

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

May 2025 Older Americans Month



Classes, Activities & Events

See Rita, Center Manager for Center registration. Annual membership is \$10 per person. **May 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

Chair Exercise with Valerie- 9:30am

Tuesdays

Exercise class - 9:30am

Continuing 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

Spanish - 12:45pm

Thursdays

Exercise class - 9:30am

Watercolor Painting - 9:30am

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. *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

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 Gardeners Needed!

Let's get planting. We have raised garden beds on the east side of the senior center. Flowers and vegetables would be lovely.

If you are interested in participating, let Debra, Rita or Mercedes know.

May Events Line-up

Older Americans Month

Rummage Sale – Friday, May 2, 10am-2pm.
Tables \$10. Sign up by 5/1.

“Who’s Who” Board – Bring a photo of yourself when you were a kid. We’ll post it on the bulletin board. See if we can guess who is who!



Cinco de Mayo Day – Monday, May 5.
Bring your favorite south of the border snacks to share.

Trip to the Botanic Garden – Thursday, May 8, 9:30am. \$5.50. Lunch at Owl Cafe.



May Birthdays Celebration, Friday, May 16, 12:30pm. Music by Gabe.

Upcycled Crafts class – Monday, May 19, 12:30pm. Garden rock painting.



Free Groceries – Tues., May 20, 10am. Come early! Don’t miss out! For low-income seniors (under \$1500 mo.), sponsored by Silver Horizons and Bernalillo County.



Senior Health and Information Fair

Monday, May 12
9:00am - 1:00pm

- Chair Exercise demo-9:30am
 - BCBS Care Van/Flu & Covid shots
 - NM Aging Services
 - Bee Hive Homes
 - Senior Citizen Law Office
 - HOPE Solutions Medicare
 - Oak Street Health
 - Trujillo Funeral Home
 - T.O.P.S. Weight Loss program
 - Diabetes Awareness
 - Sandia Vista Senior Living
 - BernCo Tax Assessors
 - Department of Senior Affairs
 - Music by **Jazz Roots Duet**- 11:30am
- Door Prizes and Giveaways!*

Memorial Day – May 26 – Center closed

The Watercolor Painting Class Exhibit,
March 20- April 10.



The Weaving Class Exhibit,
March 20-April 10.



Upcycle Crafts class, April 21. Orange juice bottles turned into planters!



Earth Day, April 22.
Thank you to Bobbie Moore and Jerri Wilson who participated in planting flowers around the senior center.

Volunteer Recognition Program April 24.
Amalia Saiz and Jaime Rios receiving certificates.

