



**Village of Tijeras
Senior Center**
10 Tijeras Ave., Tijeras, NM 87059
(505) 286-4220
Hours: Monday - Friday, 8:30am - 4:00pm

FEBRUARY 2023

*Senior Center will be closed Monday, Feb. 20
for Presidents Day*



Notice: New Senior Center Policy Implemented

As of January 1, 2023, the Village of Tijeras Senior Center requires annual membership dues of \$10.

A photo ID card will also be made for each participant.

See Rita, Center Manager, in the office.
Cash or check accepted.

Activities and Events

Registration is required for participation in the Meal Program and for the Senior Center activities.

See Rita, Center Manager for Center registration. See Arnold, Meal site Coordinator for meal registration.

**Congregate Meal
Program - Monday through
Friday, 11:30am - 12:30pm.**
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.** Come by to pick up the lunch menu for the month.

Daily Drop-in Activities -

Monday - Friday, 8:30am-4pm-
Billiards, Fitness Center, Outdoor Fitness Circuit, Puzzles, Library and Computer Lab. **Coffee and Goodies - 8:30-11:30am**

Mondays

Stretch-ercise class - 9:30am
Poker - 9:00- 11:00am

Tuesdays

AARP Tax Assistance - 8:30-1:30. Make an appointment in advance.
T.O.P.S. (Taking off pounds sensibly)
weight loss group- 10am
Beginning Guitar Class - TBA

Wednesdays

Crochet Class -10:00am
Spanish Class -1:00pm

Thursdays

Arts & Crafts Class- 9:30 - 11:00am
MahJong - 11:00am
New! Crafts with Colleen -1:00pm
Flower Day - Every Thursday flower donations from Trader Joes for registered senior center participants.

Fridays

Stretch-ercise class - 9:30am
Bingo- 12 noon-2pm



Monthly Birthday Celebrations -



3rd Friday of each month, 12:30
-2pm. Live music, dancing,
refreshments!



*Amy Wander sings with Thelander's Jazz Roots Duet,
for the January Birthdays Celebration, Friday,
Jan. 20.*

East Mountain Historical Society

- Stop by, check it out. Visit with one of
the EMHS volunteers. Days and times
vary.

Upcoming Events...

-AARP Tax Assistance


Every Tuesday beginning
January 31, 8:30 am -
1:30pm until April 18. Reserve your time
slot and pick up your information form.



-Fitness Equipment Training/Demo-

Monday, Feb. 6, 10:00am - Come learn
how to use the various fitness equipment
correctly. Led by Frank Pierce.



 - **Super Bowl Party** - Friday, Feb.
10, 10am-1:30pm. Come join in the fun
with treats and games. Wear a football Jersey
of your own favorite team! Vote on which

team you think will win on Super Bowl
Sunday. Then there will be a **drawing for a
door prize the following Monday** from the
winning team's vote box.

-Trip to the Sweetheart

Dance, February 14, 9:00 am



at Los Duranes Center. Sign up with
Arnold by 2/7/23.



-February Birthdays Celebration and Dance-Friday, February 17,

12:30-2pm. Music by Gabe. Tips accepted.

-Mardi Gras Celebration-Tuesday,

Feb. 21, 9am-10am- **Pancakes!**

Music and games during lunch.



-Senior Focus Group - Monday, Feb.

27, 10am - 11:30am. Join us in identifying
what seniors need in Bernalillo County
rural areas - transportation? Medical
access? Come bring your ideas to this
important discussion group. We need you!
Information table available Feb. 17, 10-1.

- "Music & Medicare" Presentation

Tuesday, Feb. 28, 10:30am with
Tyler Hawks from Presbyterian. He
and his wife will perform a musical
program then present Medicare
information. Come and check it out!



Creations in Clay Class with Laurel
beginning in March. Sign up if interested.

Let's play SCRABBLE! Anyone
interested in forming a Scrabble group,
sign up.

Weaving Class with Laurel. Anyone
interested in the weaving arts, sign up.