



NOVEMBER 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."

Accredited by 
National Institute of
Senior Centers

CLOSED

IN OBSERVANCE OF VETERANS DAY, FRIDAY, NOVEMBER 10, 2023
THANKSGIVING, THURSDAY, NOVEMBER 23, 2023
THANKSGIVING, FRIDAY, NOVEMBER 24, 2023



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

A la Carte Items:

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

MEMBERSHIP INFORMATION:

NEW/RENEWAL PARTICIPANTS ARE REQUIRED TO FILL OUT PAPERWORK TO REGISTER FOR AN ANNUAL MEMBERSHIP OF \$20.00



JOIN US FOR OUR MONTHLY
DEPARTMENT OF SENIOR AFFAIRS
ADVISORY COUNCIL MEETING
AT MANZANO MESA
MULTIGENERATIONAL CENTER,
501 ELIZABETH ST SE, 87123
MONDAY, NOVEMBER 20, 2023
@12:00PM



Mark Your End-of-Year To-Do List! Take the Department of Senior Affairs New Annual Survey!

The Department of Senior Affairs is launching a new annual survey this December and we want your feedback. The survey evaluates several of the department's programs, like: Meals, Transportation, Senior & Multigenerational Center Facilities, Fitness Center Facilities, Meal Site Facilities, Home Delivered Meals, Field Trips, Classes, and more.

Paper surveys will be available at center front desks starting next month. Look out for posters and flyers at your center with more information. The survey should take about 5-15 minutes to complete, depending on how many programs and services you use.

The Department of Senior Affairs is proud to serve you and we look forward to your participation in our annual survey and hearing your feedback

HEALTH EVENTS:

GEHM Clinic:

Nov 14th and Nov 15th
9:00 AM-12:00 PM

Covid/Flu Shot Clinic:

Nov 1st and Nov 20th
9:00 AM-12:00 PM

Carrington College:

*Blood pressure check
Nov 22nd
8:30 AM-10:30 AM



ROCK WALL HOURS:

M-F, 9:30 AM-3:30 PM
5:00 PM-8:00 PM
SATURDAY,
10:00 AM-2:00 PM
*CLOSED M-F
3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



GAME ROOM HOURS:

M-F, 8:00 AM-8:30 PM
SATURDAY,
9:00 AM-2:30 PM
*CLOSED M-F
3:45 PM-4:45 PM FOR
AFTER SCHOOL PROGRAM



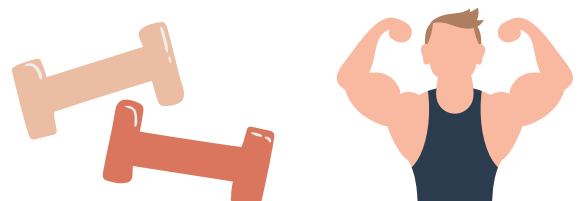
TRACK HOURS:

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



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 an adult required) to
use fitness center.



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

Card Making

Thursday, 10:30 am - 11:30 am

Senior Citizen's Law Office Presentation

Wednesday,
November 14th
10:00 am - 11:00 am

Bible Study

Monday, 9:00 am - 10:00 am

Open Bible Study

Wednesday, 9:00 am - 10:00 am

Women's Bible Class

Tuesday, 10:00 am - 11:30 am

Women's Bible Study

Tuesday, 6:30 pm - 8:00 pm

Bible Study/Prayers

Friday, 9:00 am - 10:30 am

Open Bible Study

Friday 10:00 am - 11:00 am

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm - 3:00 pm



* AGELESS ARTISAN
CRAFT FAIR
NOVEMBER 18, 2023
9:00 AM - 1:00 PM



ABQ Karate \$

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



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

Albuquerque Fibromyalgia Support Group

1st Tuesday of the month,
11:30 am - 1:00 pm

Multiple Sclerosis Self-Help Group

3rd Thursday of the month
1:00 pm - 2:30 pm

Sharing memories through writing

Wednesday,
12:30 pm - 2:00 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 - 8:15 pm
Friday,
11:00 am - 3:00 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

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

Kendo \$

Wednesday, 6:00 pm - 7:30 pm

Friday, 6:00 pm - 7:30 pm

Tai Ji Quan: Moving for better balance

***10/2/23 - 11/27/23**

Monday and Wednesday,
1:00 pm - 2:00 pm



Open Gym (All Ages)

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

Gymnasium

Monday

5:45 pm - 8:15 pm

Tuesday and Thursday

10:45 am - 2:00 pm

Friday (Family Night)

5:45 pm - 8:15 pm

Saturday

11:00 am - 2:30 pm

Senior Basketball

Gymnasium

Monday,

10:45 am - 2:00 pm

Wednesday,

6:00 pm - 8:30 pm

Saturday,

9:00 am - 11:00 am



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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

Restorative Yoga \$10

NDB Aerobics Room

Tuesday

4:30 pm- 5:30 pm

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Indian Classical Dance-Shalaka \$

NDB Aerobics Room

Thursday

4:30 pm- 5:30 pm

Friday

4:15 pm- 6:15 pm

Happy Dance (Asian Folk Dance)

NDB Aerobics Room

Tuesday

7:30 pm- 8:45 pm

Friday

6:45 pm- 8:30 pm

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

Kuchupudi/Mohiniyattom

Dance \$20.00

NDB Aerobics Room

Wednesday

7:30 pm- 8:30 pm

Mat Pilates Class \$7

NDB Aerobics Room

Tuesday

11:30 am- 12:30 pm

Intro to Hula \$

NDB Aerobics Room

Monday

*Starts at 3:00 pm

Hula \$

NDB Aerobics Room

Monday and Wednesday

5:30 pm- 6:45 pm

Kung Fu

NDB Aerobics Room

Saturday

10:30 am- 12:30 pm

NM Folk Dance

NDB Aerobics Room

Wednesday

9:30 am- 11:00 am

Chinese Folk Dance

NDB Aerobics Room

Monday

7:00 pm- 8:30 pm

Saturday

12:30 pm- 2:00 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

After School Program Youth Program

August 7th- May 31st

Monday- Friday 2:30 pm- 6 pm

Ages 5-13

Transportation provided from E.G. Ross Elementary

\$15 Month Per Child

Active \$20 DSA Youth Membership Required

To Join Waitlist please speak to Youth Staff

Meet the Youth Staff

Jayden Aragon, Recreation Leader
 Angelina Baca, Recreation Leader
 Regina Canela, Recreation Leader
 Hope Davis, Recreation Leader

Alexis Gonzales, Student Supervisor
 Raquel Gonzales, Recreation Leader
 Moses Janga, Recreation Leader
 Mika Juan, Recreation Leader

Matthew Mendoza, Recreation Leader
 Dominique Rodriguez, Recreation Leader
 Amous Rodela, Recreation Leader
 Jaeda Saucedo, Student Supervisor

YOUTH PROGRAM CALENDAR



November 2023



Native American Heritage Month

MONDAY Make it Monday	TUESDAY Team Tuesday	WEDNESDAY Wiggle Wednesday	THURSDAY Thinker Thursday	FRIDAY Fun day Friday
		1 All Saints Day Recreation- Group Dancing 4:30 pm- 5:30 pm 	2 All Souls Day Recreation Rotation- "Why do leaves change color?" "Science experiment" 4:30 pm-5:30 pm & Make Thank you Cards for Veterans 	3 Recreation- Kids Choice! Kids Night Out Science Club Weather/ Lighting & Cloudy with a Chance of Meatballs 6-8 pm \$5
6 NO PROGRAM 😞	7 CLOSED Election Day 	8 "Feels Like Home" Native American Heritage Night 4 pm- 6 pm	9 Recreation Rotation- Writing Activity Activities 4:30 pm-5:30 pm 	10 CLOSED Veteran's Day
13 Recreation Rotation- Kids Cook- Group 2 4:00- 5:30 pm	14 Recreation Rotation- Recreation Rotation- Bok Fitness 4:30 pm- 5 pm (group 1) 5 pm- 5:30 pm (group 2) Teen Tuesday With Explora! Ages 13-19 6 pm-7 pm Sign up at Youth Desk	15 Recreation- Music/Dance Activities 4:30 pm- 5:30 pm 	16 Recreation Rotation- Nuclear Science Program Outreach 4:00 pm- 5:30 pm 	17 Throughout the Generations Family Dinner and Movie Free Birds 5:00 pm-8:00 pm Wear PJ's, bring blankets, sleeping bags etc. Sign up at Youth Desk
20 Program Hours: 7:30- 5:30 Starbucks Field Trip 9 am- 10:40 am \$5+ 	21 Program Hours: 7:30-5:30 New Mexico Museum of Natural History Field Trip 10:30 am- 12 pm \$5	22 Program Hours: 7:30- 5:30 Friendsgiving With Manzano Mesa @NDB 10:30- 3	23 CLOSED Thanksgiving 	24 CLOSED
27 Recreation Rotation -Arts and Crafts- Season Tree 4:30pm- 5:30 pm 	28 Giving Tuesday Last day for the Community Drive for ABQ Homeless Population Recreation Rotation -Teamwork Activities 4:30 pm- 5:30 pm	29 Recreation- Music/Dance Activities 4:30 pm- 5:30 pm 	30 Recreation Rotation- Nutrition Education Activities 4:30 pm-5:30 pm	

Thanksgiving Break

Calendar is Subject to Change

