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.

NOVEMBER 2026





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. *November 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)*

November Line-Up of Events

"Tour de Shed" Grand Opening- Thursday, Nov. 5. Come by for a look-see.



Pumpkin-palooza - Friday, Nov. 6. Bring in your favorite pumpkin treats to share. *And*, 9:00am - Come get Pumpkin pancakes!



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 - Tuesday, Nov. 10, 10am. Refreshments to follow at the senior center, 11:00am.
Our Veterans Program - Tuesday, Nov. 10, 12 noon. We will pay tribute to our attending veterans.



Veterans Day - Nov. 11. *Center closed*

Fraud BINGO! - Thursday, Nov. 12, 1:00pm - 2:30pm. - Learn about how to avoid fraud.

Veterans Services Information table - Friday, Nov. 13, 10am-1pm.

Free Flu Vaccines - Monday, Nov. 16, 9:00am-12pm. Offered by Presbyterian Community Health.

Free Groceries - Tuesday, Nov. 17, 10:00am. For low-income seniors 50+. Sponsored by Silver Horizons and BernCo.

**** Notice: Center closing 12 noon Thursday, Nov. 19* for a staff meeting.
Lunch served early, 10:30-11:30am.

Medicare Enrollment Information -Friday, Nov. 20, 9:30 -11:30am.



Birthdays Celebration - Friday, Nov. 20, 12:30pm. Music by Gabe.

Upcycled Crafts - Monday, Nov. 23, 1:15pm. Making holiday basket decorations.

Thanksgiving, Nov. 26 & 27 - *Center closed.*
Have a Happy Thanksgiving!



The Craft Class created fun and spooky pumpkins Monday, October 5.

October Birthdays Celebration, Oct. 16



Various "tricksters" parade to Monster Mash.



Coming up in December...



Deck the Halls - come volunteer and help decorate the Center, Dec. 1-4.
Estate Planning - Monday, Dec. 7, 1:00pm. Sign up.
Veterans Services Information - Friday, Dec. 11, 10am-1pm
Free Groceries - Tuesday, Dec. 15, 10am

Birthdays Celebration - Friday, Dec. 18, 12:30pm