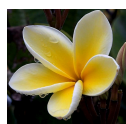


# Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059  
(505) 286-4220; **Meals (505) 930-2658**  
Hours: Monday - Friday, 8:30am - 4:00pm  
**August 2025**



*Hawaiian Month*



## Classes, Activities & Events

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

### Mondays

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

### Tuesdays

Computer class-10am. Sign up.  
Guitar Jam Session - 10:30am  
Continuing Guitar class -10:00am  
Fiber Weaving-**Open studio, 10am**  
*(Class begins again in September.)*  
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 & plant donations from Trader Joe's for our 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 *(No class on Aug. 1)*  
Bingo- 10am-11:30am  
Monthly Birthday Celebration (3rd Friday, usually) -12:30-2:00pm



## 60+ Congregate Meal Program

\$2 donation  
**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.**



## August Events Line-up Hawaiian Month

### **National Watermelon Day (Aug.3)**


Monday, Aug. 4, 9:00am. Stop by for a slice of watermelon, until it's gone! 


**Advanced Planning Class, How to Live Life More Fully** - Monday, Aug. 11, 9:00am - 11:00am. With Sharon Hutson, End of Life Doula. Sign up. 




**Upcycled Crafts Class**, making cement planters - Monday, Aug. 11, 12:30pm.



**August Birthdays Celebration/ Luau** - Friday, Aug. 15, 12:30pm. Music by Gabe. Dress up Hawaiian. Hula Contest. Tiki Hut. with BeeHive Homes of Edgewood - 11:00am-1pm. 

**Free Groceries** - Tues. Aug. 19, 10am. Come early! Don't miss out! For low-income seniors (under \$1300 mo.), sponsored by Silver Horizons and Bernalillo County. 

**Trip to the Aquarium** - Wednesday, Aug. 20, 9:00am. \$5.50 entrance fee. Lunch at the **Shark Reef Cafe**. Sign up by 8/15. 

### Trip to Tinkertown, July 10



Front entrance to the Tinkertown Museum

### July Birthdays Celebration, July 18



Gabe, Sandra, Tom



Line dancers

### All Senior Center Annual Picnic, July 25



Paul Pino and the Tone Daddies played for the crowd.



Many senior centers attended this annual event bringing in over 125+ folks.

Thank you to all the volunteers and staff who assisted in the entire operation from start to finish. You are greatly appreciated.



**Village Summer Concert**  
Saturday, August 23, 5-8pm  
Featuring **Tripple X**  
In Luis Garcia Park



### Upcoming September Events - We Month



Sept. 1 - Labor Day, Center closed  
Sept. 8 - Trip to Senior Day at the State Fair  
Sept. 15- Upcycled Crafts, 12:30pm  
Sept. 16 - Free Groceries, 10am  
Sept. 19 - Birthdays Celebration, 12:30  
Sept. 22 - Ice Cream Cone Day, 12:30pm  
Sept. 22-26 - Falls Prevention week  
Sept. 24 - Oktoberfest Day  
Sept. 25 - Oct. 9- Watercolor class Exhibit  
Sept. 29 - AARP Safe Driver Class, 1:00pm  
Sept. 30 - Guitar Class Serenade, 11:30am