



Village of Tijeras Senior Center

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

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

September 2023

WESTERN MONTH

Center closed September 4 for Labor Day



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

Bible Study- 1:00pm

Tuesdays

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

Aikido class - 11:00am

New! Macrame class -1 1:00am

Card Group - 1:00pm (1-2x mo.)

Wednesdays

Crochet Class -10:00am

Zumba/Aerobics - 10:00am

Spanish Class -1:00pm

New!Beginning Sewing class-1:00 pm.

Learn the basics. Sign up.

Thursdays

Drawing/Watercolor class - 9:30am

T.O.P.S. (Weight loss group) - 10:00am

Aikido class - 11:00am

Thursdays-cont.

MahJong - 11:00am

Crafts with Colleen -1:00pm

New! Machine Embroidery with Carol Ann-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 - 9:30 am

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 (subject to change), 12:30-2pm

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. \$2 donation.

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.



Upcoming Events...

*Center closed for Labor Day,
Monday, Sept. 4*


NM State Fair Trip- Monday,
Sept. 11, 9:00am.



Medicare Presentation- Friday,
Sept. 15, 10am-12pm. Presented by
Teri Rocco C'deBaca of
Aflac/Medicare.

**Birthdays/HoeDown
Dance-** Friday, Sept. 15,
12:30pm. Dress up western!



 **Trip to Wildlife West
Nature Park-** Tuesday,
Sept 19, 9:30am,
\$7 entrance fee. Lunch at Chili
Hills. Sign up by 9/12.

**East Mountain Historical
Society Civil War
presentation-** Wednesday,
Sept. 20, 12 - 1pm.



National Ice Cream Cone Day-
Friday, Sept. 22, 12:30pm

Rummage Sale- Friday,
Sept. 29, 10am-1pm.
Table/space \$10. Sign up
by 9/27.



Notice: Anyone interested in playing
Canasta? Scrabble? How about Corn Hole
and Horseshoes? Let Debra, Rita or Flori
know.

Thankyou to all who have donated treats
for the coffee time. Daily treats and
snack donations are always welcome!

A Peek into October..... 🎃

Outing to Manzano Apple Orchard/Retreat-
for apples and lunch there-Thursday, Oct.5,
9:30am. Sign up by Sept. 27.

BBQ/Potluck - Friday, Oct. 6, 11:30am. Sign up
by 10/4.

*Center closed for Indigenous Peoples Day/
Columbus Day- Monday, Oct. 9*

Wreath-making Workshop - Tuesday,
October 10, 1:00pm. Led by Barbara Lower.
Sign up.



Trip to PrimeTime 50+ Expo - Wednesday,
Oct. 11, 8am-1:30pm. Sign up by 10/4.

Pumpkin decorating - Friday, Oct. 13 -
9:30am-11:30am



NUCLEAR CARE PARTNERS benefits
presentation- Tuesday, Oct. 17,
10am-1pm. Did you work for Sandia Labs
or Los Alamos? Come learn about the benefits
you may be able to receive.

Birthdays/Halloween Dance- Friday,
Oct. 20, 12:30pm. Dress up in a costume!



Trip to Fall Festival/ Halloween Dance at
Raymond G. Sanchez Center- Friday, Oct.
27, 9:00am. Music by Paul Pino and the Tone
Daddies.

Did you know?

Get connected with free local services
available to Bernalillo County residents age
60 or over.

Services include:

- Transportation
- Wellness Screenings
- Legal assistance
- Activities and Outings
- Lunch with seniors or
home-delivered meals
- Help around the house



**Call 764-6400 for Information &
Assistance.**