



Village of Tijeras Senior Center

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

Hours: Monday - Friday, 8:30am - 4:00pm
November 2023

Senior Center closed Nov. 10, Nov. 23 & 24



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

Coffee Cafe -9:00-10:30 am
with freshly baked pastries
Bible Study - 1:00pm



Tuesdays

Beginning Guitar class - 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 (Stockings)
- 1:00pm. Sign up.
Spanish class - 1:00pm



Thursdays

Watercolor class -9:30am
New! Beading Class -10am 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. Sign up.
Flower Day - Every Thursday, flower donations from Trader Joes for *registered* senior center participants.



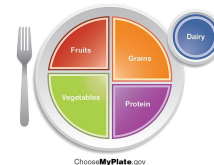
Fridays

Stretch-ercise - 9:30 am
Bingo - 10am-11:30am
Popcorn Fridays - 9am-11:30am
Monthly Birthday Celebration (on 3rd Friday) -12:30-2pm

60+ Congregate Meal Program

Monday-Friday, 11:30am - 1:00pm.
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.

November Events Line-Up

Mark your calendars...

- **Medicare Enrollment Information** with Aging and Long Term Services- Thursday, November 2, 10:30am-1:30pm
- **Rummage Sale**-Friday, Nov. 3, 10am-1pm. Sign up by Wed., 11/1
- **Veterans Honor Display** - Nov 6-9. Bring your photos and memorabilia by 11/6 to display all week. Thank you, Veterans!

Come Celebrate the Senior Center's One Year Anniversary of the Grand Opening Tuesday, November 7!

*9:00-11:30-Cake & coffee
10am-1pm -Dept. of Senior Affairs info table*

10am-12pm-East Mountain Historical Society display

11:30-1pm - Lunch

11:30am-12pm -Music by Jazz Roots Quartet

*12pm-Address from the Council
Door prize drawings*

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

Senior Center closed for Veterans Day- Nov.10

- **Village's Veterans Day Ceremony** at the Luis Garcia Park and Veterans Monument, Saturday, November 11, 11am

- **Holiday Centerpiece Workshop**- Monday, Nov. 13, 9:30-11:30. Sign up.



- **Trip to Santa Fe on the Rail Runner** Wednesday, Nov. 15, 9:00am - all day. Sign up by 11/13.

- **November Birthdays Dance** - Friday, Nov. 17., 12:30pm. Music by Gabe.



Center closed Nov. 23 & 24 for Thanksgiving. Happy Thanksgiving!

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

Saloon Serenade



The Beginning Guitar class (aka "Tijeras Canyon Wranglers") performed cowboy classics on September 26 for Western Month. Pictured are Frank Johnson, Nancy Cochrell, instructor, Anna Baer, Frank Silva and Art Bazan.

Outing to Manzano Apple Orchard



Several seniors took a trip to Manzano Apple Orchard and Retreat Center in Torreon October 5.