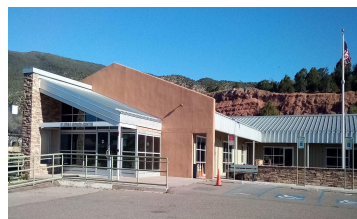


# Village of Tijeras Senior Center



10 Tijeras Ave., Tijeras, NM 87059

(505) 286-4220; Meals (505) 930-2658

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

**June 2025** Center closed June 19 for Juneteenth



## Classes, Activities & Events

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

### Daily Drop-In Activities

Billiards                      Fitness Room  
Library                        Puzzles  
Computer Lab               Outdoor Exercise  
**Coffee and Goodies** -8:30-11:30am  
Donations of snacks appreciated.

### Mondays

Chair Exercise with Valerie- 9:30am

### Tuesdays

Exercise class - 9:30am  
Continuing Guitar -10:00am  
Fiber 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  
Basic Spanish - 10:00 am  
Conversational Spanish-12:45pm

### Thursdays

Exercise class - 9:30am  
Watercolor Painting - 9:30am  
T.O.P.S. - 10:00am  
Beading class - 12:00pm  
All Faiths Bible Study - 11:30am

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

### Fridays

Popcorn Fridays - 9am-11:30am  
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



### 60+ Congregate Meal Program

Monday-Friday  
11:30am - 1:00pm  
at **"Arnold's Diner"**

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.

### More Gardening Volunteers Needed!

We have raised garden beds on the east side of the senior center. If you are interested in participating, let Debra, Rita or Mercedes know.

Also, does anyone have any **desert plants to donate** for our xeriscape garden? Let Debra or Rita know. Thank you.



## June Events Line-up

### 50's Month



**Fitness Equipment Class -**  
Tuesday, June 10, 10:00am with Frank Pierce, Instructor.

**Trip to El Rancho De Las Golondrinas-**  
Wednesday, June 11, 9:00am. Lunch there at the Cafe. Sign up by 6/6.

**National Peanut Butter Cookie Day -**  
Thursday, June 12. Bring in your best Peanut Butter cookies to share.



**Soda Shop Root Beer Floats -** Friday,  
June 13, 12:30pm.

*Happy Father's Day, June 15!*

**Reverse Mortgage class** with the  
Senior Citizen Law Office- Monday,  
June 16, 10:00am. Sign up.



**Free Groceries -** Tues., June 17, 10am. Come  
early! Don't miss out! For low-income  
seniors (under \$1500 mo.), sponsored  
by Silver Horizons and Bernalillo County.



*June 19 - Center closed for Juneteenth  
Holiday*



**June Birthdays Celebration/  
Sock Hop,** Friday, June 20,  
12:30pm. Music by Gabe. Dress  
up in your 50's attire! Hula  
Hoop Contest!



**Upcycled Crafts class -** Monday,  
June 23, 12:30pm. Mason jar solar  
lantern.

**Sandia Vista Senior Living presentation -**  
Tuesday, June 24, 11:00am

**New! Computer class/ Ancestry class-**  
Wednesdays, 9-10am. Date TBA.  
Instructor, Danny Lay. Sign up.

## Scenes from May Events

**Trip to the Botanic Garden, May 8**



*In the "nest" at the Heritage  
Farm.*

**Rummage Sale, May 9**



**Senior Health and Information Fair,  
May 12**



**The East Mountain Historical Society**

invites you to a public meeting  
Saturday, June 14, 2pm  
Carnuel Land Grant Hall.

Learn about the historic Campo Stone House  
restoration.

