



Village of Tijeras  
**Senior Center**  
10 Tijeras Ave., Tijeras, NM 87059  
(505) 286-4220  
Hours: Monday - Friday, 8:30am - 4pm



**August 2022**

## **August Update**

We are happy to report that a couple more classes have begun - Spanish and TOPS and a new social hour called Coffee & Catch Up Cafe. We are anxiously awaiting the Grand Opening which will happen soon.

Coming up are a couple of events: *mark your calendars!* National Watermelon Day, Wednesday, August 3. Stop by for a slice of watermelon 9am-12 noon;  
Luau/Birthday Dance August 19, 12:30pm;  
Senior Law Office Estate Planning, August 24, 10:30am;  
Senior Health and Information Fair, August 26, 9am-1pm.

**We are looking for volunteers** to teach or lead the following classes:

Tai Chi, Zumba, Exercises, Arts & Crafts, Computer, Ceramics, Pottery, Quilting, Embroidery (machine), Card groups, Gardening, Zumba, & other activities.

Do you have a special talent or expertise to share? Do you have time to volunteer? We need you! Please contact Rita or Debra.

## **Current Activities, Classes & Events**

- **Lunch Program** - Monday through Friday, 11:30am - 12:30pm. \$2 donation, 60+.  
A service of the City of Albuquerque Department of Senior Affairs and Area Agency on Aging. Reserve your lunch no later than 1:00pm the previous business day. Call (505) 930-2658 to reserve your lunch.





*Please note: All activities and times are subject to change once the Senior Center fully opens.*

- **Drop-in Activities** - Mon - Fri, 8:30am-4pm- Billiards, Exercise Room, Outdoor Fitness Circuit, Ping Pong, Puzzles, Wii games, Corn Hole, Horse Shoes
- **Coffee & Catch-up Cafe** - Mondays, 9:00-10:30 am -Coffee, Tea & freshly made pastries.



- **Guitar Group** - Tuesdays, 11am



- **T.O.P.S.** (Taking off pounds sensibly) weight loss group- Tuesdays, 10am
- **Crochet Class** - Wednesdays, 10am. 
- **Beginning Spanish Class** - Wednesdays, 1:00pm
- **Arts & Craft Classes** - Thursdays, 9:30 - 11am. In August, we will work on T-shirt quilts. 
- **MahJong Group** - Thursdays, 11:00am
- **Flower Day** - Every Thursday. Flower donations from Trader Joes.
- **Bingo** - Fridays, 12 noon - 2pm 
- **Monthly Birthday Celebration** - 3rd Friday of each month, 12:30 - 2pm. Live music, dancing, refreshments! 
- **Tai Chi and Exercise classes** - TBA
- **Computer Classes** - TBA
- **Card games** - TBA
- **Monthly Trips** to sites and restaurants - TBA

## Upcoming Events...

Mark your calendars!

- ❖ August is *Hawaiian Month*

- **National Watermelon Day**, Wednesday, August 3. Come by for a slice of watermelon, 9am-12noon



- **Birthday/Luau Dance**, Friday, Aug.19, 12:30pm. Music by Gabe-DJ Dress up Hawaiian style! Hula contest!

- **GRAND OPENING!** -TBA

- **Senor Law Office, Estate Planning**- Wednesday, August 24, 10:30 am. Sign-up.



- **Senior Health and Info Fair**, Friday, August 26, 9am-1pm

## ❖ September is **Western Month**

- **Senior Law Office, Power of Attorney Workshop**, Tuesday, September 6, 9:30-11:30am. Sign-up.



- **Trip to the NM State Fair**, Monday, Sept. 12, 8:30am-1pm. Sign up by Sept. 6.

- **Birthday/Western Hoe-down Dance**, Friday, Sept. 16, 12:30pm



- **Outdoor Arts & Crafts Fair**, "MADE IN THE

**SHADE"** Friday, Sept. 23, 10am-1pm. Sign up by 9/21. Bring your artwork to show under our big shade structure. Refreshments & music.