



Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059

(505) 286-4220

Hours: Monday - Friday, 8:30am - 4:00pm

JUNE 2023

Happy Father's Day!

Center Closed Monday, June 19 for Juneteenth



Senior Center Yard Sale a Success!



On May 5, the Center held its first rummage sale of the season. Nine vendors and over 100 shoppers attended.

Senior Health and Information Fair



14 agencies were represented at the Senior Health and Information Fair May 15.

60+ Congregate Meal Program

Monday-Friday, 11:30am - 12:30pm.

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

June is '50's Theme

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

Mondays

Stretch-ercise class - 9:30am

New! Scrabble group - 9:00am

Bible Study- 1:00pm

Tuesdays

T.O.P.S. (Taking off pounds sensibly)- 10am

Beginning Guitar - 10:00am (No new students)

Aikido class - 11:00am

Weaving class - 12:30pm

Wednesdays

Crochet Class -10:00am

Zumba/Aerobics - 10:00am

Spanish Class -1:00pm

Thursdays

Drawing/Watercolor class - 9:30am

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,
(if a dance, 10am - 12pm)

Popcorn Fridays - Come by
for a fresh bag of popcorn!



Monthly Birthday Celebrations -
3rd Friday of each month (usually),
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!



**East Mountain Historical Society
Archives** - Stop by, check it out. Days
and times vary.

Upcoming Events...

June is 1950's Month!

-Power of Attorney Workshop with the
Senior Law Office - Monday, June 5, 10am
- 12pm. Sign up.

-Crime Prevention program with the City
of Albuquerque Police- Thursday, June 8,
10:30.

- '50's Photo Collage Week -
12th-16th. Bring in a 1950's
photo for the display! Bring a
photo of yourself, car or event,
etc., by the 8th. We want to fill
up a whole bulletin board with
photos and memorabilia.



**- Outdoor Exercise Equipment
Workshop**- Monday, June 12, 10:00am
with Frank Pierce. Come learn how to
utilize our outdoor exercise circuit.



**-DiversIT Computer
class**-Wednesday, June 14, 10am.
"Gone Phishing." Sign-up.

**-Presbyterian Community Health
Outreach** - Thursday, June 15, 10am-1pm.
Stop by for some important
information.



- Soda Shoppe Root Beer Floats
Friday, June 16, 12:30 pm after
lunch.

-Center Closed June 19 for Juneteenth

-Trip to El Rancho de Los Golondrinas-
Wednesday, June 21. 10am - ?
Sack lunches provided.



-Flamenco Dance Class -
Wednesday, June 28, 9:30am at
Los Vecinos Center. Sign up.

**-June Birthdays Dance
"Sock Hop"** - Friday, June 30,
12:30 pm. Wear your poodle
skirts, bobby socks, rolled up
jeans...Music by Gabe. Tips
accepted.



Coming Up in July...

-All Senior Center Annual Senior Picnic -
Friday, July 28, 10am. We will host the
annual senior center picnic here with
music by Paul Pino and the Tone Daddies.

**-The Village of Tijeras 50th Anniversary
Celebration!**-Saturday, July 29,
10am-2pm. Don't miss it! Fun for the
whole family! Parade, bands....More
details later.

-Tijeras BioZone Open Space event,
15600 Central Ave., SE, July 29 - open at
6pm, music 7:15pm