



Join us for  
*Older Americans Month*

# Senior Health & Information Fair



Village of Tijeras  
Senior Center  
10 Tijeras Ave., Tijeras, NM  
**Monday, May 13**  
9:00 am - 1:00 pm

- **60+ Lunch**- 11:30am- 1pm - *Reserve your lunch* before 12 noon, Friday, 5/10/24 at (505) 930-2658.
- **Chair Exercise** - 9:30am
- **Entertainment** -11:30am-1:00pm by *Jazz Roots Duet*

## ***Agencies attending:***

- BlueCross BlueShield Care Van/screenings
- Wellcare; Oak Street Health; H.O.P.E. SOLUTIONS; United Healthcare; Humana
- Department of Senior Affairs Info & Assistance
- Veterans Affairs/Assessors Office
- Senior Law Office
- Lions Club's Diabetes Awareness
- Alzheimer's Association, NM Chapter
- S.H.I.P. (Senior Health Insurance Program) Aging and Disability Resource Center
- T.O.P.S. (Taking Pounds Off Sensibly) weight loss program
- Independent Living Resource Center
- Peaceful Stillness Wellness
- East Mountain Historical Society



**BlueCross BlueShield**  
of New Mexico

A Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company,  
an Independent Licensee of the  
Blue Cross and Blue Shield Association



**U.S. Department  
of Veterans Affairs**  
Veterans Health  
Administration



*Blood Pressure checking, Screenings, Nutrition Information, Refreshments & Giveaways* For more information call the Village of Tijeras Senior Center at (505) 286-4220