

# Village of Tijeras Senior Center

10 Tijeras Ave., Tijeras, NM 87059  
(505) 286-4220; Meals (505) 930-2658  
Hours: Monday - Friday, 8:30am - 4:00pm

## October 2024



## 60+ Congregate Meal Program

Monday-Friday,  
11:30am - 1:00pm.



A service of the Area Agency on Aging and the City of Albuquerque.

See Arnold, Meal site Coordinator for meal registration. Reserve your lunch **no later than 1:00 pm** the previous business day at (505) 930-2658.

## 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                      Fitness Room  
Library                        Puzzles  
Ping Pong                     Computer Lab  
Outdoor Exercise Circuit  
**Coffee and Goodies - 8:30-11:30am**

### Mondays

Chair Exercise with Valerie- 9:30am  
Stepping Stones project - 12:30pm. Make stepping stones for the Memory Garden.

### Tuesdays

Guitar -10:00am  
Aikido - 11:00am  
Basket Weaving- 10:00am /12:30pm  
Beginners Guitar- 12:30 pm  
Free Groceries (3rd Tuesdays) -10-11am

### Wednesdays

Crochet - 10:00am  
Zumba/Aerobics - 10:00am  
Sewing - 12:30pm  
Beginners Spanish - 12:45pm

### Thursdays

Watercolor Painting - 9:30am  
Beading class - 10:00am  
T.O.P.S. - 10:00am  
Aikido-11:00am  
All Faiths Bible Study - 11:15am  
Crafts with Colleen -1:00pm  
Flower Day - Every Thursday, flower donations from Trader Joe's for registered senior center participants.

### Fridays

Popcorn Fridays - 9am-11:30am  
Chair Exercise - 9:30am  
Bingo- 10am-11:30am  
Monthly Birthday Celebration (3rd Friday) -12:30-2p

### *Check it Out!*

*You are invited to see the Hot Air Balloon inflating and static display in the A.Montoya Elementary School parking lot*

*Friday, October 4, 7:00am.*

*You may park in the senior center's lower parking lot.*



# October Events Line-up

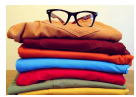
Mark your calendars...

**Rummage Sale** - Friday, Oct. 4,  
10am-2pm. Table rental \$10.



**Create a Haunted House!** - Monday,  
Oct. 7, 10am. Help make a spooky,  
haunted house *witch* will be used for a  
drawing at the Birthday dance.

**Outing to Prime Time 50+ Expo** -  
Wednesday, Oct. 9, 8:30am. Sign up by  
10/4.



**GainTime Laundry Service  
Information** - Thursday, Oct. 10,  
11:00 am-1pm

**Apex Med Solutions Medicare  
Information**- Friday, Oct. 11,  
11:00am-1pm. Sign up for a raffle!

**Center closed - Monday, Oct. 14 for  
Indigenous Peoples' Day**

**Free Groceries** - Tues., Oct. 15,  
10am-11am. Come early! Don't  
miss out! For low-income seniors,  
sponsored by Silver Horizons and  
Bernalillo County.



**ExtensionGetFit classes** -  
Tuesdays and Thursdays,  
starting Oct. 15 - Nov. 21,  
9am-10:30. Sign up.

**Medicare Information** - Thursday, Oct.  
17, 10:30am

**October Birthdays Celebration  
and Halloween Dance** - Friday,  
Oct. 18, 12:30pm. Wear a  
costume!



**Apex Med Solutions** - Friday, Oct. 18,  
10:30am

**Medicare Benefits Information** - Friday,  
Oct. 18, 10:30am



**Estate Planning class** - Monday,  
Oct. 21, 9:30am. Sign up.



**Medicare Questions?** Attend this  
class provided by HOPE Solutions-  
Wednesday, Oct. 23, 10am-12pm.

Sign up.

**Trip to the Fall Festival Dance** at  
Raymond G. Sanchez Center -  
Friday, Oct. 25, 9:00am. Sign up  
by 10/18.



**Outing to the NM Conference on Aging** -  
Monday, Oct. 28, 9am. \$12 registration.  
See Rita for forms.

*Thank you to all our  
volunteers who share  
their expertise  
instructing classes,  
leading activities and  
working in all areas of the Center inside  
and out. We appreciate you!*



**September was "Western Month"**



*Birthdays Dance & Western Hoedown, Sept. 20*

**Congratulations to Sandra Martinez**  
for winning a 2nd Place ribbon at the  
NM State Fair for her Blueberry  
Upside Down Cake!



**Coming up in November...**

- **Power of Attorney Workshop** -  
Monday, Nov. 4, 9:30am, provided by  
the Senior Citizen Law office. Sign up.
- **AARP Safe Driver Class** - Monday, Nov.  
18, 9am-1pm. Sign up.

Center will be closed - Nov. 11, 28 and 29.