

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

July 2025

Center closed July 4

Happy Birthday, America!



Classes, Activities & Events

See Rita, Center Manager for Center registration. Annual membership is \$10 per person. *July 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 and teas appreciated.

Mondays

Chair Exercise with Valerie- 9:30am
Mah Jongg group - 10:00am
Line Dance sessions - 5:30pm

Tuesdays

New! Computer class/ Ancestry class- 10am. Instructor, Danny Lay. Sign up.
Guitar Jam Session - 10:30am
Continuing Guitar class -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 - 12:30pm
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) -12:30-2:00pm

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.

Thanks to Barb and Henry Pohl for donating two cacti for the Memory Garden! Check it out!



July Events Line-up

Center closed Friday, July 4 for Independence Day. Happy 4th of July!



Day trip to Tinkertown Museum with lunch at Lantern Ridge – *Date and Time yet TBA- Watch for details...*



Free Groceries – Tues., July 15, 10am. Come early! Don't miss out! For low-income seniors (under \$1500 mo.), sponsored by Silver Horizons and Bernalillo County.

July Birthdays Celebration – Friday, July 18, 12:30pm. Music by Gabe.

Oak Street Health information – Friday, July 18, 11:00 am -1pm

Upcycled Crafts class – Monday, July 21, 12:30pm. Cork creations.

Annual All Senior Centers Picnic – Friday, July 25, 9:00am-1:00pm. Music by *Paul Pino & the Tone Daddies*. Photo booth. Sign up no later than 7/16.



Scams and Identity Theft class – Monday, June 28, 1:00pm. Offered by the Senior Citizen Law Office. Sign up.

Thank you to Jaime Rios for creating beautiful additions, a serenity garden and a Zia in the courtyard. He is continuing to complete these projects.



Village of Tijeras
Summer Concert
Series
Sat., July 12
4-7pm
Rockamatics at
Luis Garcia
Park

Trip to El Rancho de Las Golondrinas, June 11



Big Mill from Sapello



Penitente Meeting House

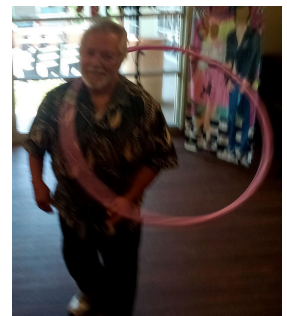


Raton School House

June Birthdays Dance /Sock Hop, June 20



June Birthday folks



Gabe Hula-hooping



Sock Hop Line Dancing

Congratulations to Lucille (1st) and Gilbert Gutierrez (2nd) for winning the Hula Hoop Contest at the Sock Hop!

