

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.

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.

<u>Mondays</u>

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

<u>Wednesdays</u>

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



Monthly Birthday Celebrations -

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

refreshments!



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.

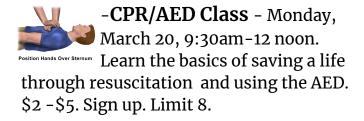
- Creations in Clay Class with Laurel.
- Weaving Class with Laurel.
- Aikido Class with Ace.
- Zumba/Aerobics with Gwen.
- Drawing/Watercolor class with Lisa.
- Let's play SCRABBLE!
- Bible Study group
- Gardening Group

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.





-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