



Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059

(505) 286-4220

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

October 2023

Senior Center closed October 9
for Indigenous Peoples 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

New! Coffee Cafe -9:00-10:30 am

with freshly baked pastries

Bible Study - 1:00pm



Tuesdays

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

Aikido class - 11:00am

Macrame class -11:00am

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

Wednesdays

Crochet Class -10:00am

Zumba/Aerobics - 10:00am

Beginning Sewing class - 1:00pm

Spanish class - 1:00pm



Thursdays

Drawing/Watercolor Open Studio - 9:30am

New! Beading Class -TBA

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

Aikido class - 11:00am

MahJong - 11:00am

Crafts with Colleen -1:00pm

Machine Embroidery with Carol

Ann-1:00pm

Flower Day - Every Thursday, flower donations from Trader Joes for *registered* senior center participants.

Fridays

Stretch-ercise - 9:30 am

Bingo- **New time!** 10am-11:30am

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

Monthly Birthday Celebration, 12:30-2pm

60+ Congregate Meal Program


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

A service of Area Agency on Aging and the City of Albuquerque.


See Arnold, meal site Coordinator for meal registration. **Call (505) 930-2658 to reserve your lunch no later than 1:00 pm the previous business day.**

Upcoming Events



- **Outdoor Exercise Circuit class** - Tuesday, Oct. 3, 10:00am, with Frank Pierce. Learn how to utilize the outdoor exercise equipment.
- **Outing to Manzano Apple Orchard/Retreat**- for apples and lunch there-Thursday, Oct.5, 9:30am.
- **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** - Monday, Oct. 16 - 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.

- **Trip to El Rancho de Los Golondrinas** - Wednesday, Oct. 18 - 9:30 am. Bring your own sack lunch. Sign up by 10/11.
- **Birthdays/Halloween Dance**- Friday, Oct. 20, 12:30pm. Dress up in a costume! 



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

- **Flu and Covid shots** - Tuesday, Nov. 7, 10am-1pm with Blue Cross Blue Shield Care Van

Thank You!

Thank you to all who have donated treats for the morning coffee. Donations are always welcome!

Senior Center's Birthday Dance and Western Hoedown



Louisa, Victor and Rita show us how line dancing is done at the Birthday Dance September 15, with DJ Gabe Trujillo in the background.

Reenactment of Civil War History



The East Mountain Historical Society Reenactors presented history of Civil War times in the east mountains and neighboring territories September 20. Thank you to Debbie Post, Ron Lah and Phil Dodd (and the Sibley Texicans) for all their work coordinating this event for the Senior Center.