

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.

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

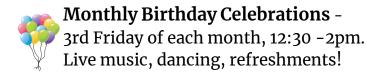
Crochet Class -10:00am
NEW! Zumba/Aerobics - 10:00am
Spanish Class -1:00pm

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 B₁N₆O



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!

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



-Senior Center VolunteerRecognition - 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.