

Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059

(505) 286-4220; **Meals (505) 269-7518**

Hours: Monday - Friday, 8:30am - 4:00pm
Closed weekends.

March 2026



Classes, Activities & Events

See Rita, Center Manager for Center registration. Annual membership is \$10 per person. *March memberships are due.*

Daily Drop-In Activities

Billiards Outdoor Exercise

Library Puzzles

Computer Lab Fitness Room

*Reminder of Fitness Room Rules:

No street shoes. You must *change your shoes* to clean sneakers before entering the room.

No drinks or snacks in the room.

 **Coffee and Goodies** -8:30-11:30am

Donations of snacks, creamers, coffee, and other supplies such as napkins and small paper plates appreciated.

Mondays

AARP Tax Assistance - March 2 - April 13, 9:00am-1:45pm. Must register for an appointment and pick up your forms ahead of time.

Chair Exercise with Valerie- 9:30am

Mah Jongg group - 10:00am

Tuesdays

Exercise class - 9:30am

Guitar class -10:00am

Fiber Weaving-10am/12pm

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

Wednesdays

Crochet - 10:00am

Zumba/Aerobics - 10:00am

Basic Spanish - 10:00 am

Sewing - 12:30pm. Sign up.

Continuing Spanish-12:45pm

Thursdays

Exercise class - 9:30am

Watercolor Painting - 9:00am

T.O.P.S. - 10:00am

All Faiths Bible Study - 11:30am. Join us!

Beading class - 12:30pm

Fridays

Embroidery Machine class -9:00am. Sign up. Class is a 4 week session per student.

Chair Exercise with Valerie- 9:30am

Bingo- 10am-11:30am

Monthly Birthday Celebration (3rd Friday) -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 Meal site Coordinator for meal registration.

***Reserve your lunch before 1:00 pm the previous business day at (505) 269-7518.**

Please remember! If you order lunch and have to cancel, please call us right away. The meal could be given to someone waiting.



March Line Up of Events

AARP Tax Assistance - Mondays, 9:00am-1:45pm, March 2 thru April 13. Make your appointment.

Daylight Savings - Spring ahead March 8



Power of Attorney class - Monday, March 9, 1:00pm. Sign up. Senior Citizens Law Office.

Veterans Services Information - Friday, March 13, 10:30am-1pm



Energy Efficiency Program - Friday, March 13, 11:00am. Sponsored by the National Energy Foundation and PNM. First 25 will receive a free energy kit to take home.



Free Groceries - Tuesday, Mar. 17, 10am. For low income seniors 50+. Provided by Bernalillo County and Silver Horizons.

St. Patrick's Day - Tuesday, March 17. Wear green! Have a toast with us at 12 noon. *Erin go Bragh!*



March Birthdays Celebration - Friday, Mar. 20, 12:30pm. Music by Gabe. Cake sponsored by Nevaeh Hospice.

Upcycled Crafts - Monday, March 23, 12:30pm. Making gift bags from old calendars.

February Birthdays Celebration, Feb. 20



Happy Birthday to Rita, Mary Ann, Sandra and Linda!

Thank you to Gabe our DJ, and to Senior Helpers for sponsoring the cake.

Super Bowl Friday, Feb. 6



Many fans wore their football jerseys and voted for which team would win the Super Bowl. Thank you to those who brought special snacks.

Senior Helpers and Nevaeh Hospice presented information, Feb. 12



Here a newsman from Channel 7 tapes a visit with a Senior Helpers representative while a few participants create valentines.

Mardi Gras! Feb. 17

Pancakes were served at 9:00 am, then the Kings' cake after lunch.

Congratulations to Effie for receiving the piece of cake with the baby.

Thank you to Jaime (Krewe Rios) for creating yet another wonderful Mardi Gras float!



Lunch Service Volunteers Needed

- Individuals needed to serve the daily lunches here.
 - Food Handler Certification required.
 - Flexible hours; Training provided.
- Please See Rita or Debra if interested.



A million thank yous to Margo and Lisa who have unselfishly volunteered their time! Welcome to Christina and Daniel! Thank you for stepping up!