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

OCTOBER 2025







Classes, Activities & Events

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

<u>Mondays</u>

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

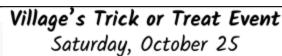
<u>Program</u> \$2 donation Monday-Friday

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 <u>no later</u> than 1:00 pm the previous business day at (505) 930-2658.



12 noon-8pm ts & Crafts Fair 12

Arts & Crafts Fair 12-4pm At Senior Center



October Events Line-up

Rummage Sale- Fri., Oct. 3, 10am-2. Tables \$10. Sign up. Come find some treasures!



Making a Haunted House – Monday, Oct. 6, 9:30am. Come help create a spooky little house to give away at the Birthday party.

50+ Prime Time Expo trip - Wednesday, Oct. 8, 8:30am. Sign up by 10/3.

Indigenous Peoples Day - Monday, Oct. 13. Center closed

NM Aging Services Medicare Enrollment info - Thursday, Oct. 16, 10am-1pm



October Birthdays Celebration -Friday, Oct. 17, 12:30pm. Music by Gabe. Dress up for Halloween! Drawing for the Haunted House.

Apex Medicare Solutions info-Friday, Oct. 17 - 10am-1pm.

Free Groceries - Tues., Oct. 21, 10am. Come early! Don't miss out! For low-income seniors (under \$1300 mo.), sponsored by Silver Horizons and Bernalillo County.



Chili Cook-off! - Thursday, Oct. 23, 9:30am-11:30. Cook at home, then bring in a crock-pot. We'll vote on the best of the best!

Trip to Harvest Festival dance- Friday, Oct. 24, 9:00am at Raymond G. Sanchez Center. Sign up.

Estate Planning presentation - Monday, Oct. 27, 1:00pm-3:00pm. Free. Sign up

1:00pm-3:00pm. Free. Sign up by 10/23. Presented by the Senior Citizens Law office.



Upcycled Crafts class created cement planters August 25



Pictured above L to R: Rowena's, Mary G.'s, Liz's and Mary B.'s. Not pictured, Colleen's.

Birthdays Celebration/Hoe Down, Sept. 19

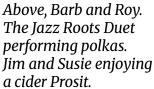




Happy Birthday to Gary, Stan, Sandra, Kelli and Cheryl. Line dancers: Louisa, Barb, Victor, Rita and Michael.

Oktoberfest, Sept. 24









<u>Upcoming November Events...</u> 11/10-14 - Veterans Display Week. Bring in your service photos and memorabilia for display by 11/7.



11/10- Our Veterans Recognition Program -12 noon. Program in Luis Garcia park - 10:00am.