



**Village of Tijeras  
Senior Center**  
10 Tijeras Ave., Tijeras, NM 87059  
(505) 286-4220  
Hours: Monday - Friday, 8:30am - 4:00pm  
**APRIL 2023**  
*National Garden Month*  
*National Volunteer Month*



## **Congregate Meal**

**Program - Monday-Friday,  
11:30am - 12:30pm. 60+**



A service of the City of Albuquerque  
Department of Senior Affairs and Area  
Agency on Aging. See Arnold, Meal site  
Coordinator for meal registration.  
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.

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## **Activities and Events**

See Rita, Center Manager, for Center  
registration. Annual membership is \$10  
per person.

### **Daily Drop-in Activities -**

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

*Please note:* When using the **Fitness Center**,  
wear athletic shoes, no boots or street shoes,  
and be sure to wipe down equipment with  
sanitizing wipes when you are finished. Please  
limit use of equipment to 20 minutes if others  
are waiting to use that equipment. Thanks.

### **Mondays**

**Stretch-ercise class - 9:30am**  
**Poker - 9:00- 11:00am**  
**NEW! Bible Study- 1:00pm**

### **Tuesdays**

**AARP Tax Assistance - 8:30-1:30. Until  
April 18.**  
**T.O.P.S. (Taking off pounds sensibly) weight loss  
group- 10am**  
**NEW! Aikido class - 11:00am**  
**NEW! Weaving class - 1:00pm**

### **Wednesdays**

**Crochet Class -10:00am**  
**NEW! Zumba/Aerobics - 10:00am**  
**Spanish Class -1:00pm**

### **Thursdays**

**NEW! Drawing/Watercolor class - 9:30am  
(Starts April 13)**  
**MahJong - 11:00am**  
**NEW! Aikido class - 11:00am**  
**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!

## **Look! – NEW ACTIVITIES OFFERED**

**Sign up if interested.**

- Creations in Clay Class with Joyce.
- Weaving Class with Joyce,  
Tuesdays, 1:00pm
- Aikido Class with Ace, Tuesdays and  
Thursdays, 11am
- Zumba/Aerobics with Gwen,  
Wednesdays, 10am
- Drawing/Watercolor class with  
Lisa, Thursdays, 9:30am
- Bible Study group, Mondays, 1pm
- Gardening Group
- Let's play SCRABBLE!

## **East Mountain Historical**

**Society Archives** – Stop by, check it  
out. Visit with one of the EMHS  
volunteers. Days and times vary.

## **Upcoming Events...**

–CPR class– Monday April 3, 9:30am

–"Eat Smart–Live Strong"

**Nutrition Presentations** –

March 29, April 5, 12 & 26,  
10:00am



–Presentation on New  
**Mexico Watershed**

**project**–Monday, April 10, 10am

–Hawks Aloft Birds of Prey  
**presentation**– April 10, 12pm



**–National Scrabble Day -**

Thursday, April 13. Come play a  
game on our GIANT Scrabble board.

**–Senior Center Volunteer**

**Recognition** – Thursday, April 13,  
12:30pm



**–April Birthdays/Senior Prom**  
**dance** – Friday, April 14, 12:30pm

*"Dress to Impress"*

Music by Gabe. Tips accepted.

**–Trip to Senior Prom Dance at**

**Taylor Ranch Center** – Friday, April  
21, 9am. Sign up by 4/7.

**–Village Clean-up Day for Earth**

**Day**–Saturday, April 22

**–Computer Class with diverseIT** –

Wednesday, April 26, 10:00am

**– Outing to Lantern Ridge Farm**

**Nursery** for lunch – Thursday, April 27,  
11:00am. Then, check out thrift stores on  
the way back. Sign up by 4/20.

**–Gardening Group** – Let's

get a garden going here at the  
Center! We have raised beds

under the shade structure. Anybody who  
is interested in creating and maintaining a  
garden of vegetables and flowers, sign up.



**Coming up in May...**

**–Outdoor Rummage Sale** – Friday, May 5,  
10am–1pm. Tables \$10 pp. Sign up by 5/3.

**–Senior Health and Information**

**Fair**–Monday, May 15, 9am–1pm.