

# 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

## February 2025

*Center closed Monday, Feb. 17, Presidents Day*

### 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. **February 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**  
**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**  
**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**

### ---Winter Weather Notice:



Remember to check your text alert from the Village to see if the Center has a two-hour delay or is closed. KRQE also will scroll the information.

 **Congratulations to Lucille Gutierrez for winning the January Newsletter Quiz pie!**

## February Events Line-up

Mark your calendars...

♥ **AARP Tax Assistance** - Feb. 4, 10, 24, 8:30am-1pm. (First one on Tuesday, the rest on Mondays, until April 14). Call the Center to reserve your time slot, 505-286-4220.

♥ **Outing to the Quilt and Sewing Festival** at ExpoNM - Thursday, Feb. 6, 9:15am. Sign up by 2/3. \$12 cash entrance fee.

🏈 **Super Bowl Friday** - Friday, Feb. 7 - Wear your favorite team jersey! Have some snacks! Vote on the team you think will win Super Bowl 59. (Chiefs or Eagles)

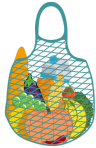
♥ **Estate Planning** - Monday, Feb. 10, 9:00am with the Senior Citizen Law Office. Sign up.


🏈 **Super Bowl Winning Team Drawing** - Monday, Feb. 10 - drawing for the winning team prize, 12:00 noon.

♥ **Fitness Room Equipment class** - Tuesday, Feb. 11, 10:00am. Led by Frank Pierce. Learn how to use the equipment correctly.

♥ **Sweethearts Dance** at Manzano Mesa Center - Friday, Feb. 14, 9:30am-1pm. Sign up by 2/5.

*Closed Monday, Feb. 17 for Presidents Day*


♥ **Free Groceries** - Tues., Feb. 18, 10am. Come early! Don't miss out! For low-income seniors (under \$1500 mo.), sponsored by Silver Horizons and Bernalillo County. 

 **February Birthdays Celebration**, Friday, Feb. 21, 12:30pm. Music by Gabe. With Hope Solutions and Oak Street Health.


♥ **Mardi Gras Centerpiece Workshop** - Monday, February 24, 12:30pm.

♥ **Vista Hills Senior Living info** - Tuesday, Feb. 25, 11:00am

♥ **New!**

**NMSU Coop. Extension's Get Fit Class** - Tuesdays and Thursdays, 9am-10am. Six week program starting Feb. 25 - April 3. Sign up. Limited to 15. 

and

**Keys to Embracing Aging**, Tuesdays and Thursdays, 10am-11am. Learn 12 keys to help you grow old successfully and with increased longevity. No matter your age, you can take steps now to make growing older a positive, joyful and exciting experience! 

Week 1 - Intro and Positive Attitude  
Eating Smart and Healthy

Week 2 - Physical Activity  
Brain Activity

Week 3 - Social Activity  
Tuning into the Times

Week 4 - Safety  
Know Your Health Numbers

Week 5 - Stress Management  
Financial Affairs

Week 6 - Sleep  
Taking Time for Yourself

Six week program starting Feb. 25 - April 3. Sign up. Limited to 15.

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 **March Forecast.....**

**AARP Taxes**, Mondays, 8:30am-1pm. Call the office to reserve your spot.

**Mardi Gras!** Tuesday, Mar. 4 - Pancakes 8:30am-9:30am.

**Get Fit program and Embracing Aging classes**, Tuesdays and Thursdays. (see above)  
**St. Paddy's Day** - Monday, Mar. 17 - Wear Green!

**Free Groceries** - Tuesday, Mar. 18, 10am  
**Power of Attorney Workshop** - Wednesday, Mar. 19, 9am. Sign up.

**Birthdays Dance** - Friday, Mar. 21, 12:30pm  
**AARP Safe Drivers Class** - Monday, Mar. 31, 9am-1pm. Sign up.