



Village of Tijeras Senior Center

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

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



Activities and Events

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

Chair Exercise - 9:30am

Card-making group-10am

Tuesdays

AARP Tax Assistance-8:30 am-1:30p
(2nd, 9th)

Guitar class- 10:00am

Aikido class - 11:00am

Basket Weaving class -10am/12:00pm

Beginners Guitar class- 12:30pm. No more new sign-ups.

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.

Beginners Spanish - 12:45 pm.

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.

April Events Line-Up


Mark your calendars...

- **Outdoor Rummage Sale** - Friday, April 5, 10am-1pm. Tables \$10. 
- **Solar Garden Light Workshop** - Monday, April 8, 12:30pm. Sign up. Limited to 6.
- **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 Information** - Tuesday, April 9, 10am-1pm
- **Bee Colony Presentation** - with beekeeper Amy Owen from Desert Hives - Friday, April 12, 12:30pm. 
- **Free Groceries** - Tuesday, April 16, 10am. Sponsored by Silver Horizons and Bernalillo County for low income seniors.
- **Vaccination Clinic** with Presbyterian Community Health Outreach - Friday, April 19, 10am-1pm
- **April Birthdays Dance** - Friday, April 19, 12:30. Music by Gabe.
- **Celebrate Earth Day** - Monday, April 22, 11:00am. We will have a small program and will be planting a shrub or flowers. 
- **Sandia Vista Senior Living presentation** - Tuesday, April 23, 11am-1pm.
- **Senior Center Volunteer Recognition** - Wednesday April 24, 12:30pm. We love our volunteers! 

- **Trip to Rio Grande Nature Center** - Thursday, April 25, 9:30am. Sign up by 4/18.
- **Senior Prom at Taylor Ranch Community Center** - Friday, April 26, 9:00am. Sign up by 4/12. 
- **National Oatmeal Cookie Day** - Tuesday, April 30. Who makes the best oatmeal cookies? Bring some by. Come try our freshly baked cookies.

 **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.

Gardening Club

 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. Let staff know you are interested.

Village of Tijeras Earth Day Clean Up

Saturday, April 20, 9am-1pm. Come help clean up the grounds around the Village or around the Senior Center. Meet at Village Hall by 9am to pick up a garbage bag and a tee-shirt.



Sneak Peek into May...Older Americans Month

- Funeral Pre-planning with Trujillo Funeral Home - Thursday, May 9, 10:30
- Senior Health and Information Fair - Monday, May 13, 9am-1pm
- Guitar Class Serenade - Tuesday, May 14, 11:30am
- Monthly Birthday Dance - Friday, May 17, 12:30pm
- AARP Driver Safety Class - Monday, May 20, 9am-1pm, Sign up.
- Free Groceries - Tuesday, May 21, 10 -11am
- Memorial Day - Monday, May 27 - Center Closed