

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.

August 2026 *Pirates of the Caribbean Month*



60+ Congregate Meal Program

Monday - Friday *on the Mess Deck*

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. ***August 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.

Spanish - 12:30pm

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)**

August Line-Up of Events

*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!



**Medicare/Presbyterian Senior Plan
meeting** - Thursday, August 6,
1:00pm. Have questions about the
changes? Come to this meeting.

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

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.

Veterans Services Information -
Friday, August 14, 10:00am-1pm.



Birds Of A Feather Presentation -
Monday, August 17, 10:00-11:30am.
Come see and learn about
beautiful rescued and rehabbed parrots.

Free Groceries - Tuesday, August
18, 10:00am. For low income seniors
50+. Provided by Bernalillo County and
Silver Horizons.



Birthdays Celebration - Friday,
August 21, 12:30pm.
Music by Gabe. Dress up
like a pirate. Prizes for
best scallywags!



Village of Tijeras
Rte. 66 Centennial Celebration
Saturday, August 22, 2-5pm
on Senior Center grounds
Music, Food Trucks, Craft Fair
Artists- Sign up for the Craft Fair
Call 505-286-4220

**Jaime Rios creating his heart-shaped
Serenity Garden**



Outing to El Santuario de Chimayo, July 6



Upcoming in September.. **WESTERN MONTH!**

Diabetes Class - Sept. 4, 11, 18 -
9:30am-12pm

Labor Day - Monday, Sept. 7 - Center closed.

Veterans Services Information - Friday, Sept.
11, 10am-1pm

Free Groceries - Tuesday, Sept. 15, 10am

Birthdays Celebration - Friday, Sept. 18,
12:30pm. Dress up western.

Upcycle Crafts - Monday, Sept. 21, 1:00pm -
making hot air balloons.

National Ice Cream Cone Day - Tuesday, Sept.
22, 12:30pm

Center closing at 1:30pm - Friday,
Sept. 25

OKTOBERFEST - Monday, Sept. 28.
Music by Jazz Roots Duet.

