





May 2018

Independent Living Daily Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check Bulletin Boards for more information on any of the happenings listed here!</p>	<p>HHA—Haverland Hall Lobby HNB—Haverland Hall Patio PR—Powell Room NHG—New Horizon Gallery PDR—Private Dining Room</p>	<p>1 2pm Pinata Making Party (HH) Bring square tissue boxes, Oatmeal canisters, Wood or paper craft boxes, scissors & decorations for your Piñata.</p>	<p>2 12:30-2:30pm Thrift Shop 7pm Mariachi: El Grupo Amour Eterno: guitar, violin & guitarron (HHA)</p>	<p>3 8am Los Lucero Historic Property/Picnic 12:45 Rosary/Communion: Chapel 7pm Movie Night: <i>Deep Water Horizon (PR)</i></p>	<p>4 9:30 Sprouts 1:00 Albertsons 2:30 Smiths</p>	<p>5 2:30 Afternoon Movie: <i>Deep Water Horizon (PR)</i></p>
<p>6 10am IL Church Service 10:45 HC Church Service 11:30 Una Celebracion de Mexico, HC Courtyard, Dedication, National Hispanic Cultural Center</p>	<p>7 </p>	<p>8 3:30 Matthew Delgado, Pharmacist "About the New Shingles Vaccine" Vaccines will be available (HH)</p>	<p>9 5:15 Popejoy: Les Miserables</p>	<p>10 10:30 OSHER: Continuing Journey of Life After Death 12:45 Rosary/ Communion: Chapel 7pm Movie Night: <i>Mother (PR)</i></p>	<p>11 9:30 Walmart 1:00 Albertsons 2:30 Smiths 4pm NIRR Block Party (HNB)</p>	<p>12 2:30 Afternoon Movie: <i>Mother (PR)</i></p>
<p>13  10am IL Church Service 10:45 HC Church Service</p>	<p>14 3pm OASIS: Herbal Traditions in NM with Jill Schneider (Free) (HH)</p>	<p>15</p>	<p>16 10am Resident Meeting (HH) 1pm OSHER: From the Homefront: The Nurses (HH)</p>	<p>17 10:30 OSHER: Continuing Journey of Life After Death 1pm Students from RR Middle School: One-on-One Technical Assistance, (HH) 7pm Movie Night: <i>The Greatest Showman (PR)</i></p>	<p>18 9:30 Trader Joes 1:00 Albertsons 2:30 Smiths</p>	<p>19 2:30 Afternoon Movie: <i>The Greatest Showman (PR)</i></p>
<p>20 10am IL Church Service 10:45 HC Church Service 12:30 Isotopes Fiesta Deck Party</p>	<p>21 2pm OSHER: "Mirror Mirror on the Wall, Why Oh Why Doesn't Disney Call?" Roberta Boggess (HH)</p>	<p>22 9:15 Advanced Water Treatment Facility Tour 3:30 Larry Littlefield, PhD "Wildflowers of the Northern & Central Mountains of NM" (HH)</p>	<p>23 7pm Enchanters Chorus (HH)</p>	<p>24 12:45 Rosary/Communion: Chapel 7pm Movie Night: <i>Lady in the Van (PR)</i></p>	<p>25 9:30 Coronado Mall 1:00 Albertsons 2:30 Smiths 4pm NIRR Block Party (HNB)</p>	<p>26 2:30 Afternoon Movie: <i>Lady in the Van (PR)</i></p>
<p>27 10am IL Church Service 10:45 HC Church Service</p>	<p>28 Memorial Day 2pm Roberto Chavez: Piano & Vocals (HH) 3pm BBQ on Patio</p>	<p>29  With Honor & Gratitude We Remember</p>	<p>30 11am Thur Shan Buffet @ Sandia Resort & Casino \$5.95 w/Free Peak Rewards Card</p>	<p>31 12:45 Rosary/Communion: Chapel 7pm Movie Night—<i>My Fair Lady (PR)</i></p>	<p>See Trip Book In Library For more information About Trip Destinations.</p> 	<p>Blood Pressure Check Every Tuesday 11:30 to 1pm Powell Room</p>

Resident Supported Activities

May 1-5:

5/1 Tuesday 7pm Board Games (PR)
 5/2 Wednesday 12:30 Thrift Shop #4105
 5/2 Wednesday 3pm TOPS (PR)
 5/3 Thursday 1:30 Mah Jongg (PR)
 5/4 Friday 2pm Wii Bowling (PR)
 5/4 Friday 4pm Resident Block Party

May 6-12:

5/7 Monday 1pm Bridge (PR)
 5/7 Monday 7pm Dictionary: 4th Floor North Seating Area
 5/8 Tuesday 2pm Resident Council (PR)
 5/8 Tuesday 7pm Board Games (PR)
 5/9 Wednesday 3pm TOPS (PR)
 5/10 Thursday 1:30 Mah Jongg (PR)
 5/11 Friday 2pm Wii Bowling (PR)

May 13-19

5/14 Monday 1pm Bridge (PR)
 5/14 Monday 7pm Dictionary: 4th Floor North Seating Area
 5/15 Tuesday 7pm Board Games (PR)
 5/16 Wednesday 1pm Book Club (PDR)
 5/16 Wednesday 3pm TOPS (PR)
 5/17 Thursday 1:30 Mah Jongg (PR)
 5/18 Friday 2pm Wii Bowling (PR)
 5/18 Friday 4pm Resident Block Party

May 20-26:

5/21 Monday 1pm Bridge (PR)
 5/21 Monday 7pm Dictionary: 4th Floor North Seating Area
 5/22 Tuesday 7pm Board Games (PR)
 5/23 Wednesday 3pm TOPS (PR)
 5/24 Thursday 1:30 Mah Jongg (PR)
 5/25 Friday 2pm Wii Bowling (PR)

May 27-31:

5/28 Monday 1pm Bridge (PR)
 5/28 Monday 7pm Dictionary: 4th Floor North Seating Area
 5/29 Tuesday 7pm Board Games (PR)
 5/30 Wednesday 3pm TOPS (PR)
 5/31 Thursday 1:30 Mah Jongg (PR)



MAY 2018 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	7:30-8:30 Advanced Walking Groups (Tori) (Outside)			7:30-8:30 Advanced Walking Groups (Tori) (Outside)
8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)		8:00-9:00 Water Fitness (Tori) (Pool)	8:00-9:00 Supervised Weight Room (Tori) (Fitness Center)	
9:00-10:00 Water Fitness (Tori) (Pool)	9:00-9:45 Stretch & Strength (Tori) (Fitness Center)	9:15-9:45 Balanced! (Tori) (Fitness Center)	9:00-9:45 Stretch & Strength (Tori) (Fitness Center)	9:00-10:00 Water Fitness (Tori) (Pool)
10:15-10:45 Balanced! (Tori) (Fitness Center)			10:00-11:30 Supervised Weight Room (Tori) (Fitness Center)	10:15-10:45 Exercise Ball (Tori) (Fitness Center)

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & IN LIBRARY