



## Village of Tijeras Senior Center

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

### October 2022



### *A Day at the NM State Fair*



September 12, Senior Day at the NM State Fair was enjoyed by many including 30 seniors on a day trip from the Village of Tijeras Senior Center. Many other Senior Centers from Albuquerque and other towns also attended Senior Day.



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

*Center closed Monday, October 10, Indigenous People's Day*

#### **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 & more



#### **Mondays**

#### **Coffee & Catch-up Cafe -**

**Mondays, 9:00- 10:30-Coffee, Tea & freshly made pastries.**



## New Activity:

**Poker**-Mondays,  
9am-11am  
Come check it out!  
Play for prizes.



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



**East Mountain Historical Society** - Stop by, check it out. Visit with one of the EMHS volunteers. Days and times vary.

## Tuesdays

**T.O.P.S.** (Taking off pounds sensibly) weight loss group- Tuesday, 10am

## Wednesdays

**Crochet Class** - Wednesday, 10am.

**Beginning Spanish Class** -  
Wednesday, 1:00pm

## Thursdays

**Arts & Crafts Classes**- Thursday, 9:30 - 11am. Making wreaths and T-shirt quilts or, bring your own project to do!

**MahJong Group** - Thursday, 11:00am

**Flower Day** - Every Thursday. Flower donations from Trader Joes.

## Fridays

**Bingo**-Friday,  
12 noon - 2pm



**Monthly Birthday Celebration** - 3rd Friday of each month, 12:30 - 2pm. Live music, dancing, refreshments! TBA

## **Calling All Volunteers!**

We are looking for volunteers to teach or lead the following classes: Tai Chi, Chair Yoga, Exercises, Arts & Crafts, Computer, Ceramics, Pottery, Quilting, Embroidery (machine), Card groups, Gardening, Zumba, & other activities. Do you have a special talent or expertise to

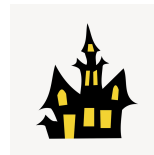
## Upcoming Events...

### *Mark your calendars!*

-AARP Driver Safety class-TBA  
(second week in October)



-Outing to PrimeTime 50+ - Tuesday, Oct. 11, 8:30am - 1:30pm. Lunch out. Sign up by 10/4.



Come join in the fun **making a small Haunted House!** Thursday, October 13, 9:30am. Will have a drawing for the finished creation at the Birthday Dance, Oct. 21.

- Outing to the Balloon Museum, Wednesday, Oct. 19, 9am-1pm. Entrance fee and lunch cost. Sign up by 10/7.



-Birthday/ Halloween Dance, Friday, Oct. 21, 12:30pm. (Tentative) Music by Gabe. Gratuities appreciated.

-Trip to Annual Fall Festival - Fri., Oct. 28, at Raymond G. Sanchez Center, 9:00am-1:00pm. Dress up! Sign up by 10/14.

**GRAND OPENING!** (Watch for Nov. 7. More info to come...)