

# February 2018

## Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Check Bulletin Boards for more information on any of the happenings listed here!</b>	HHA—Haverland Hall Lobby HHB—Haverland Hall Patio PR—Powell Room PDR—Private Dining Room		<b>Blood Pressure Check Every Tuesday 11:30 to 1:30 Powell Room</b>	1 1pm Rosary/Communion: Chapel 1:30 Mah Jongg (PR) <b>5:15 Popejoy: Russian Ballet: Swan Lake</b> 7pm Movie Night: <i>Battle of the Sexes</i> (PR)	2 9:30 Sprouts 1:00 Albertsons 2:30 Smiths 3pm Wii Bowling (PR) 4pm Resident Block Party (HHB)	3 2:30 Movie Afternoon: <i>Battle of the Sexes</i> (PR)
4 10am IL Church Service 10:45 HC Church Service <b>4pm Super Bowl Party (HH)</b>	5 11am Tai Chi (HHA) 1:00pm Bridge (PR) <b>2pm Meet the Candidates for Mayor: Christopher Muldrow</b> 7pm Game: Dictionary, 4th floor north end sitting area	6 <b>3:30 League of Women Voters: Community Activities of the LWV (HH)</b> 7pm Board Games (PR)	7 1pm OSHER: "From the Home Front" (HH) <b>12:30-2:30pm Thrift Shop #4105 &amp; #4103 Sales &amp; Donations</b> 3pm TOPS (PR)	8 <b>8:30 Popcorn Cannery &amp; Two Fools Tavern</b> 1pm Rosary/Communion: Chapel 1:30 Mah Jongg (PR) 7pm Movie Night: <i>Dunkirk</i> (PR)	9 9:30 Walmart 1:00 Albertsons 2:30 Smiths 3pm Wii Bowling (PR) <b>4:00 NiRR Block Party (HHB)</b> <b>6pm Olympics Opening Ceremonies (HH)</b>	10 2:30 Movie Afternoon: <i>Dunkirk</i> (PR)
11 10am IL Church Service 10:45 HC Church Service <b>12:45 Popejoy: Peking Acrobats</b>	12 11am Tai Chi (HHA) 1:00pm Bridge (PR) <b>3pm OASIS: An Exploration of Gratefulness by Shefa Gold (Free) (HH)</b> 7pm Game: Dictionary	13 10am "Christ Revealed" in Chapel <b>1:30 Self-Defense class: Gloria Marcott: Limit 20 (HH)</b> 2:00 Resident Council (PR) 7pm Board Games (PR)	14 <i>Valentines Day</i> 10am Ash Wednesday Service: Chapel 3pm TOPS (PR) <b>7pm ABQ Barbershop Quartet (HHA)</b>	15 1pm Rosary/Communion: Chapel 1:30 Mah Jongg (PR) 7pm Movie Night: <i>Goodbye Girl</i> (PR)	16 9:30 Trader Joes 1:00 Albertsons 2:30 Smiths <b>12:30-2:30pm Thrift Shop #4105 &amp; #4103 Sales &amp; Donations</b> 3pm Wii Bowling (PR) 4pm Resident Block Party (HHB)	17 2:30 Movie Afternoon: <i>Goodbye Girl</i> (PR) <b>11:45 Popejoy: Mummenschanz</b>
18 10am IL Church Service 10:45 HC Church Service	19 11am Tai Chi (HHA) 1:00pm Bridge (PR) 7pm Game: Dictionary, 4th floor north end sitting area	20 10am "Christ Revealed" in Chapel <b>5:15 Popejoy: STOMP</b> 7pm Board Games (PR)	21 1pm Book Club (PDR) <b>2pm Resident Meeting (HH)</b> 3pm TOPS (PR)	22 1pm Rosary/Communion: Chapel <b>1pm OSHER: A Little Arsenic with Your Tea? (HH)</b> 1:30 Mah Jongg (PR) 7pm Movie Night: <i>Babe</i> (PR)	23 9:30 Cottonwood Mall 1:00 Albertsons 2:30 Smiths 3pm Wii Bowling (PR) <b>4:00 NiRR Block Party (HHB)</b> <b>5:45 Popejoy: Baskerville: Sherlock Holmes Mystery</b>	24 2:30 Movie Afternoon: <i>Babe</i> (PR)
25 10am IL Church Service 10:45 HC Church Service <b>12:45 Popejoy: The Ten Tenors</b>	26 11am Tai Chi (HHA) 1:00pm Bridge (PR) <b>3pm Corporate Update by DeAnn Eaton, CEO HCLG (HH)</b> 7pm Game: Dictionary, 4th floor north end sitting area	27 10am "Christ Revealed" in Chapel <b>11am Popejoy Sign-ups for Rest of the Season (HHA)</b> <b>3:30 Speaker (HH)</b> 7pm Board Games (PR)	28 <b>8:30 DaVinci, The Genius; NM Museum of Natural History &amp; Science</b> 3pm TOPS (PR) <b>1:30-4:30 One-on-Ones with DeAnn Eaton, CEO of HCLG</b> <b>7pm Daniel Nieto: Singer/Karaoke (HHA)</b>			

# Special Events

## Feb 1-3:

2/1 Thursday 7pm Movie Night: *Battle of the Sexes* (PR)  
 2/1 Thursday 5:15 Popejoy: Russian Ballet: Swan lake  
 2/2 Friday 4:00 Resident Block party (HHB)  
 2/3 Saturday 2:30pm Movie: *Battle of the Sexes* (PR)

## Feb 4-10:

2/4 Sunday 4pm Super Bowl Party (HH)  
 2/5 Monday 2pm Meet the Candidates for Mayor: Christopher Muldrow  
 2/6 Tuesday 3:30 League of Women Voters: Community Activities of the LWV (HH)  
 2/7 Wednesday 1pm OSHER "From the Home Front" (HH)  
 2/8 Thursday Depart 8:30: Popcorn Factory Tour & Two Fools Tavern  
 2/8 Thursday 7pm Movie Night: *Dunkirk* (PR)  
 2/9 Friday 4pm The Neighborhood Block Party (HHB)  
 2/9 Friday 6pm Olympics Opening Ceremonies (HH)  
 2/10 Saturday 2:30pm Movie: *Dunkirk* (PR)

## Feb 11-17:

2/11 Sunday 12:45 Popejoy: Peking Acrobats  
 2/12 Monday 3pm OASIS: An Exploration of Gratefulness: Shefa Gold (Free program) (HH)  
 2/13 Tuesday 1:30 Self-Defense Class: Gloria Marcott (Limit 20) (HHA)  
 2/14 Wednesday 7pm ABQ Barbershop Quartet (HH)  
 2/15 Thursday 7pm Movie Night: *Goodbye Girl* (PR)  
 2/16 Friday 4:00 Resident Block Party (HHB)  
 2/17 Saturday 11:45 Popejoy: Mummenschanz  
 2/17 Saturday 2:30pm Movie: *Goodbye Girl* (PR)

## Feb 18-24:

2/20 Tuesday 5:15 Popejoy: STOMP  
 2/21 Wednesday 2pm Resident Meeting (HH)  
 2/22 Thursday 1pm OSHER: A Little Arsenic with Your Tea? (HH)  
 2/22 Thursday 7pm Movie Night: *Babe* (PR)  
 2/23 Friday 4pm The Neighborhood Block Party (HHB)  
 2/23 Friday 5:45 Popejoy: Baskerville: Sherlock Holmes Mystery  
 2/24 Saturday 2:30pm Movie: *Babe* (PR)

## Feb 25-28:

2/25 Sunday 12:45 Popejoy: Ten Tenors  
 2/26 Monday 3pm Corporate Update by DeAnn Eaton, CEO HCLG (HH)  
 2/27 Tuesday 11am Popejoy Sign-ups for Rest of the Season (HHA)  
 2/28 Wednesday Depart 8:30: DaVinci, The Genius: NM Museum of Natural History & Science  
 2/28 Wednesday 1:30 to 4:30 One-on-Ones with DeAnn Eaton, CEO HCLG  
 2/28 Wednesday 7pm Daniel Nieto: Singer/Karaoke (HH)

## February 2018 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)</p> <p>8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)</p> <p>9:00-10:00 Water Fitness (Tori) (Pool)</p> <p>10:15-10:45 Balanced and STRONG! (Tori) (Fitness Center)</p> <p>11:00-12:00 Tai Chi (Robert) (Haverland Hall A)</p>	<p>8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)</p> <p>9:00-9:45 Stretch &amp; Strength (Tori) (Fitness Center)</p> <p>11:00-12:00 Advanced Walking Groups (Tori) (Outside)</p>	<p>8:00-9:00 Water Fitness (Tori) (Pool)</p> <p>9:15-9:45 Balanced and STRONG! (Tori) (Fitness Center)</p> <p>11:00-12:30 Supervised Weight Room (Tori) (Fitness Center)</p>	<p>9:00-9:45 Stretch &amp; Strength (Tori) (Fitness Center)</p> <p>10:15-11:00 Beginner Walking Group</p> <p>11:00-12:00 Advanced Walking Groups (Tori) (Outside)</p>	<p>8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)</p> <p>9:00-10:00 Water Fitness (Tori) (Pool)</p> <p>10:15-10:45 Exercise Ball (Tori) (Fitness Center)</p> <p>10:45-12:00 Supervised Weight Room (Tori) (Fitness Center)</p>

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & IN LIBRARY