



OCTOBER 2024

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."



MEMBERSHIP INFORMATION:

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

CLOSED:

INDIGENOUS PEOPLES' DAY
MONDAY, OCTOBER 14, 2024

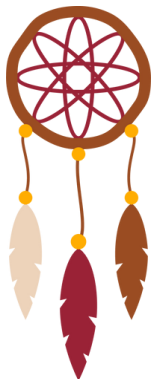
COME JOIN US FOR OUR

50+ Active Adult Fitness Exam

Saturday, October 5, 2024

9:30am - 12:30pm

30 minute fitness health screening that includes: Cardiovascular, Strength, Flexibility, Balance, Mobility



Visit our website:

<https://www.cabq.gov/seniors>





BREAKFAST

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



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

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

WEEKLY BREAKFAST SPECIALS:

WEDNESDAYS: BISCUITS AND GRAVY \$1.00

FRIDAYS: HUEVOS RANCHEROS RED OR GREEN \$1.50

A la Carte Items:

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

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

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

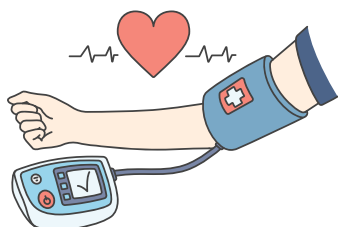
50-59 is \$3.25

Ages 49 and under is \$7.67

GEHM CLINIC:

OCTOBER 9, 2024

8:30 AM-12:00 PM



MEDFAIR:

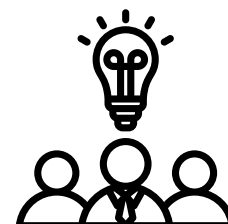
OCTOBER 17, 2024

9:00 AM-11:00 AM

JOIN US FOR DSA MONTHLY ADVISORY MEETING:

BARELAS SENIOR CENTER
714 SEVENTH ST SW, 87102
OCTOBER 21, 2024

@12:00 PM



GAME ROOM HOURS:

M-F, 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

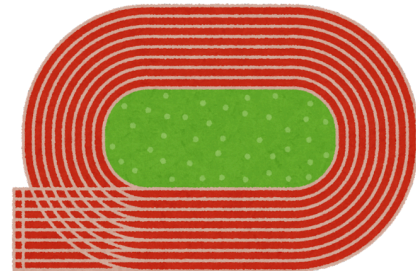
***You must be the age 16+
(under 18 a parent/legal guardian
required) to use fitness center.**



TRACK HOURS:

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

SATURDAY, 9:00 AM-2:45 PM



ATTENTION:

**THE ROCK WALL BE CLOSED UNTIL
FURTHER NOTICE. WE APOLOGIZE FOR THE
INCONVENIENCE THIS MAY CAUSE**

UNM COLLEGE OF PHARMACY OUTREACH DAY:

FRIDAY, OCTOBER 18, 2024

9:30 AM-3:00 PM



North Domingo Baca Classes

Photography

Wednesday, 9:00 am - 10:30 am

Music Circle-Sing & Strum

Wednesday,
10:00 am - 12:00 pm

French Group

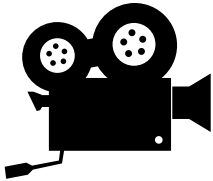
Saturday,
9:30 am - 11:00 am

Sharing memories through creative writing

Wednesday,
12:30 pm - 2:00 pm

Italian Movie Night

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



Scottish Music Session

4th Saturday of Every Month
12:00 pm - 2:00 pm



Holistic Healing; Body Talk System with Suryo

3rd Monday of Every Month
10:00 am - 12:00 pm

Open Bible Study

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

Women's Bible Study

***9/24/24 - 11/19/24**
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

Mixed Fellowship/Prayers/Bible Study

Monday, 1:15 pm - 2:30 pm

Rotary Club

Tuesday, 12:00 pm - 1:30 pm

Knitting/Crocheting

Tuesday,
1:00 pm - 3:00 pm



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!

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

Korean Yoga Tai Chi Quiong

Friday,
2:00 pm - 3:00 pm



Tai Chi for Better Balance

10/8/24-12/5/24

Tuesday and Thursday
12:00 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/Tone with Jen \$4

Friday,

9:15 am - 10:10 am

FIT for Seniors \$3

Gymnasium

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



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

6:00 pm - 7:00 pm

Kendo \$

Monday and Wednesday,

6:00 pm - 7:30 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

Weights, Stretching, and Light Aerobics

Social Hall

Tuesday,

10:15 am - 11:10 am

Thursday,

9:30 am - 10:30 am

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
11:00 am - 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



Family Open Gym

Monday - Friday,

5:00 pm - 5:45 pm

Saturday,

*Half court youth and

family

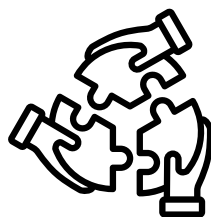
11:00 am - 2:30 pm

Middle School Open Gym

Monday - Friday,

*Half court

3:00 pm - 4:00 pm



Open play pickleball (All Ages)

Thursday,

6:00 pm - 8:00 pm

Friday,

11:00 am - 2:30 pm

Badminton

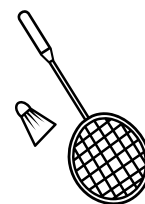
Monday / Tuesday,

*Half Court

1:00 pm - 2:30 pm

Tuesday,

6:00 pm - 8:00 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 and Tone

Gymnasium

Tuesday and Thursday

8:15 am- 9:15 am

LaBlast (Dance Fitness) \$5

NDB Aerobics Room

Monday

9:00 am- 10:00 am

Thursday

10:00 am- 11:00 am

Yoga with Misa \$7-10

NDB Aerobics Room

Tuesday

10:00 am- 11:15 am

Saturday

9:00 am- 10:30 am

Restorative Yoga \$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

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

7:00 pm- 8:30 pm

Body Balance \$5

NDB Aerobics Room

Tuesday/Thursday

8:15 am- 9:15 am

*Bring yoga mat and water bottle

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

9:00 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

North Domingo Baca

Multigenerational Center Community Event Calendar

Upcoming Trips

- **October 8** Trip to Balloon Musuem *Depart @ 5:15 AM
- **October 15** Trip to McCall's Pumkin Patch *Depart @ 9:30 AM
- **October 17** Trip to Monroe's Restaurant for Lunch
*Depart @ 11:30 AM

October Celebrations

October 4

**October Birthday's
Cake celebration in the Snack Bar
@ 12:00 PM**



October 25

**NDB Annual Fright Night
Haunted house, Trunk or Treat,
Games, and Movie
@ 5:00 PM - 8:45 PM**



Community Events

*Calendar is subject to change

➤ **October 7** **Halloween Arts & Crafts**
Room 1 @ 10:00 am

October 18 **Murder Myster Dinner**
@5:00 PM - 8:00 PM

➤ **October 8** **Pie Social in the**
Snack Bar @ 12:00 pm



October 21 **Bingo in Room 1**
@ 1:00 pm - 2:30 pm

➤ **October 9** **Oktoberfest**
"Feels like Home" German
Culture Celebration
@12:00 pm- 1:00 pm



October 24 **Bank of America Fraud
and Scams Presentation**
@ 10:00 am - 11:00 am



➤ **October 18** **Popcorn to honor Breast
Cancer Awareness Month**
@ 12:00 pm - 1:00 pm



October 28 **Halloween Cake walk**
@ 1:00 pm - 2:00 pm

October 29 **Teen Tuesday**
@ 6:00 PM - 7:00 PM

➤ **October 31** **Halloween Costume Contest in the Social Hall**
@ 12:00 pm

