



NORTH DOMINGO BACA  
MULTIGENERATIONAL  
CENTER

NOVEMBER 2021

505-764-6475

7521 CARMEL AVE NE 87113

# WELCOME TO NORTH DOMINGO BACA

HOURS OF OPERATION:  
MONDAY- FRIDAY 8AM-9PM  
SATURDAYS 9AM-3PM

CLOSED  
Veterans Day  
Thursday, November  
11, 2021



**Masks are  
required!!**

Accredited by   
National Institute of  
Senior Centers

CLOSED  
Friday, November 26, 2021



"WE ARE COMMITTED TO PROVIDING RESOURCES WITH CARE  
AND COMPASSION THAT HELP OUR COMMUNITY THRIVE  
WHILE EMBRACING AGING."

[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.

ONE  
ALBUQUE  
RQUE

## November 2021

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| 1<br>• Pork Loin W/ Gravy<br>• Rice Pilaf<br>• Corn<br>• Dinner Roll W/ Margarine<br>• Fruit cup<br>• 1% Milk                      | 2<br>• Ham Mac & Cheese<br>• Normandy Blend<br>• Blueberry Crisp<br>• 1% Milk  | 3<br>• Breaded Chicken Patty W/ Green Chile White Gravy<br>• Sweet Potato<br>• Green Beans<br>• Red Apple<br>• 1% Milk                     | 4<br>• Pot Roast/ Potato, Celery, Carrots<br>• Italian Blend<br>• Ancient Grain<br>• Fruit cup<br>• 1% Milk | 5<br>• Omelet W/ Mushrooms & Spinach<br>• Hash Browns<br>• Stewed Tomatoes<br>• Yogurt<br>• 1% Milk                  |
| 8<br>• Steak Fingers W/ White Gravy<br>• Red Potatoes<br>• Succotash<br>• Cookie<br>• 1% Milk                                      | 9<br>• Ham W/ Pineapple Glaze<br>• Bisquit<br>• Sweet Potato<br>• Fruit cup<br>• 1% Milk   | 10<br>• Meatball Sub Sandwich W/ Mozzarella<br>• Steak Fries W/ Ketchup<br>• Normandy Blend<br>• Fruit cup<br>• 1% Milk                    | 11<br><b>Closed Veterans Day</b>  | 12<br>• Red Chile Cheese Enchiladas<br>• Pinto Beans<br>• Spanish Rice<br>• Pudding<br>• 1% Milk                     |
| 15<br>• Cajun Salmon<br>• Fettucioine Alfredo<br>• Baby Carrots<br>• Granny Smith Apple<br>• 1% Milk                               | 16<br>• Beef W/ Peppers & Onions<br>• Black & Pinto Beans<br>• Imperial Blend<br>• Banana<br>• 1% Milk                                   | 17<br>• Green Chile Chicken Posole<br>• Spanish Rice<br>• Calabocitas<br>• Pudding<br>• 1% Milk  | 18<br>• BBQ Pulled Pork Sandwich<br>• Steamed Red Potatoes<br>• Baked Beans<br>• Fruit cup<br>• 1% Milk     | 19<br>• Pasta Primavera<br>• Northwest Blend<br>• Breadstick<br>• Cottage Cheese W/ Peaches<br>• 1% Milk             |
| 22<br>• Rotisserie Chicken<br>• Rosemary Potatoes<br>• Green Beans<br>• Dinner Roll W/ Margarine<br>• 1% Milk                      | 23<br>• Carne Adovada<br>• Flour Tortilla<br>• Pinto Beans<br>• Spanish Rice<br>• Fruit cup<br>• 1% Milk                                 | 24<br>• Herb Roasted Turkey W/ Gravy<br>• Stuffing W/ Gravy<br>• Baked Yams W/ Marshmallows<br>• Dinner Roll<br>• Pumpkin Pie<br>• 1% Milk | 25<br><b>Happy Thanksgiving! Closed</b>   | 26<br><b>Holiday Closed</b>  |
| 29<br>• Salisbury Steak W/ Green Chili Gravy<br>• Corn<br>• Mashed Potatoes<br>• Dinner Roll W/ Margarine<br>• Yogurt<br>• 1% Milk | 30<br>• Turkey Tetrazzini/ Diced Turkey, Penna Pasta, Alfredo Sauce<br>• Brussel Sprouts<br>• Peach Cobbler<br>• Breadstick<br>• 1% Milk | 1<br>• Baked Tilapia W/ Lemon & Tartar Sauce<br>• Rice Pilaf<br>• Green Beans<br>• Pudding<br>• 1% Milk                                    | 2<br>• Chicken Parmesan W/ Mozzarella<br>• Carrots<br>• Breadstick<br>• Fruit cup<br>• 1% Milk              | 3<br>• Diced Pork W/Gravy<br>• Brown Rice<br>• Oriental Blend<br>• Dinner Roll W/ Margarine<br>• Jell-O<br>• 1% Milk |

## 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.

Happy Fall!!!

It seems as though the summer flew by quickly, and now with the colder weather upon us, we are looking forward to the return annual fall and winter events and activities that we missed during last year's closure.

First, we are excited for the return of our Annual Thanksgiving Day Luncheon. Last year, COVID-19 did not allow us to gather in-person and we had to settle for a drive-thru lunch service, but this year, North Domingo Baca Multigenerational Center host a seated, special Thanksgiving lunch from 11:30am-1:00pm on Thanksgiving Day. To take part in this holiday lunch, purchase your holiday lunch ticket in advance for \$4.00 per person. Space is limited, please visit with the North Domingo Baca center staff to purchase your ticket today!

Second, keep an eye out for the return of our 50+ center recreational and winter sports and fitness day trips! Our senior and multigenerational centers, along with our sports and fitness program, will now offer various day trip activities. While we are excited for this much anticipated announcement, please remember, all passengers will be required to wear a mask in all transportation vehicles regardless of vaccination status. Visit with your center staff or visit our website at [cabq.gov/seniors](http://cabq.gov/seniors) for upcoming details and schedules.

Finally, we want to make sure everyone has heard about our expanded transportation program. All of our senior and multigenerational centers offer transportation for its members 60 years and older who live within a five-mile radius to their closest Center. If you love visiting our centers, let us pick you up! Visit with your front desk center staff for more details.

I am looking forward to seeing everyone for our fall events and there are still some dates for Coffee with the Director if you would like to visit!

Best,



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



## TRACK HOURS:

M-F 8:00AM-1:45PM  
SATURDAY 9:00AM-1:45PM  
CLOSED 1:45PM-3:00PM  
FOR CLEANING M-F

## ROCK WALL HOURS:

M-F 8:00AM-1:45PM  
6:00PM-8:30PM  
CLOSED 2:00PM-6:00PM FOR  
AFTER SCHOOL PROGRAM



## GAME ROOM HOURS:

M-F 8:00 AM-2:00PM  
6:00PM-8:30PM  
CLOSED 2:00PM-6:00PM FOR  
AFTER SCHOOL PROGRAM  
SATURDAY: 9:00AM-2:45PM

## Department of Senior Affairs Annual Thanksgiving Day Luncheon Returns!

This year, North Domingo Baca Multigenerational Center will host the event from 11:30am-1:00pm on Thursday, November 25, 2021. Ticket purchase required, \$4.00 per person. Please visit North Domingo Baca Multigenerational Center to let us know if you are joining us and pre-pay for your meal. For more information or questions, please call 505-764-6475.



## Trip:

### National Museum of Nuclear Science & History

Date: Tuesday, November 16, 2021

Time: 9:00 AM- 11:00 AM

Price: \$13 a person  
\$8 Veterans



### LET US PICK YOU UP!

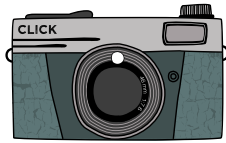
Are you 60+ and enjoy visiting our Senior and Multigenerational Centers? The Department of Senior Affairs offers FREE transportation to and from any City of Albuquerque Senior and Multigenerational Center within a 5-mile radius of each site. Visit with your center staff for details.



# 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

## Kendo

North Domingo Baca  
Wednesday, 6:30 pm- 8:00 pm  
Friday, 6:30 pm- 8:00 pm

## Quilting Cluster

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

## Warriors Serving Warriors

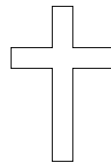
Monday, 6:30pm-8:00pm

## Men's Bible Study

Monday, 8:30 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

Tuesday, 10:20 am-11:15 am  
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

Tuesday, 1:00 pm- 2:30 pm

## ABQ Karate

Monday, 5:00 pm- 8:00 pm  
Wednesday, 5:00 pm- 8:00 pm



## Line Dancing

Thursday, 1:30 pm- 3:00 pm  
Instructor: Mary

## Intermediate Line Dancing

Monday, 6:00 pm- 7:00 pm  
Wednesday, 1:30 pm- 3:00 pm



## Life Coach With Alan "Transition Services"

Thursday, 7:00 pm- 8:30 pm



## Mah Jongg

Monday- Friday,  
12:00 pm- 1:30 pm

## Ta'i Chi Chih with Marc "A moving medication"

Wednesday  
10:00 am- 11:00 am

# Health and Fitness Classes



## Zumba

Social Hall

Monday, Wednesday, and  
Saturday.

9:15 am- 10:15 am



## FIT for Seniors

North Domingo Baca

Tuesday, 9:20 am- 10:20 am  
and Thursday, 9:20 am-

10:20 am

## Open Gym (All Ages)

Gymnasium

Tuesdays-Thursdays

12:00 pm- 1:45 pm

## 60+ Basketball

Gymnasium

Saturday,

9:15 am- 10:30 am

## Enhance Fitness

Social Hall

M,W,F

8:10 am- 9:05 am and

10:15 am - 11:15 am

## Zumba (Gold)

Social Hall

Tuesday, 9:15 am- 10:15 am

## Gentle Yoga

Wednesday,

5:30 pm- 6:30 pm

## Yoga with Lynn

Monday, 9:00 am- 10:00 am

Friday, 1:00 pm-2:00 pm

## Unified Rec for Individuals with

Disabilities

Gymnasium

Monday-Friday

5:00 pm- 6:00 pm

Thursday:

6:00 pm-8:00 pm



## 50+ Basketball

Gymnasium

Monday,

12:00 pm- 1:45 pm

Wednesday

12:00 pm- 1:45 pm

6:00 pm-8:00 pm

Friday

12:00 pm- 1:45 pm

## Adult Volleyball

Gymnasium

Tuesday

6:00 pm- 8:00 pm

## Youth Night

Gymnasium

Monday 6:00 pm-8:00 pm

## Gentle Exercise

M,W,F

9:30 am- 10:30 am

## Flex and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am



# 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)

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

Wednesday,

8:15 am- 9:15 am

Friday,

10:00 am- 11:00 am

### Qigong with Diane

NDB Aerobics Room

Friday

1:00 pm- 2:00 pm

### Qigong with Lillian

NDB Aerobics Room

Tuesday and Thursday

9:00 am- 10:00 am

### Tai Chi

NDB Aerobics Room

Wednesday

7:30 pm- 8:30 pm

### NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

### Indian Classical Dance-Shalaka

NDB Aerobics Room

Monday

4:30 pm- 5:30 pm

Wednesday

4:30 pm- 5:30 pm

Thursday,

4:30 pm- 5:30 pm

Friday,

4:00 pm- 6:30 pm

### American Kenpo Karate

NDB Aerobics Room

Monday,

10:30 am- 11:30 am

Wednesday,

11:30 am- 1:00 pm

Friday,

8:30 am- 9:30 am

### 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

Tuesday

10:00 am- 1:00 pm

Saturday,

12:30 pm- 2:00 pm

### Yoga with Misa

NDB Aerobics Room

Saturday

9:00 am- 10:15 am





# Youth Corner

## NDB After School Program

Monday-Friday 2-5:30 pm

\$15 a month

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

Hope Davis, Rec Leader

Humberto Ibarra, Student Supervisor

Nick Moskola, Rec Leader

Santana Sisneros, Student Supervisor

Alexis Gonzales, Rec Leader

Tanner Keener, Student Supervisor

Erin Magrath, Rec Leader

Leah Rodriguez, Rec Leader

Jaeda Saucedo, Rec Leader

## NOVEMBER IMPORTANT DATES

*National American Indian Heritage Month*

November 2nd- No After School Program

November 5th-Parents Night Out!!

6 pm-8:30 pm Drop your kids off for Science Club and Teen  
Gaming

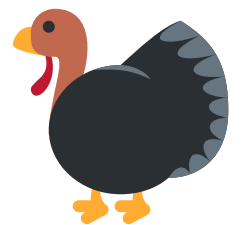
November 11th-NDB Closed for Veterans Day

November 12th - National Children's Day

November 22nd-November 24th Thanksgiving  
Break

Program Hours 7:30 am- 5:30 pm

November 25th-November 26th Thanksgiving  
Break, No Program



# Community Events

November 1, 2021 -November Birthday Celebration in



Lobby

11:30 am -12:30 pm

November 10, 2021- Salute to Veterans Lunch

11:30 am- 1:00 pm

November 19, 2021- Family Movie Night

Come join us 6:00 pm- 8:30 pm as we watch Free Birds. You are welcome to bring blankets, pillows, sleeping bags etc.



November 30, 2021- Giving Tuesday

Community Drive for Albuquerque homeless population  
All Day

## Did you know?

Dia De Los Muertos is celebrated November 1st and 2nd. The holiday celebrates the lives of loved ones rather than mourning their deaths.



**DSA SURVEY RAFFLE  
WINNERS!!!  
HUGH MURPHY  
EVA KING**



43rd Annual Conference on Aging Virtual Watch Party!

The Annual Conference on Aging is virtual and the Department of Senior Affairs is hosting a watch party November 16th -November 18th so you won't miss it! Join us at Barelas Senior Center, Manzano Mesa Multigenerational Center, or North Domingo Baca Multigenerational Center from 8:30am-2:00pm to view various workshop sessions. Free refreshments and giveaways to participants while supplies last.

## Health Events

Pres Flu Shot Clinic:  
November 3, 2021  
9:00 AM- 11:00 AM

GEHM Clinic  
November 10, 2021  
9:00 AM- 12:00 PM

