

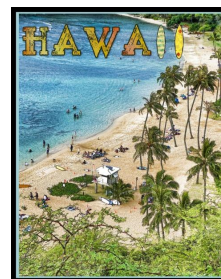


## Village of Tijeras Senior Center

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

**AUGUST 2023**

*Hawaiian Month*



### 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

**Beginning Guitar - 10:00am** (Not taking new students)  
**Aikido class - 11:00am**  
**Weaving class - 12:30pm**  
**New! Card Group - 1:00pm** (Aug. 1)

### Wednesdays

**Crochet Class - 10:00am**  
**Zumba/Aerobics - 10:00am**  
**Spanish Class - 1:00pm**  
**Sewing Quilted Placemats - 1:00 pm.**  
Materials provided. Sign up.

### Thursdays

**Drawing/Watercolor class - 9:30am**  
**T.O.P.S. (Weight loss group) - 10:00am**  
**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...

- Thursday, August 3 - **National Watermelon Day!** Come by for a slice of watermelon, 10-11am 
- Friday, August 4 - **RSVP Volunteers Appreciation Breakfast** at the Embassy Suites.
- Monday, August 7 - **Beginners Computer Class**, 10am. Must have registered previously. Instructor: Deputy Clerk, Michael Limon. 
- Wednesday, August 16 - **Railrunner Trip to Santa Fe**, 9am. Sign up by Aug. 9. (Pending van repair) 



***Aloha! Come to the Luau dance, dress up Hawaiian, do the Hula contest, and check out the Tiki hut refreshments!***



- Friday, August 18 - **Covid Vaccination Clinic**, 10am-1pm. Presented by Presbyterian Community Health Outreach.



## Coming up in September...

Western theme

Center closed for Labor Day, Sept. 4

NM State Fair Trip- Monday, Sept. 11

Rummage Sale- TBA

Birthday/HoeDown Dance-Friday, Sept. 15, 12:30pm

Trip to Wildlife West Nature Park-TBA

## Arts & Crafts Show

Several arts and crafters from our Senior Center displayed their work at the Show on July 25. Participants from various craft classes and others brought in a variety of items including crochet, weavings, paintings, needlework, latch hook and floral arrangements.



## Thank you to all of our senior volunteers who assisted with the Village 50th Anniversary on July 29!

Your help was greatly needed and appreciated! You helped to make the event a success!



Pictured is Sharon Gallenger painting signs for the event. Thank you to Sharon and to Mella Garcia for assisting in the sign painting.

*Anyone interested in these activities, please see Rita, Debra or Flori: Cards, Corn Hole, Horseshoes, Scrabble, Cribbage, Walking Group.*