

# 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.



June 2026 Fifties Month

## 60+ Congregate

### Meal Program

Monday - Friday

**\*\*\*As of June 1-**

**New lunch service time:**

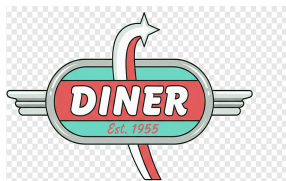
**11:30am - 12:45 pm.\*\*\***

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.**



## 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.

Continuing Spanish-12:45pm

## 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 (this month, 2nd Friday)

## Classes, Activities & Events

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



### **Lunch Service Volunteers Needed**

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

## June Line Up of Events

**'50's Month!**

**"BE THERE OR BE SQUARE"**



**Power of Attorney Workshop -**  
Monday, June 1, 1-3pm. By Senior Citizen Law Office. Sign up.



**Blue Moon Party and Guitar Concert -** Tuesday, June 2, 11:30am  
(actual blue moon is May 31)

**Final Expenses Information with Lincoln Heritage -** Wednesday, June 3, 11am-12pm.



**Veterans Services Information -**  
Friday, June 12, 10:00am-1pm

## **June Birthdays**

**Celebration -** Friday, June 12, 12:30pm. Music by Gabe, with **Sock Hop** and **Hula Hoop** contest. Dress up in 50's outfits!



 **National New Mexico Day -** June 14



**Free Groceries -** Tuesday, June 16, 10am. For low income seniors 50+. Provided by Bernalillo County and Silver Horizons.



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

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

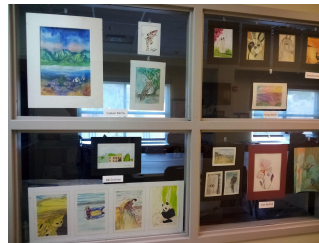


**Upcycled Crafts -** Monday, June 22, 12:30pm. Making garden lanterns from jars. Sign up.

**East Mountain Historical Society Stonehouse Restoration -** Saturday, June 20, 2:00pm, Village Hall. Come check it out.

Friday, July 3 - *Center closed*  
**Saturday, July 4th - Happy Independence Day! 250 years!**

## **Watercolor Painting and Weaving Classes Exhibit, May 7 -21**



The artists' exhibit displayed extraordinary talent from the watercolor and weaving classes. Thank you to instructors Lisa Bryant and Joyce Meuthing.

## **Senior Information Fair, May 11**



Many thanks to all the agencies and vendors who participated in our annual Senior Health and Information Fair. Many thanks to the Jazz Roots Duet for their wonderful entertainment.

## **Exercise Equipment Instruction, May 14**



Tom Dean instructed the ladies in the T.O.P.S. group how to safely and effectively use the outdoor exercise equipment.

## **May Birthdays Celebration, May 15**



Happy Birthday to Jaime, Kevin, Mella, Wilma and Connie! Betty, Gabe, Del and Irene dancing up a storm.