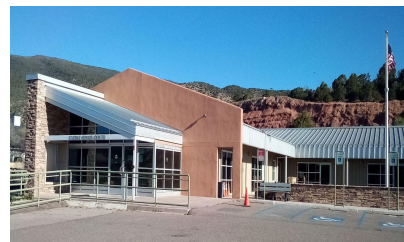


# Village of Tijeras Senior Center

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**