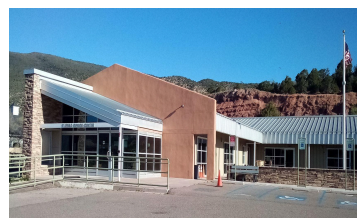


Village of Tijeras Senior Center



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

September 2025 *Closed Labor Day*



Classes, Activities & Events

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

Continuing Guitar class -10:00am

Fiber Weaving -10am/12pm

Beginners Guitar- 12:30 pm

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

Wednesdays

Computer class-9am. Sign up.

Crochet - 10:00am

Zumba/Aerobics - 10:00am

Basic Spanish - 10:00 am

Sewing - 12:30pm

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

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

\$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.



Village's Summer Concert

Sat., Sept. 13, 5-8 pm.

Music by Misdemeanor

in Luis Garcia Park

Bring a lawn chair



September Events Line-up

Western Month



Get ready for your "WANTED" poster photo. Come up with your alias outlaw name.

Labor Day - Monday, Sept 1 -Center closed

NM State Fair Trip - Monday, Sept. 8, 9:00am. Sign up by Sept. 3.

Advance Planning Class, How to Live Life More Fully - Monday, Sept. 15, 9:30am - 11:30am. With Sharon Hutson, End of Life Doula. Sign up.



Upcycled Crafts Class, - Monday, Sept. 15, 12:30pm. Pinecone creations.



Free Groceries - Tues., Sept. 16, 10am. Come early! Don't miss out! For low-income seniors (under \$1300 mo.), sponsored by Silver Horizons and Bernalillo County.



September Birthdays Celebration/Hoe Down - Friday, Sept. 19, 12:30pm. Music by Gabe. Dress up western.

Ice Cream Cone Day - Monday, Sept. 22, 12:30pm after lunch.



Falls Prevention week - Sept. 22-26



Oktoberfest Day - Wednesday, Sept. 24 - Music by Jazz Roots Duet, 11:30am. Prosit (a toast) at 12 noon. Come early for pretzels, strudel und cider!

Watercolor Class Exhibit -Sept. 25 -Oct. 9.

AARP Safe Drivers Class - Monday, Sept. 29, 1:00pm. Sign up before 9/25.



Guitar Class "Saloon Serenade" -Tuesday, Sept. 30, 11:30am.

August Birthdays/Luau, August 15



August Birthday folks: Liz, Rowena, Effie, Jim and Lidia, with Gabe DJ-ing.



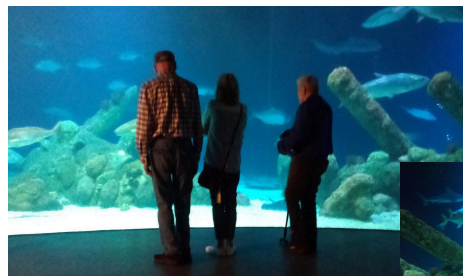
Hula contest with Lucille, Deb and Liz. Congrats to Lucille and Liz for winning 1st and 2nd places!



Thank you to Bobbie Moore for her gardening expertise creating a beautiful flower and vegetable garden in the center's raised beds.



Trip to the Aquarium, August 20



Pat, Kat and Kelli observing the variety of sea life.



Upcoming in October...

10/3 - Rummage Sale, 10am-2
10/6- Making a Haunted House, 9:30am
10/8- Prime Time Expo trip, 8:30am
10/13 - Indigenous Peoples Day, center closed
10/16-Medicare Enrollment info, 10am-1pm
10/17 - October Birthdays party, 12:30pm
10/21 - Free Groceries, 10am
10/24 - Trip to Harvest Festival dance, 9:00am

