

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.

May 2026 Older Americans Month



Classes, Activities & Events

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

Chair Exercise with Valerie- 9:30am

Mah Jongg group - 10:00am

Tuesdays

Get Fit 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

Watercolor Painting - 9:00am

Stronger Memory class - 9:00am

Gentle Exercise class - 9:30am

Line Dance - 10:30am

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

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

Beading class - 12:30pm

Fridays

Chair Exercise with Valerie- 9:30am

Bingo- 10am-11:30am

Monthly Birthdays 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.



Lunch Service Volunteers Needed

- Individuals needed to serve the daily lunches here at the center.
- Flexible hours; Training provided

May Line Up of Events

Older Americans Month



Rummage Sale - Friday May 1, 10am-2pm. Sign up. Tables \$10. Limited to the first 10 vendors.

Sign up by April 29.

AARP Driver Safety Class - Monday, May 4, 1:00 - 5:00pm. Sign up. \$20 members, \$25 non-members.

Cinco de Mayo Day - Tuesday, May 5. Sign up to bring refreshments.



Watercolor & Weaving Classes Exhibit - May 7 thru 21. Come view the beautiful creations the class students have made.



Veterans Services Information - Friday, May 8, 10:00am-1pm

Senior Health and Information Fair - Monday, May 11, 9:00am-1:00pm. Come check it out! See attached flyer.

Aging Services and SCLO legal information sessions - Friday, May 15, 10:00am-1:00pm. Sign up for your private legal information appointments.



May Birthdays Celebration - Friday, May 15, 12:30pm. Music by Gabe. Cake sponsored by Nevaeh Hospice.

Upcycled Crafts - Monday, May 18, 12:30pm. Garden lanterns from jars.



Free Groceries - Tuesday, May 19, 10am. For low income seniors 50+. Provided by Bernalillo County and Silver Horizons.

Pie & Ice Cream Social - Friday, May 22, 12:30pm. Bring a pie to share.



Memorial Day, May 25 - Senior Center closed.

Birthdays Celebration, April 17

Happy April Birthdays to Colleen, Levy, Henry, Betty, Ruben, Margo, Ann and Angie!

Thank you to Gabe Trujillo, DJ, for the music and to Jacinta Gomez and Oak Street Health for sponsoring the cake and ice cream.



Earth Day Planting, April 22



Thank you to Bobbie Moore and Ann Mercer for planting during Earth Day. Thank you to Tom Dean for weed-wacking around the senior center grounds.

Volunteer Recognition Event, April 23



Many thanks to all 35 senior center volunteers. Here Councilor Ernie Barnes presents Victor Gonzales his certificate of appreciation.

Coming up in June...

50's Month! "BE THERE OR BE SQUARE"

-Blue Moon Party, Guitar class concert, - Tuesday, June 2, 11:30am

- Veterans Services Information - Friday, June 12, 10am-1pm

-Birthdays Celebration Sock Hop- Friday, June 12, 12:30pm. Hula Hoop contest. Dress up!

-Free Groceries - Tuesday, June 16, 10:00am

-Soda Shop Root Beer Floats - Thursday, June 18, 12:30pm

-Juneteenth Holiday - Friday, June 19, Senior Center closed.