

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

January 2025

Happy New Year! Center closed Jan. 1 and 20



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. **January Memberships are due.**

Daily Drop-In Activities

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

Mondays

Chair Exercise with Valerie- 9:30am

Tuesdays

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

Wednesdays

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

Thursdays

Watercolor Painting - 9:30am
Get Fit & Dance - 9:30am
Beading class - 11:00am
T.O.P.S. - 10:00am
Aikido-11:00am
All Faiths Bible Study - 11:30am
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, usually) -12:30-2:00p



Win a Pie!

Take the Newsletter Quiz!

If you are first to answer all the questions correctly and find the mystery object in this newsletter you could win a pie!
Get your quiz from Debra.



January Events Line-up

Mark your calendars...

Happy New Year!

Center closed Wednesday, Jan. 1



Snowflake Wreath workshop-
Monday, Jan. 6, 12:30pm. Come make a beautiful snowflake creation.

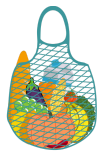
- ❖ **Vista Hills Senior Living - Tuesday, Jan. 14, 11:00am.** Learn about these senior apartments and amenities.



January Birthdays Celebration,
Friday, Jan. 17, 12:30pm. Music by Gabe.

- ❖ **HOPE Solutions Medicare Info-**
Friday, Jan. 17, 11:00 am-1pm
- ❖ **Trujillo Family Funeral Planning -**
Friday, Jan. 17, 10am-1pm

Closed Monday, Jan. 20 for MLK Jr. Day



Free Groceries - Tues., Jan. 21, 10am. Come early! Don't miss out! For low-income seniors, sponsored by Silver Horizons and Bernalillo County.



Fire and Fall Safety class -
Wednesday, Jan. 22, 11:00am. BernCo Fire Dept. Sign up.

- ❖ **AARP Tax Assistance -TBA** Call the Center to reserve your time slot, 505-286-4220.

Coming Up in February... 🤩

- **Estate Planning - Monday, Feb. 10, 9:00am** with the Senior Citizen Law Office. Sign up.
- **Free Groceries - Tuesday, Feb. 18, 10 am.**
- **Birthday Dance - Friday, Feb. 21, 12:30pm**

-New! BernCo Extension's **Get Fit Class -** Tuesdays and Thursdays, 9am-10am, and **Keys to Embracing Aging, 10am-11am.** 6 week programs starting Feb. 25 - April 3. Sign up.



Cowboy Church Carolers, Dec. 11



A. Montoya 3rd and 4th graders singing carols, Dec. 12

A visit from Santa and his helpers at the Birthday / Holiday Party Dec. 13. Thank you to Danny Lay, Gabe Trujillo, Louisa Gonzales and Mella Garcia.



A festive holiday performance by the guitar class, Dec. 17. Thanks to Anna Baer, Frank Johnson, Nancy Cochrell and Art Bazan.



Congratulations to Rowena Baca and Jaime Rios for each winning a pie in December's quiz contest!