

Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059

(505) 286-4220

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

JULY 2024

Center closed Thursday, July 4



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.

Classes, Activities & Events

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

Daily Drop-In Activities

Billiards Fitness Room
Library Puzzles
Ping Pong Computer Lab
Outdoor Exercise Circuit
Corn Hole court

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

Mondays

Chair Exercise with Valerie- 9:30am

New Diabetes Self Management (6wks)
- 9am-11:30. Sign up.

Tuesdays

Guitar - 10:00am

Aikido - 11:00am

Basket Weaving- 12:00pm

Beginners Guitar- 12:30 pm

Wednesdays

Crochet - 10:00am

Zumba/Aerobics - 10:00am

Beginners Spanish - 12:45pm

Sewing - 12:30pm

Thursdays

Watercolor Painting - 9:30am

Beading class - 10:00am

T.O.P.S. - 10:00am

New All Faiths Bible Study - 11:15am-12:15

Aikido-11:00am

Crafts with Colleen -1:00pm

Flower Day - Every Thursday, flower donations from Trader Joe's 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

Flower Photo Display Project

We thank **TRADER JOE'S** for their generosity in sharing their flowers with the Village of Tijeras Senior Center every week. To celebrate this blessing, the center would like to ask each of you who would like to participate to take a close-up photo of the flowers you choose. Then, bring in either a 4x6, 5x7 or 8x10 framed photo to donate to the center for display.



July Events Line-Up

Mark your calendars...

Trip to the Edgewood Senior Center Health Fair - July 2, 10am. Lunch at Chili Hills. Sign up.

Dessert Social - Wednesday, July 3, 12:30 after lunch. Sign up and indicate the dessert you are bringing.



July 4th - Center closed for Independence Day

Outing to Sandia Vista Senior Living - Tuesday, July 9, 10:30am. Have a BBQ lunch and tour the facility. Sign up by 7/5.

New - All Faiths Bible Study Group - Thursdays, 11:15 am to 12:15, starting July 11. All are welcome to participate.

Craft Workshop - Monday, July 15, 12:30pm. Making Olympic centerpieces for the Center.

Free Groceries - Tuesday, July 16, 10am - 11am. Sponsored by Silver Horizons and Bernalillo County for low income seniors.



July Birthdays Dance - Friday, July 19, 12:30 pm. Music by Gabe.

Diabetes Self Management Workshop - July 22 - September 9, for 6 weeks, 9:00am-11:30am. Sign up.

Sandia Vista Senior Living presentation - Tuesday, July 23, 11:30am.



Our Outing to the Rio Grande Nature Center on May 23.

All Senior Center Annual Summer Picnic

Friday, July 26, 10am-1:30pm

Music - Refreshments - Lunch



Corn Hole Contest

Go for the Gold!

Olympics Themed

Sign up with Arnold before 7/12



The Corn Hole set will be out in the courtyard daily for you to practice your throws.

The 2024 Summer Olympic Games will be in Paris July 26 - August 11. We will have a daily "Olympic Watch" on the TV in the dining room, 10am-11:30.

June Birthdays Celebration and Sock Hop
June 21



Sneak Peek into August...

Hawaiian Month! Aloha!



Diabetes Self Management Workshop - continuing thru September 9. 9:00am.

Watermelon Feed - Friday Aug. 2, 10am until gone. (National Watermelon Day, Aug.3) Come get a fresh slice of watermelon under the canopy!

Birthdays Celebration and Hawaiian Luau dance - Friday, August 16, 12:30pm. Dress up Hawaiian style!

AARP Safe Driver class - Monday, Aug. 19, 9am-1pm. Sign up. Members \$20, non-members \$25 for the class.