


July 2018

Independent Living Daily Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Church Service 10:30 Church Service	2	3 	4 3pm High Desert Jazz Band (HH) 4pm Cook Out on Patio	5 7pm Movie Night: <i>Bury My Heart at Wounded Knee</i> (PR)	6 9:30 Sprouts 1:00 Albertsons 2:30 Smiths	7 2:30 Afternoon Movie: <i>Bury My Heart at Wounded Knee</i> (PR)
8 9:30 Church Service 10:30 Church Service	9 3pm OASIS: "The Myth of the Hanging Tree" Robert Torres (HH)	10 3:30 LWV Speakers, "Another Way Forward: Grassroot Solutions from NM" by Dede Feldman, former State Senator (HH)	11 12:30 Thrift Shop #4105 1pm OSHER: "From the Home Front to the War Front, the Contributions of American Women to the Allied Victory in WW2—The Military Women" (HH)	12 8:30 Madrid Stroll & Lunch at The Mine Shaft 2pm OSHER: "Psychology & the Maintaining of Personal Meaning" Peter Fisk, PhD (HH) 7pm Movie Night: <i>The Last Movie Star</i> (PR)	13 Friday the 13th 9:30 Walmart 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)	14 2:30 Afternoon Movie: <i>The Last Movie Star</i> (PR)
15 9:30 Church Service 10:30 Church Service	16 8:30 Museum of Natural History & Science Backstage Tour & DaVinci: The Genius Exhibit	17	18 10am Resident Meeting (HH A&B) 1pm Casa Abril Winery Tasting	19 2pm OSHER: "Psychology & the Maintaining of Personal Meaning" Peter Fisk, PhD (HH) 7pm Movie Night: <i>Leisure Seeker</i> (PR)	20 9:30 Trader Joe's 1:00 Albertsons 2:30 Smiths	21 2:30 Afternoon Movie: <i>Leisure Seeker</i> (PR)
22 9:30 Church Service 10:30 Church Service	23	24 5:30 ABQ the Magazine Launch Party	25 7pm Marcus York, Classical Pianist (HH)	26 2pm OSHER: "Psychology & the Maintaining of Personal Meaning" Peter Fisk, PhD (HH) 7pm Movie Night: <i>Mama Mia</i> (PR)	27 9:30 Coronado Mall 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)	28 2:30 Afternoon Movie: <i>Mama Mia</i> (PR)
29 9:30 Church Service 10:30 Church Service	30	31 2pm Tea Party & Fashion Show: Reservations required, see Hospitality Desk (HH)	Check Bulletin Boards for more information on any of the happenings listed here!		See Trip Book In Library For more Information About Trip Destinations.	Blood Pressure Check Every Tuesday 11:30 to 1:00 Powell Room

HHA: Haverland Hall Lobby
 HHB: Haverland Hall Patio
 PR: Powell Room
 NHG: New Horizons Gallery
 PDR: Private Dining Room



Resident Supported Activities

July 1-7:		
7/2	Monday	1pm Bridge (PR)
7/2	Monday	7pm Dictionary: 4th Floor North Seating Area
7/3	Tuesday	2pm Line Dancing Lessons (PR)
7/3	Tuesday	7pm Board Games (PR)
7/4	Wednesday	3pm TOPS (PR)
7/5	Thursday	1:30 Mah Jongg
7/6	Friday	2pm Wii Bowling (PR)
7/6	Friday	4pm Resident Block Party
July 8-14:		
7/9	Monday	1pm Bridge (PR)
7/9	Monday	7pm Dictionary: 4th Floor North Seating Area
7/10	Tuesday	2pm Line Dancing Lessons (PR)
7/10	Tuesday	2pm Resident Council (PR)
7/10	Tuesday	7pm Board Games (PR)
7/11	Wednesday	12:30—2:30 Thrift Store Apt 4105
7/11	Wednesday	3pm TOPS (PR)
7/12	Thursday	1:30 Mah Jongg
7/12	Thursday	4pm New Horizon’s Gallery Opening Reception for Adriana Chard’s Exhibit
7/13	Friday	2pm Wii Bowling (PR)
July 15-21: 6		
7/16	Monday	1pm Bridge (PR)
7/16	Monday	7pm Dictionary: 4th Floor North Seating Area
7/17	Tuesday	2pm Line Dancing Lessons (PR)
7/17	Tuesday	7pm Board Games (PR)
7/18	Wednesday	3pm TOPS (PR)
7/19	Thursday	1:30 Mah Jongg
7/20	Friday	2pm Wii Bowling (PR)
7/20	Friday	4pm Resident Block Party
July 22-28:)		
7/23	Monday	1pm Bridge (PR)
7/23	Monday	7pm Dictionary: 4th Floor North Seating Area
7/24	Tuesday	2pm Line Dancing Lessons (PR)
7/24	Tuesday	7pm Board Games (PR)
7/25	Wednesday	3pm TOPS (PR)
7/26	Thursday	1:30 Mah Jongg
7/27	Friday	2pm Wii Bowling (PR)
July 29-31:		
7/30	Monday	1pm Bridge (PR)
7/30	Monday	7pm Dictionary: 4th Floor North Seating Area
7/31	Tuesday	2pm Line Dancing Lessons (PR)
7/31	Tuesday	7pm Board Games (PR)

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & IN LIBRARY

July 2018 - Fitness Classes Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
	7:00-8:00 Advanced Walking Groups (Tori) (Outside)			7:00-8:00 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 Balance! (Tori) (Fitness Center)	9:00-9:45 Stretch & Strength (Tori) (Fitness Center)	9:00-10:00 Water Fitness (Tori) (Pool)
10:15-10:45 Balance! (Tori) (Fitness Center)	10-11:30 Supervised Weight Room (Tori) (Fitness Center)		10:00-11:30 Supervised Weight Room (Tori) (Fitness Center)	