



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

NEW Gardening 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!



Monthly Birthday Celebrations -

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

Live music, dancing, refreshments!

-**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 **Aging 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! 