wednesday,

6:00 pm - 8:15 pm

Saturday,

9:00 am - 11:00 am

Grade/Middle School Basketball

Gymnasium

M-F 2:30 pm - 4:00 pm

***UNDER 18 REQUIRES A PARENT/GUARDIAN**



Sports and Fitness Classes

Aerobics

Gymnasium

M,W,F

8:15 am- 9:15 am

Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

8:50 am- 10:00 am

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Gentle Exercise

Gymnasium

M,W,F

9:30 am- 10:30 am

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Friday

6:45 pm- 8:30 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 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

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

Aikido \$5

NDB Aerobics Room

Tuesday

6:00 pm- 7:30 pm

Thursday

6:00 pm- 7:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 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

Kuchupudi/Mohiniyattom Dance

\$20.00

NDB Aerobics Room

Monday and Wednesday

4:30 pm- 5:30 pm

Harimau Berantai Silat

NDB Aerobics Room

Tues and Thurs

7:30 pm- 8:45 pm

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:15 am- 11:30 am

Saturday

9:15 am- 10:15 am



Youth Corner

NDB After School Youth Program

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

\$15 a month Per Child

DSA Youth Membership Required

Transportation provided from E.G. Ross Elementary

To join the waitlist please speak to Youth Staff

Meet the Youth Staff

Jorge Ayala, Rec Leader
 Ryan Allison, Rec Leader
 Joshua Baca, Rec Leader
 Hope Davis, Rec Leader

Alexis Gonzales, Student Supervisor
 Gavin Hauenstein, Rec Leader
 Olivia Mahoney, Rec Leader
 Leah Rodriguez, Rec Leader

Dominique Rodriguez, Rec Leader
 Jaeda Saucedo, Youth Supervisor
 Issa Velasques, Rec Leader

NDB 2023 Summer Program

Play.cabq.gov

Lottery Application May 1st- May 12th











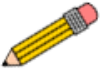



Drawing May 15th

If Selected, Registration May 17th- May 26th

For Additional Information Please Contact Sarah Ruden

YOUTH PROGRAM CALENDAR

MAY

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
1 LOTTERY ENTRY STARTS Recreation Rotation- Arts and Crafts- Make Thank You Cards for Teachers 	2 National Teacher Day Recreation Rotation- Team Work Games 4 pm- 5 pm 	3 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	4 Star Wars Day Recreation Rotation- Star Wars Science Activity & Star Wars Gym Game! 4 pm- 5 pm 	5 Cinco De Mayo Recreation Rotation- Kids Choice! 4 pm- 5 pm  Kids Night Out Science Club & Teen Gaming 6-8 pm Sign up at Youth Desk
8 Recreation Rotation- Arts and Crafts- Friendship bracelets 	9 Recreation Rotation- Sports Related Activities 4 pm- 5 pm Teen Tuesday Ages 13-19 5:30 pm-7 pm Sign up at Youth Desk	10 Recreation Rotation- Music/Dance Activities 4 pm- 5 pm 	11 Recreation Rotation- Learn About Asian American Culture 4 pm- 5 pm 	12 Last Day of Lottery Entry! Mother's Day Celebration Mother's Day Tea Party 4 pm- 6 pm 
15 LOTTERY DRAWING Recreation Rotation- Fuse Bead Magnets 4 pm- 5 pm 	16 National Drawing Day Recreation Rotation- Team Work Activity- Group Mural 4 pm- 5 pm 	17 SUMMER REGISTRATION (IF SELECTED) Recreation Rotation- Sing Along Songs 4 pm- 5 pm "Feels Like Home" Asian American Culture Night 4 pm- 5 pm Social Hall	18 Recreation Rotation- S.T.E. M Activity 4 pm- 5 pm 	19 National Kindergarten Day Kindergartener Surprise! International Creativity Day Recreation Rotation- Kids Choice! 4 pm- 5 pm Over the Generations Family Dinner Party 4:30 pm- 6 pm Family Movie Night- The Sandlot 6 pm- 8 pm Wear PJs, bring blankets
22 NO HOMEWORK! Recreation Rotation- Arts and Crafts- Summer Bucket List Craft 4 pm- 5 pm 	23 NO HOMEWORK! Recreation Rotation- Staff vs. Kids Kickball! 4 pm- 5 pm Teen Tuesday 5:30 pm-7 pm Sign up at Youth Desk	24 NO HOMEWORK! Water Day 2:30 pm- 4 pm Please bring change of clothes, swimsuit, Towel, Sunscreen, etc. 	25 LAST DAY OF PROGRAM End of the Year Party 2 :30- 5 pm \$5	26 LAST DAY FOR SUMMER REGISTRATION (IF SELECTED)

Calendar is Subject to Change