

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.

OCTOBER 2026



-No drinks



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. **October 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.



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)

OCTOBER LINE-UP OF EVENTS

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



Pumpkin Decorating - Monday,
Oct. 5, 1:15pm. Sign up by 10/2



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

Fire and Fall Safety
Presentation - Friday,
Oct. 9, 1:00pm. Sign up.



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



Birthdays Celebration -
Friday, Oct. 16, 12:30pm.
Music by Gabe. Wear a
Halloween-y costume!

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

Free Groceries - Tuesday, Oct. 20,
10:00am. For low-income seniors 50+.
Sponsored by Silver Horizons and BernCo.

Medicare Information with  **NM**
Aging Services- Tuesday,
Oct. 20, 10am-1pm. Sign up for
personal consultation.

Medicare Enrollment Information -
Thursday, Oct. 22, 9:30am.

Upcoming November Events.....

Veteran's Display Week - Nov. 9- 13.
Bring in your service memorabilia
to display by 11/6. **Veterans Program** at the Luis



Garcia Memorial Park, Nov. 10 - Refreshments
to follow at the senior center.

RSVP Volunteers on their way to the
Appreciation Breakfast, August 26



Line Dance Class Performs, Sept. 17



September Birthdays Celebration
and Western Hoe Down, Sept. 25



Happy Birthday to
our September
Birthday folks,
Sandra and Stan.

Victor,
Louisa,
Betty
and Gabe
enjoying
a dance.

