



Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059
(505) 286-4220

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

JULY 2023

Happy 4th of July!

Center Closed Monday 7/3 and Tuesday 7/4



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.

**Call (505) 930-2658 to reserve your
lunch no later than 1:00pm the previous
business day. 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

Mondays

Stretch-ercise class - 9:30am

Bible Study- 1:00pm

Tuesdays

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

**Beginning Guitar - 10:00am (Not taking new
students)**

Aikido class - 11:00am

Weaving class - 12:30pm

Wednesdays

Crochet Class -10:00am

Zumba/Aerobics - 10:00am

Spanish Class -1:00pm

***New Class - Sewing Quilted Placemats
Wednesdays, 1pm with Laurie. Materials
provided. Sign up.**

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.**

We thank Trader Joe's for the generous
contributions each week.



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!**

East Mountain Historical Society

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

Upcoming Events...

-Our 4th of July BBQ/Potluck-will be Wednesday, July 5, 11:30-1pm. Sign up with what you plan to bring. Hot dogs or burgers provided.



-July Birthdays Dance - Friday, July 14, 12:30 pm. Music by Gabe. Tips accepted.



-Day trip to Taos, NM - Wednesday, July 19, 8:00am - ? Sign up by 7/12.

-**AARP** Safe Drivers Class - Monday, July 24, 9:00 am-1pm. Sign up soon. Limited class size.



-Tijeras Senior Center Arts & Craft Show- Tuesday, July 25, 10am-1pm.

Any senior center participant who would like to display their artistic creations is welcome to join in. Sign up and list what type of art. Let's show off our talents and creations!

-All Senior Center Annual Summer Picnic



- Friday, July 28, 10am - 1pm. Here! Sign up by 7/14. We will host the annual all senior center picnic here with music by Paul Pino and the Tone Daddies.

And, a Pie Contest! Enter your pie in the contest. Do you have the best apple pie? The best cherry pie? A judge from each center is needed. Sign up!



Volunteers Needed:

To assist with the Village 50th Anniversary Celebration. Please speak with Rita or Debra.



-The Village of Tijeras 50th Anniversary Celebration! - Saturday, July 29, 10am-3pm. Fun for the whole family!



Parade, bands, mariachis, jumpers, craft vendors, food truck, car show - the whole works! -Don't miss it!

The parade will begin at the Village Hall and proceed to the library/park area where the car show will be located. Jumpers for the kids will be next to the Senior Center with the craft vendors inside the Center. Public parking will be at Los Vecinos and A. Montoya Elementary school.

-Tijeras Biozone Open Space/Concert- 15600 Central Ave. SE Saturday, July 29 - 6:00 pm-Doors open, 6:30- Conservation Carnival, 7:15 - Live Music performance



Upcoming in August...Hawaiian Month!

Thursday, August 3 - National Watermelon Day! 10-11am



Friday, August 4 - RSVP Volunteers Appreciation Breakfast at the Embassy Suites.



Wednesday, August 16 - Railrunner Trip to Santa Fe, 9am

Friday, August 18 - Birthday Dance/Luau, 12:30pm



Friday, August 18 - COVID Vaccine Clinic, 10am-1pm Presented by Presbyterian Community Health Outreach