



# Village of Tijeras Senior Center

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

Hours: Monday - Friday, 8:30am - 4:00pm  
**March 2024**



## Activities and Events

See Rita, Center Manager, for Center registration. Annual membership is \$10 per person. *Jan. - March dues are due.*

### 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**

**New Card-making group - 10am**

### Tuesdays

**AARP Tax Assistance - 8:30 am - 1:30p**

**Guitar class - 10:00am**

**Aikido class - 11:00am**

**Basket Weaving class - 10am/12:00pm**



**Beginners Guitar class - 12:30pm. Sign up.**

### Wednesdays

**Crochet Class - 10:00am**

**Zumba/Aerobics - 10:00am**

**Beginning Sewing class - 1:00pm.**

Learn to make card holders/coin purses.

Sign up. Class limited to 6.

**New Beginners Spanish - 12:45 pm. Sign up and get the syllabus.**

### 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 (3rd Friday) - 12:30 - 2pm**

Like to play Cribbage, Bridge or Canasta? Interested in 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.**

*March is National Nutrition Month!*

## March Events Line-Up

Mark your calendars...

**National Nutrition Month**  
With special weekly presentations



- **Adult Abuse and Neglect presentation** by BCSO - Tuesday, Mar.5, 10am.
- **Easter Egg Centerpiece Workshop** - Friday, Mar.8, 12:30pm
- **AARP Tax Assistance** - Tuesdays, 8:30am-1:30pm. thru April 9. Sign up with Rita or call the office. Pick up a registration packet.
- **Oak Street Health presentations** - Tuesdays, March 12 and 26, 10-12.
- **Vaccine Clinic** with Presbyterian Community Health- Friday, Mar. 15, 10am-1pm
- **March Birthdays/ St. Paddy's Day Celebration** - Friday, Mar. 15, 12:30pm. Music by Gabe.
- **Monthly Free Groceries**, 3rd Tuesday of the month- March 19, 10am.
- **Power of Attorney Workshop** with the Senior Law Office - Wednesday, March 27, 10am-12pm. Sign up.



## **Gardening Volunteers Needed**

Some of you have expressed interest in gardening here at the Senior Center.



Looking for folks to weed, plant and nurture plants in the raised beds and the terraced areas. Sign up if interested.

**A planning meeting will take place Monday, March 11 at 11:00am.**

## Look What We've Been Up To....



Trip to the Albuquerque Aquarium January 23.



Barbershop Quartet performance by *Sandia Sound*, February 2.



Pre-Super Bowl Party, February 9. Congrats to Mike Martinez who chose the winning team and won the door prize!

## Sneak Peek into April....

- **Rummage Sale** - Friday, April 5, 9am-1pm
- **Bee Presentation** from Desert Hives- Friday, April 12, 12:30pm
- **Free Groceries**-Tuesday, April 16, 10am.
- **Senior Prom** at Taylor Ranch Community Center- Friday, April 19.
- **Senior Center Volunteer Recognition** - Wednesday April 24, 12:30pm
- **Trip to Rio Grande Nature Center**- Thursday, April 25, 9:30am
- **April Birthdays Dance**-Friday, April 26, 12:30 (note date change)

**Focus and Concentration Exercise (F.A.C.E.) demonstration**- using a deck of cards, instructed by Tom Dean. Sign up if interested, designate preferred time.

