



Village of Tijeras Senior Center

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

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

February 2024 (It's Leap Year!)

Senior Center closed Feb. 19, Presidents' Day



Activities and Events

See Rita, Center Manager, for Center registration. Annual membership is \$10 per person.

Daily Drop In Activities

Billiards, Fitness Room, Outdoor Exercise Circuit, Library, Puzzles, Ping Pong, Computer Lab

Coffee and Goodies - 8:30-11:30am

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

Mondays

Coffee Cafe - 9:00-10:30 am
with freshly baked pastries
Chair Exercise - 9:30am

Tuesdays

AARP Tax Assistance - 8:30-1:30
Guitar class - 10:00am
Aikido class - 11:00am
New! Basket Weaving class - 12:00pm
New! Beginners Guitar class - 12:30pm.
Sign up.

Wednesdays

Crochet Class - 10:00am
Zumba/Aerobics - 10:00am
Beginning Sewing class - 1:00pm.
Learn to make bowl cozies.
Sign up. Limit 6.

Thursdays

Watercolor class - 9:30am
Beading Class - 10am
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.

Fridays

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



Like to play Cribbage, Bridge or Canasta? Interested in card-making, wood crafts? Sign up or let Debra know if you are interested.

60+ Congregate Meal Program



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

A service of the 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.

February Events Line-Up

Mark your calendars...

- **Barbershop Quartet "Sandia Sound"** - Friday, Feb. 2, 12 noon.



- **AARP Tax Assistance** - Tuesdays, 8:30am-1:30pm. Beginning Feb. 6 thru April 9. Sign up with Rita or call the office. Pick up a registration packet.
- **New- Beginning Guitar**, Feb. 6 - 12:30pm. Sign up.



Pre-Super Bowl Party- Friday, Feb. 9, 10:00am. Games, snacks, vote for your team!

- **New! Monthly Food Distribution**, 2nd Tuesday of the month- Feb. 13, 10am.



Trip to Sweethearts Dance, Wednesday, Feb. 14, 9:00 am at Los Duranes Center. Sign up by 2/2.

- **February Birthdays Celebration** - Friday, Feb. 16, 12:30pm. Music by Gabe.



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- **Estate Planning with the Senior Citizen Law Office**, -Wednesday, Feb. 21, 10:00 am. Sign up.
- **Trip to Harvey House Museum** in Belen with lunch at Pete's Restaurant - Thursday, Feb. 22, 10am. Sign up by 2/15.
- **New - Basic Beginning Spanish class**, starts Wednesday, March 6, 12:45pm - Sign up, pick up a syllabus.



February is American Heart Month



Friday, February 2 is **Wear Red Day**.

What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though it is largely preventable.

Keeping your heart healthy starts with living a heart-healthy lifestyle.

Test your knowledge with this short Heart Smart Quiz:

Heart Smart Quiz

1. **True or False?** High blood pressure is also known as hypertension and occurs when our blood pressure is consistently 130/80 mm Hg or higher.
2. **True or False?** Your body mass index (BMI) shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. **True or False?** Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
4. **True or False?** Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
5. **True or False?** To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Adding more activity, eating a heart-healthy diet, managing stress, getting quality sleep and not smoking can put you on the path to better heart health.

The Heart Truth at www.hearttruth.gov