

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
March 2025



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. **March 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

Donations of snacks appreciated.

Mondays

AARP Tax Assistance - 8:30am-1:15pm

Chair Exercise with Valerie- 9:30am

Tuesdays

Get Fit class - 9:00am

Embrace Aging class - 10:00am

Guitar -10:00am

Basket Weaving- 10:00am /12:00pm

Beginners Guitar- 12:30 pm

Free Groceries (3rd Tuesdays) -10:00am

Wednesdays

Crochet - 10:00am

Zumba/Aerobics - 10:00am

Sewing - 12:30pm

Beginners Spanish - 12:45pm

Thursdays

Get Fit class - 9:00am

Watercolor Painting - 9:30am

Embrace Aging class - 10:00am

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

Beading class - 11:00am

All Faiths Bible Study - 11:30am

Flower Day - Every Thursday, flower donations from Trader Joe's for registered senior center participants.

Fridays

Popcorn Fridays - 9am-11:30am

New! Embroidery Machine class -9:00am

Chair Exercise with Valerie- 9:30am

Bingo- 10am-11:30am

Monthly Birthday Celebration (3rd Friday, usually) -12:30-2:00p

East Mountain Historical Society

Presents

“The Crash of TWA Flight 260:
Seventy Years Later”



Saturday, March 22, 2:00-3:30pm

Tijeras Village Hall, 12 Camino Municipal

Guest Speaker: Terry Owen, Albuquerque Hist. Soc.

March Events Line-up

Mark your calendars...

Mardi Gras! Tuesday, Mar. 4 - Pancakes 8:30am-9:30am., King Cake, 12:30pm. Mardi Gras mini-float created by the "Krewe Rios."

Senior Spring Dance at Los Vecinos - Friday, Mar. 14, 10am-1pm. Sign up.



St. Paddy's Day - Monday, Mar. 17- Wear Green! 10:00am- short video about St. Patrick, 12:00 pm- Irish Blessing.

Free Groceries - Tues., Mar. 18, 10am. Come early! Don't miss out! For low-income seniors (under \$1500 mo.), sponsored by Silver Horizons and Bernalillo County.



Power of Attorney Workshop - Wednesday, Mar. 19, 9am. Sign up.



March Birthdays Celebration, Friday, Mar. 21, 12:30pm. Music by Gabe.

NM Aging Services Information - Friday, Mar. 21, 10am-1pm



Memory Garden Dedication Wednesday, Mar 26, 10:00am. Join us gardenside as we remember our

friends, family and senior center members from years past, and recognize the youth group who contributed. Thank you to the volunteers who made the individually named stepping stones.

Watercolor Painting and Weaving class Exhibit - begins Thursday, Mar. 27 thru April 10.



AARP Safe Drivers Class - Monday, Mar. 31, 9am-1pm. Sign up. \$20 AARP member, \$25 non-member.



Super Bowl Friday was held 2/7/25 with many wearing football jerseys for the event. Also was voting for the winning team - the Chiefs, or the Eagles. **Congratulations to Ann Foley** who won the door prize drawing, having voted for the Eagles!



Fitness Room Equipment class led by Frank Pierce was held 2/11/25. Participants learn the correct way to utilize various pieces of equipment to benefit their health.



On Valentine's Day, the senior center lunch crowd was treated to a barbershop quartet **Singing Valentine**, thanks to Effie and Jim Medford.