



**SEPTEMBER 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**

**JOIN US FOR OUR FALL PREVENTION EVENT:**

**FRIDAY, SEPTEMBER 20, 2024  
8:30 AM - 12:00 PM**

**CLOSED:  
LABOR DAY**

**MONDAY, SEPTEMBER 2, 2024**



**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

## 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 ages 60+ there is a suggested \$2 donation**

**50-59 is \$3.25**

**Ages 49 and under is \$7.67**

Message from Dir. Sanchez:

Hello Friends!

As cooler air begins to make its way into Albuquerque, we are excited to embrace the all the joys and traditions this season brings – from green chile roasting and apple pie baking, to the sights and sounds of Balloon Fiesta and so much more. Fall is a time of change and celebration, and we have some wonderful activities planned to make the most of this vibrant season.

First and foremost, we are thrilled to announce the return of the Barelás Fiestas on September 6th from 9 a.m. to 3 p.m. The Fiestas were a staple of the Barelás community for many years, and this will be the first time hosting them again since before the pandemic. We are delighted to bring this event back to the community, and just in time for National Senior Center Month! The day will be full of fun and entertainment, with plenty of musical performances, dancing, delicious food, vendor booths, and so much more. We hope to see you there!

Fall is also a season of giving and lending support to the people and causes we hold near and dear to our hearts. As we inch closer to the holiday season, we encourage you to consider making a donation to the Department of Senior Affairs. Although DSA is funded in part by city, state, and federal dollars, we continue to rely on grants and donations for many of our programs. Your generous contributions help us to provide free senior meals, transportation, case management, recreation, and other valuable programs that benefit our members. Every donation, big or small, makes difference in the lives of those we serve. Donations can be made at the front desk of every senior/multigenerational center during lunch, or online at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

We know that our services provide benefits to our aging population, as demonstrated through our annual survey results. 95% of respondents reported being satisfied or highly satisfied with our senior and multigenerational facilities, while 94% of respondents reported being satisfied or highly satisfied with our home delivered meals and case management services. These satisfaction rates are a testament to the positive impact of these services for Albuquerque families and our City as a whole.

- Anna M. Sanchez, Director

# GAME ROOM HOURS:

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

SATURDAY,

9:00 AM-2:30 PM

**\*CLOSED M-F**

**3:45 PM-5:30 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**

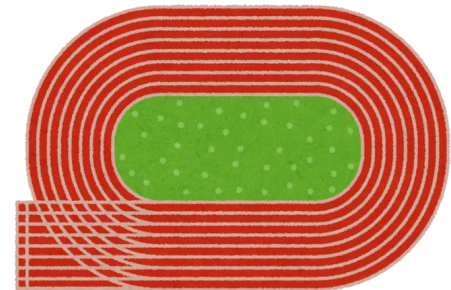
**\*You must be the age 16+  
(under 18 a parent/legal guardian  
required) to use fitness center.**



# 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**

**BE BRAVE with HEART: Fall Recovery Class with AFR**

September 18, 2024, 11:00 AM- 1:30 PM (Lobby)

September 25, 2024, 9:00 AM- 11:00 AM (RM 4)



# 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

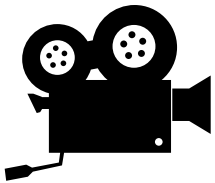
Saturday,  
9:30 am - 11:00 am

## 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

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](mailto:abqfibro.com)

## Brain Education

Friday,  
2:00 pm - 3:00 pm



## Retire United

3rd Wednesday of Every Month  
9:30 am - 11:30 am

# 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](http://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

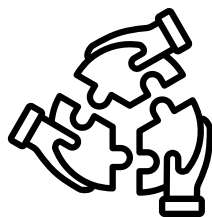
family

11:00 am - 2:30 pm

## Middle School Open Gym

Monday - Friday,

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

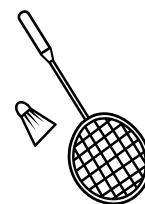
Monday / Tuesday,

\*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

## **Tai Chi for Arthritis**

NDB Aerobics Room

\*8/7/24-9/25/24

Wednesday

1:00 pm- 2:00 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

**\*Restorative Yoga will resume Tuesday, September 10th, 2024 @ 4:30PM**



# North Domingo Baca

## Multigenerational Center Community Event Calendar

### Upcoming Trips



- **September 6** Trip to Barela's Fiestas \*Depart @ 10:00 AM
- **September 9** Trip to Senior Day at the Fair \*Depart @ 9:00 AM
- **September 30** Trip to Garduno's for Lunch \*Depart @ 11:30 AM

### September Celebrations

**September 4** September Birthday's  
Cake celebration in the Snack Bar  
@ 12:00 PM



**September 27** NDB Annual Chile Roasting Event  
In the Social Hall  
@ 4:00 PM - 6:00 PM









**GEHM CLINIC:**  
**SEPTEMBER 11, 2024**  
**8:30 AM - 12:00 PM**



### Community Events

\*Calendar is subject to change

- **September 6** Science Night @ 6:00 pm - 8:00 Pm  
sign up at youth desk 
- **September 10** Pie Social in the Snack Bar @ 12:00 pm 
- **September 13** Celebrate National Grandparents Day Family Dinner 3:30 pm- 8:00 pm 
- **September 16** Bingo in Room 1 @ 1:00 pm - 2:30 pm 
- **September 19** Live Music during Lunch @ 11:30 AM - 1:00 PM 
- **September 23** September Annual Fall Cake Walk Room 1 @1:00 PM - 2:00 PM
- **September 24** Teen Tuesday @ 6:00 PM - 7:00 PM
- **September 25** Family Health and Fitness Day @3:30 PM - 5:00 PM 
- **September 28** Arts and Crafts Room 1 @ 1:00 pm 