



Village of Tijeras Senior Center

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

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

January 2024

Senior Center closed Jan. 1 & Jan. 15



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

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
Bible Study- 1:00pm

Tuesdays

Beginning Guitar class- 10:00am
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.
Learn mending. Sign up. Limit 6.
Beginners Spanish class - 1:00pm

Thursdays

Watercolor class -9:30am
Beading Class -10am
T.O.P.S. (Weight loss group) - 10:00am
Aikido class - 11:00am
MahJong - 11:00am
Crafts with Colleen -1:00pm
Flower Day - Every Thursday, flower donations from Trader Joes for *registered* senior center participants.

Fridays

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

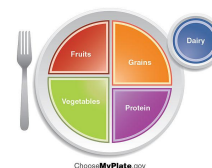


Like to play Cribbage, Bridge or Canasta? Interested in card-making, wood crafts? Sign up or let Debra know if you are interested.

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.

January Events Line-Up

Mark your calendars...
HAPPY NEW YEAR!

- **Barbershop Quartet "Sandia Sound"** - Friday, Jan. 5, 12 noon.



Pinecone Crafts - make a tree or wreath from pinecones Monday, Jan. 8, 9:30am.

- **Fitness Equipment class** - Tuesday, Jan. 9, 11am. Learn how to utilize the Fitness room equipment to your best advantage instructed by Frank Pierce.



- **Outing to the Senior Health Fair** - Wednesday, Jan. 10, 9:00 am at Paradise Hills Senior Center. Sign up by 12/29.

Center closed Monday, Jan. 15 for MLK Day

- **Watercolor Class Art Exhibit** - Jan. 18 - 25. Will be on display all week in the hallway. Come by and see the beautiful watercolor paintings the class has done.



- **Medicare Presentation** - Jan. 19, 10:30-1:30 with HOPE Solutions and Oak Street Health.



January Birthdays Celebration - Friday, Jan. 19, 12:30pm. Music by Gabe.

- **New Exercise class** - Chair exercise via a DVD starting Monday, Jan. 22, 9:30am and Fridays 9:30am.
- **Trip to BioPark Aquarium** with lunch at the Shark Reef Cafe - Tuesday, Jan. 23, 9:00 am. \$5.50 entrance fee (65+), lunch cost on your own.



Thank you to Amalia Saiz, Louie Saiz, Gary Drown and Flori for making the tree so beautiful!



Gingerbread House creation by Becky Childers and Amalia Saiz on December 11, 2023.



The Beginners Sewing Class made festive Christmas stockings in November and December.

Upcoming Events in February...

- Monthly Food Distribution 2nd Tuesday of the month, 10am. Feb. 13.
- Mardi Gras Party, Feb. 13.
- Birthday Dance, Feb. 16.
- Trip to Harvey House Museum in Belen with lunch at Pete's Restaurant, TBA