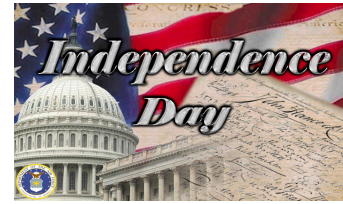


Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059
(505) 286-4220; Meals (505) 269-7518
Hours: Monday - Friday, 8:30am - 4:00pm
Closed weekends. **Closed July 3**

July 2026 Happy Birthday, America! 250 years!



60+ Congregate Meal Program

Monday - Friday

New lunch service time: 11:30am - 12:45 pm.**

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 need 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

Classes, Activities & Events

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



Mondays

Chair Exercise with Valerie- 9:30am

Mah Jongg group - 10:00am

Tuesdays

Get Fit Exercise class - 9:30am

Guitar class -10:00am

Guitar Jammers - 10:30am (during summer)

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.

Thursdays

Watercolor Painting - 9:00am

Gentle Exercise class - 9:30am

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

Line Dance - 10:30am

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-
12:30-2:00pm (3rd Friday)

July Line Up of Events

Pre-Fourth of July Goodies - Thursday, July 2, 12:30pm. Root beer floats, pie and ice cream.

Friday, July 3 - Center closed

Saturday, July 4th - Happy Independence Day! 250 years!

Outing to El Santuario de Chimayo - Monday, July 6, 8:30am - ? Sign up by 7/2.



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

Upcycled Crafts - Monday, July 13, 1:00pm. Come help make decorations for **Pirates of the Caribbean** theme in August. Lanterns, treasure coins, eye patches...



July Birthdays Celebration - Friday, July 17, 12:30pm.

Free Groceries - Tuesday, July 21, 10am. For low income seniors 50+. Provided by Bernalillo County and Silver Horizons.



Scams and ID Theft workshop - Tuesday, July 28, 1:00pm. Sign up.

Coming Up in August...

Pirates of the Caribbean Month - Arrgh, Mateys!

National Watermelon Day - Monday, August 3, 9:30 am - Come get a slice of watermelon while it lasts!

Power of Attorney Workshop - Monday, August 10, 1:00pm. Sign up.

Diabetes Self Management Class - Fridays, August 14 - September 18, 9:30am-12pm. (a 6 week session). Sign up. *Must have at least 12 to have the class.*

Free Groceries - Tuesday, August 18, 10:00am
Birthdays Celebration - Friday, August 21, 12:30pm



Blue Moon Party & Guitar Class Performance, June 2



Thank you to the guitar class for performing "Blue Moon" and other fifties tunes. Pictured are Barb, Art, Sandra, Nancy, Catherine, Anna and Frank.

June Birthdays Celebration & Sock Hop, June 12



Happy June birthdays to Barb, Gabe, Mary, Lucille and Mike.



The line dancers strut their stuff.

Thanks to Gabe, our DJ for his variety of fun music genres.

Many participated in the hula hoop contest. Thanks to Jaime for his hula hoop demonstration. Congratulations to Lucille and Louisa for winning 1st and 2nd places!

