

Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059
(505) 286-4220; Meals (505) 930-2658
Hours: Monday - Friday, 8:30am - 4:00pm
November 2024



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. Reserve your lunch **no later than 1:00 pm** the previous business day at (505) 930-2658.

Classes, Activities & Events

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

Daily Drop-In Activities

Billiards Fitness Room
Library Puzzles
Ping Pong Computer Lab
Outdoor Exercise Circuit Darts
Coffee and Goodies - 8:30-11:30am

Mondays

Chair Exercise with Valerie - 9:30am
Stepping Stones project - 12:30pm. Make stepping stones for the Memory Garden.

Tuesdays

Get Fit Class - 9am-10:30am
Guitar - 10:00am
Aikido - 11:00am
Basket Weaving - 10:00am / 12:30pm
Beginners Guitar - 12:30 pm
Free Groceries (3rd Tuesdays) - 10-11am

Wednesdays

Crochet - 10:00am
Zumba/Aerobics - 10:00am
Sewing - 12:30pm
Beginners Spanish - 12:45pm

Thursdays

Get Fit Class - 9am-10:30am
Watercolor Painting - 9:30am
Beading class - 10:00am
T.O.P.S. - 10:00am
Aikido - 11:00am
All Faiths Bible Study - 11:15am
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) - 12:30-2p



Balloon display at A. Montoya school, Oct. 4, viewed from the senior center parking lot.

November Events Line-up

Mark your calendars...

Daylight Saving Time Ends, Sunday, Nov. 3 -
Set your clock back Saturday night.



Power of Attorney class -
Monday, Nov. 4, 9:30am. Provided
by the Senior Citizen Law Office.
Sign up and be sure to attend.

Veteran's Display - Nov. 4 - 8,
all week.



**Veterans, please bring in any
photos, memorabilia to display for the
week by Monday, Nov. 4.

Our Veterans Recognition, Friday, Nov. 8,
12:00 pm during lunch.

*The Village of Tijeras will hold a Veterans Day
program November 8. Watch for more details.*

*Veterans Day - Nov. 11 - Center closed
Thank you for your service, veterans!*



November Birthdays Celebration -
Friday, Nov. 15, 12:30pm. Music by
Gabe.

**Trujillo Family Funeral Planning
information** - Fri., Nov. 15, 10:30am-1pm

Apex Medicare Solutions - Fri., Nov. 15,
10:30am

AARP Safe Drivers class - Monday, Nov.
18, 9am-1pm. AARP members, \$20,
non-members, \$25. Get a discount on your
insurance. Sign up and attend.

Free Groceries - Tues., Nov. 19,
10am. Come early! Don't miss
out! For low-income seniors,
sponsored by Silver Horizons and Bernalillo
County.



Pie & Ice Cream Social - Friday, Nov. 22,
12:30pm. Bring your favorite pie to share.
Ice cream provided.

Thanksgiving - Nov. 28 & 29 - Center closed



Win a Pie!



Take the Newsletter Quiz!
If you are first to answer all the
questions correctly and find the
mystery object in this newsletter
you could win either
a pumpkin or apple pie!
Get your quiz from Debra.

October Birthday/Halloween Dance, 10/18



Several folks dressed up for the occasion.



*A drawing for the Haunted
House was held at the party
and Mella Garcia's name
was drawn. Thank you to
Amalia Saiz and Rowena
Baca for helping create the
house.*



Upcoming Events in December...

**Dec. 4 - Scams and Identity Theft
presentation** with Senior Citizen Law Office,
9am-11am. Sign up. Be sure you can
attend.

**Dec. 9 - Making a Gingerbread House,
9:30am.** Finished house will be drawn for
during the birthday celebration.



Dec. 17 - Free Groceries, 10am

Dec. 20 - Birthday Celebration, 12:30pm