

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.

September 2026 Western Month



60+ Congregate Meal

Program Monday - Friday

Lunch service time: 11:30am-12:45p.

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.

We need you to help us

continue lunch services.

Classes, Activities & Events

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

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)**

September Line-Up of Events Western Month



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



Veterans Services Fair -

Wednesday, Sept. 9, 11:00am - 2:00pm, in the Village Chambers, 12 Camino Municipal



East Mountain Historical Society presentation -

Wednesday, Sept. 9, 1:00pm.
Learn about Tijeras area history.



Veterans Services Information - Friday, Sept. 11, 10:00am-1pm.

Free Groceries - Tuesday, Sept. 15, 10:00am. For low income seniors 50+. Provided by Bernalillo County and Silver Horizons.



Birthdays Celebration & Hoe Down - Friday, Sept. 18, 12:30pm. Music by Gabe. Dress-up western-y.

Upcycle Crafts - Monday, Sept. 21, 1:15pm - making hot air balloons.

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



Fire & Falls Prevention class - Sept. 25, 1:00pm. Sign up.

OKTOBERFEST - Monday, Sept. 28. Music by Jazz Roots Duet., 11:30am. Prost at 12pm.



Guitar Class Western Serenade - Tuesday, Sept. 29, 11:30am.

Birds Of A Feather Presentation, August 17



Dorothy Newbill of Birds of a Feather not-for-profit talks about the various birds that are rescued, rehabilitated and rehomed. Here she has Maya, a macaw. Behind, on the table is Lulu and Lucas, both cockatoos. Lucas visits with Mike Martinez.

August Birthdays Celebration & Pirate Day, August 21



Happy Birthday, August folks!

Congrats to the scallywag contest winners! Patrick, Larry and Michael.

Coming up in October...

Rummage Sale - Friday, Oct. 2, 10am-2pm. Sign up by 9/30. \$10/table

Pumpkin Decorating - Monday, Oct. 5, 1:15pm. Sign up. 

Veterans Services Information table - Friday, Oct. 9, 10am-1pm

Indigenous Peoples Day - Monday, Oct. 12, Center closed

Birthdays Celebration - Friday, Oct. 16, 12:30pm

Upcycled Crafts - Monday, Oct. 19, 1:15pm-making/finishing the birdbath