

# Village of Tijeras Senior Center

/ 10 Tijeras Ave., Tijeras, NM 87059 (505) 286-4220 Hours: Monday - Friday, 8:30am - 4:00pm



# MAY 2023

**Older Americans Month** 

Center Closed Monday, May 29 for Memorial Day

# 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.

#### **Volunteer Recognition Program**



Tijeras Senior Center volunteers were honored at a presentation Thursday, April 13, with Mayor Jake Bruton presiding. Pictured left to right; Eilene Gonzales, Joyce Muething, Amalia Saiz, Mella Garcia, Colleen Von Kittel, Mayor Bruton, Ace Atkinson, Dean Campbell and Patsy Campbell. Other volunteers who are not pictured; Dora Odam, Frank Pierce, Nancy Cochrell, Gwen Barnhart, Mena Lucero, William Summers and Lisa Bryant. Thank you, Volunteers! We appreciate you!

# Hawks Aloft and Talking Talons Present Programs April 10



Pictured is Talking Talons volunteer Diane introducing a vulture named Beauty.

# **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

Activities & Events Cont.-

#### **Mondays**

Stretch-ercise class - 9:30am New! Scrabble group - 10:00am Bible Study- 1:00pm

### **Tuesdays**

T.O.P.S. (Taking off pounds sensibly) Weight loss group - 10am New!Beginning Guitar - 10:00am Aikido class - 11:00am Weaving class - 12:30pm

#### Wednesdays

Crochet Class -10:00am Zumba/Aerobics - 10:00am NEWGardening Class - 12:30pm (5 weeks) Spanish Class -1:00pm

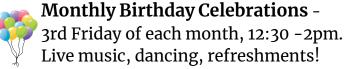
#### **Thursdays**

Drawing/Watercolor class - 9:30am
MahJong - 11:00am
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 NEW! Popcorn Fridays - Come by for a fresh bag of popcorn!





-Gardening Group -We have raised gardening beds under the shade structure. Anybody who is interested in creating and maintaining a garden of vegetables and flowers, sign up. We need you! Class on Wednesdays, 12:30pm.

#### East Mountain Historical Society

**Archives** – Stop by, check it out. Days and times vary.

# Upcoming Events...

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



- -East Mountain Historical Society Program "Growing Up in the East Mountains in the 40s, 50s, and 60s" -Wednesday, May 10, 10:30am - 12 noon.
- -Outing to "Tarde de Oro" at the Kimo Theater- Thursday, May 11, 12:30pm. Sign up by 5/4.
- -Senior Health and Information Fair -Monday, May 15, 9am-1pm. Don't miss it! (See attached flier)
- -May Birthdays Dance Friday, May 19, 12:30 pm. Music by Gabe.

# May is Older Americans Month

Established in 1963, Older
Americans Month is celebrated
every May. This month is a time to
acknowledge the contributions and
achievements of older Americans and
strengthen our commitment to honoring
our older citizens. This year's theme is
Aqing Unbound.

Here are some ways to participate in *Aging Unbound*:

- \*Embrace the opportunity to change-Find a new passion, go on an adventure! \*Explore the rewards of growing older-Grow your knowledge, read, do creative activities!
- \*Stay engaged in your community-Attend a senior center, volunteer! \*Form relationships-Invest time with family and friends, join new clubs!