



NORTH DOMINGO BACA
MULTIGENERATIONAL
CENTER

SEPTEMBER 2021

505-764-6475

7521 CARMEL AVE NE 87113

WELCOME TO NORTH DOMINGO BACA

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

Mini Health Fair
@ NDB
September 2, 2021



**Masks are
required!!**

Accredited by 
National Institute of
Senior Centers



**CLOSED FOR LABOR
DAY SEPTEMBER 6, 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 CART 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.

Monday	Tuesday	Wednesday	Thursday	Friday
30 • Sliced Ham • Corn Bread • Pinto Beans • Collard Greens • Peaches • 1% Milk	31 • Asian Beef Stir Fry • Buttered Noodles • Garlic Bread Stick • Pineapple • 1% Milk	1 • Fish & Chips • Stewed Tomatoes • Warm Sliced Apples • 1% Milk	2 • Chicken Alfredo • Green Beans • Garlic Breadstick • Strawberries • 1% Milk	3 • Cheeseburger W/ Mushrooms • Tater Tots • Lettuce/Tomato/Onion • Hamburger Bun • Pear • 1% Milk
6 Closed Labor Day	7 • Cod Fish W/ Tartar Sauce • Rosemary Potatoes • Brussel Sprouts • Mixed Fruit • 1% Milk	8 • Beef Tips W/ Gravy • Bow Tie Pasta • California Blend • Pineapple • 1% Milk	9 • Baked Ziti W/ Fajita Blend • Italian Blend • Garlic Breadstick • Pudding • 1% Milk	10 • Pulled Pork W/ BBQ • Baked Beans • Spinach W/ Pearl Onions • Dinner Roll W/ Margarine • Apricots • 1% Milk
13 • Teriyaki Chicken • Oriental Vegetables • Butter Noodles • Fortune Cookie • 1% Milk	14 • Pollock Fish W/ Tartar • Au Gratin Potato • Capri Blend • Pear • 1% Milk	15 • Pork Carnitas • Pinto Beans • Calabacitas • Flour Tortilla • Jell-O W/ Fruit • 1% Milk	16 • Roast Beef W/ Brown Gravy • Peas & Carrots • Roasted Red Potatoes • Dinner Roll W/ Margarine • Pudding • 1% Milk	17 • Green Chili Cheeseburger • Tater Tots W/ Ketchup • Broccoli • Hamburger Bun • Orange • 1% Milk
20 • Pasta Primavera • Diced Tomatoes • Garlic Breadstick • Orange • 1% Milk	21 • Rotisserie Chicken • Mashed Potatoes • Green Beans • Peach • 1% Milk	22 • Meatloaf W/ Gravy • Mac & Cheese • Sliced Carrots • Pineapple • 1% Milk	23 • Chili Bowl • Succotash • Cornbread • Grapes • 1% Milk	24 • Herb Pork Loin W/ Gravy • Scalloped Potatoes • Normandy Blend • Orange • 1% Milk
27 • Chicken & Rice • Broccoli • Cherry Cobbler • 1% Milk	28 • Salmon W/ Lemon Butter Sauce • Roasted Rosemary Potato • Scandinavian Blend • Dinner Roll W/ Margarine • Mixed Fruit • 1% Milk	29 • BBQ Riblet • Fajita Blend • Hoagie • Buttered Corn • Cauliflower W/ Cheese • Sugar Cookie • 1% Milk	30 • Red Beef chiladas • Tortilla • Pinto Beans • Spanish Rice • Yogurt • 1% Milk	1 • Turkey Tetrazzini • Italian Blend • Breadstick • Peach • 1% Milk

Revised 06/11/21

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.

Hello,

As COVID-19 cases are once again on the rise, it is important for everyone, including vaccinated individuals to help slow the spread of the virus by wearing a mask when visiting our centers. This is really a simple request, as it is everyone's duty to keep each other safe and also helps us keep our doors open in order to continue serving our community.

If you aren't vaccinated, now is the time to explore many opportunities in getting your vaccine. If you choose to hold off, masking up is one of the most powerful tools you have to protect yourself and other unvaccinated people. If you are fully vaccinated, wearing a mask indoors gives you extra protection from the Delta variant. Also, data has shown a small number of fully vaccinated people can get asymptomatic or mild infections and may be able to infect those unvaccinated, including younger unvaccinated children. This is why, even if fully vaccinated, we are asking everyone to wear a mask, especially in indoor public spaces or in crowded outdoor spaces.

In the next few months, we continue to ask that you work with our staff on any necessary changes. If you have any questions or concerns, I invite you to visit with me during our "Coffee with the Director" event at various centers throughout the city. This month, I will look forward to visiting Bear Canyon Senior Center on September 22nd at 9:30 am and hope that you can join me. Our promise, is to remain committed to consistent cleaning and sanitizing protocols in our centers. Please do your part by washing your hands, stay home if you are not feeling well and please comply with our new mask mandate in all city facilities, regardless of vaccination status. We are grateful for everyone's continued cooperation as we continue to evolve and do our very best to support our community.

Take Care and Stay Well,

Anna Sanchez, Director
City of Albuquerque Senior Affairs



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

**25th Annual Prime Time 50+
Expo
October 13, 2021
8am - 1:30pm
@ Embassy Suites.**

Free Health Screenings and Entertainment!
Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore space is limited and pre-registration is required. For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.



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:

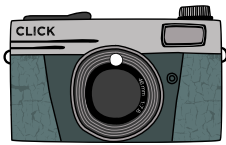
M-F 8:00AM-2:00PM
6:00PM-8:30PM
CLOSED 2:00PM-6:00PM FOR
AFTER SCHOOL PROGRAM
SATURDAY: 9:00AM-2:45PM



North Domingo Baca Classes

Photography

North Domingo Baca
Wednesday, 9:00 am- 10:30 am
Thursday, 6:00 pm- 8:00 pm
Sign up at the front desk
Instructor: Jim



Learn to Draw with Kelly

North Domingo Baca
Friday, 9:00 am - 11 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, 9:00am-1:00pm
Beginners/Intermediate
Tuesday 9:00am-1:00pm



Quilting Cluster

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

Warriors Serving Warriors

Monday, 6:30pm-8:00pm

Word Wright's Writing

North Domingo Baca
Monday, 1:30 pm- 3:30 pm



Men's Bible Study
Monday, 8:30 am - 10:00 am

Women's Bible Study
Tuesday, 6:30pm-8:00pm



Cancer Companions Bible Study

Friday, 10:00am-11:30am

Card Making

Thursday, 10:30am-11:30am

Ballroom Dancing

Saturday, 1:00pm-2:00pm

ABQ Karate

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



Line Dancing

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



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

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

French I

Beginners French Friday,
11:00am-12:30pm
Lower Intermediate
1:00pm-2:30pm
Intermediate
Saturday 9:30am-11:00pm

Life Coach With Alan
Thursday, 7:00 pm- 8:30 pm



Health and Fitness Classes



Zumba

North Domingo Baca Social Hall
Monday, Wednesday, and
Saturday.
9:15 am- 10:15 am

Open Gym (All Ages)

Gymnasium
Tuesdays-Thursdays
12:00pm- 1:45pm

Zumba (Gold)

North Domingo Baca
Social Hall
Tuesday, 9:15 am- 10:15
am

Unified Rec for Individuals with Disabilities

Gymnasium
Monday-Friday
5:00 pm- 6:00pm

Flex and Tone

Gymnasium
Tuesday, 9:15 am- 10:15
am

Gentle Yoga

Wednesday,
5:30 pm- 6:30 pm



60+ Basketball

Gymnasium
Saturday,
9:15am- 10:30am

50+ Basketball

Gymnasium
Monday,
12:00pm- 1:45pm
Wednesday
12:00pm- 1:45pm
6:00pm-8:00pm
Friday
12:00pm- 1:45pm



FIT for Seniors

North Domingo Baca
Tuesday, 9:15am- 10:15
am and Thursday,
9:15am- 10:15 am

Enhance Fitness

North Domingo Baca Social
Hall
Monday, Wednesday, and
Friday.
8:10 am- 9:05 am and 10:15
am - 11:15 am

Yoga with Lynn

North Domingo Baca
Monday, 9:00am- 10:00 am
Wednesday 5:00pm- 6:00pm
Friday, 1:00pm-2:00pm

Adult Volleyball

Gymnasium
Tuesday
6:00 pm- 8:00 pm

Youth Night

Gymnasium
Mondays 6:00pm-8:00pm

Sports and Fitness Classes

Yoga with Mindy

NDB Aerobics Room
Monday
10:30 am- 11:30 am

Aikido

NDB Aerobics Room
Tuesday and Thursday
6:00pm- 7:00 pm

Chinese Folk Dance

NDB Aerobics Room
Saturday
12:30pm- 2:00 pm

LaBlast

NDB Aerobics Room
Monday,
9:00am- 10:00 am
Thursday,
10:00am- 11:00 am



Qigong with Lillian

NDB Aerobics Room
Tuesday and Thursday
9:00am- 10:00 am

Tai Chi

NDB Aerobics Room
Wednesday
7:30pm- 8:30 pm

NM Folk Dance

NDB Aerobics Room
Wednesday
9:30pm- 10:30 pm

Indian Classical Dance-Shalaka

NDB Aerobics Room
Monday
4:30pm- 5:30 pm
Wednesday
9:30am- 10:30 am
Thursday,
4:30pm- 5:30 pm
Friday,
4:15pm- 5:15 pm
5:15pm- 6:15 pm



Hula

NDB Aerobics Room
Wednesday
5:30pm- 7:30 pm

Zumba/Aerobic Dance

NDB Aerobics Room
Tuesday
5:00pm- 6:00 pm
Thursday,
10:00am- 11:00 am

Kung Fu

NDB Aerobics Room
Saturday
10:30pm- 12:30 pm

Happy Dance

NDB Aerobics Room
Friday
6:45pm- 8:00 pm

