



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



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.

Mondays

Stretch-ercise class - 9:30am

Poker - 9:00 - 11:00am

NEW! Bible Study - 1:00pm

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

Wednesdays

Crochet Class - 10:00am

NEW! Zumba/Aerobics - 10:00am

Spanish Class - 1:00pm

Thursdays

Arts & Crafts Class - 9:30 - 11:00 am

MahJong - 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!

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.



Super Bowl Party held Friday, February 10.



Congratulations to our Super Bowl LVII Party door-prize winners! Janice Lesch, Velia Estrada and Candido Lucero!

Look! – NEW ACTIVITIES OFFERED

Sign up if interested.

- Creations in Clay Class with Laurel.
- Weaving Class with Laurel.
- Aikido Class with Ace.
- Zumba/Aerobics with Gwen.
- Drawing/Watercolor class with Lisa.
- Let's play SCRABBLE!
- Bible Study group
- Gardening Group

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

Upcoming Events...

-AARP Tax Assistance- Every Tuesday 8:30 am – 1:30pm until April 18. Reserve your time slot and pick up your information form.

-T.O.P.S.(Taking Off Pounds Sensibly) program Presentation – Tuesday, March 14, 12:00pm

-Fitness Equipment Demo – Monday, March 6, 10am. Learn basics and how-to of various equipment in the Fitness Center. Led by Frank Pierce.

-Nutrition presentation– Eat Smart, Live Strong– Thursday, March 16, 10:30am. Presented by ICAN, Ideas for Cooking and Nutrition

-March Birthdays/St. Paddy's Day Celebration and Dance–Friday, March 17, 12:30–2pm. (Wear green!) Music by Gabe. Tips accepted.



-CPR/AED Class – Monday, March 20, 9:30am–12 noon. Learn the basics of saving a life through resuscitation and using the AED. \$2 –\$5. Sign up. Limit 8.



-Day Trip to El Santuario de Chimayo, Thursday, March 30, 8:30am–3:30pm. Lunch at a neighboring restaurant. Sign up by 3/23.



Coming up in April – Mark your calendar

- *Presentation on New Mexico Watershed project, April 10, 10am*
- *Hawks Aloft Birds of Prey presentation, April 10, 12pm*
- *Drawing/Watercolor class, April 13, 9:30am*
- *Computer Class with diverseIT, Wednesday, April 26, 10:00am*
- *Village Clean-up Day, April 22*

