




September 2018

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check Bulletin Boards for more Information.</p>	<p>HHA: Haverland Hall Lobby HHB: Haverland Hall Patio PR: Powell Room Admin Conf: Administrative Conference room NHG: New Horizons Gallery</p>		<p>Blood Pressure Check Every Tuesday 11:30 to 1pm</p> 		<p>See Trip Book In Library For more Information About Trip Destinations.</p>	<p>1 2:30 Movie Afternoon: <i>Hell or High Water</i> (PR)</p>
<p>2 10am IL Church Service 10:45 SC Church Service</p>	<p>3 3pm Jammy Time Band (HH) 4pm Cook Out (Patio)</p> 	<p>4 3:30 On A Wing & A Prayer: Wild Bird Rehab with Mikal Deese</p>	<p>5 12:30-2:30pm Thrift Shop #4134 Sales & Donations</p>	<p>6 7pm Movie Night: <i>Full Monty</i> (PR)</p>	<p>7 9:30 Sprouts 1:00 Albertsons 2:30 Smiths</p>	<p>8 2:30 Movie Afternoon: <i>Full Monty</i> (PR)</p>
<p>9 10am IL Church Service 10:45 SC Church Service</p>	<p>10 3pm OASIS: "Refuse to be a Victim" Twila Donaldson (Free) (HH)</p>	<p>11 Patriots Day</p> 	<p>12 DURANGO 1pm OSHER: "Unusual Presidential Lore" Peter Fisk, PhD 7pm Jazz Quartet (HH)</p>	<p>13 7:00 Movie Night: <i>Jack Ryan: Shadow Recruit</i> (PR)</p>	<p>14 9:30 Walmart 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)</p>	<p>15 2:30 Movie Afternoon: <i>Jack Ryan: Shadow Recruit</i> (PR)</p>
<p>16 10am IL Church Service 10:45 SC Church Service</p>	<p>17</p>	<p>18 3:30 "Brain Fitness" Misty Melendez, Haven Behavioral (HH)</p>	<p>19 10am Resident Meeting (HH)</p>	<p>20 4pm Inaugural Opening: 3D Gallery featuring Lupe Dominguez (NHG) 7pm Movie Night: <i>Calendar Girls</i> (PR)</p>	<p>21 9:30 Trader Joes 1:00 Albertsons 2:30 Smiths</p>	<p>22 2:30 Movie Afternoon: <i>Calendar Girls</i> (PR)</p>
<p>23 10am IL Church Service 10:45 SC Church Service</p> <p>30***** 10am IL Church Service 10:45 SC Church Service</p>	<p>24 2:30 Exotics of the Rainforest SC/IL (HH)</p>	<p>25 11am Popejoy Signups for Nov-Dec-Jan (HH)</p>	<p>26 7pm Lori Michaels, Piano, Vocals, Smooth Jazz (HH)</p>	<p>27 2pm Valles Caldera Back Country Tour 1pm OSHER: "Sportin' Life, Pt 1: Why Do We Say That?" Roberta Boggess 7:00 Movie Night: <i>Cabaret</i> (PR)</p>	<p>28 9:30 Walgreens 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)</p>	<p>29 2:30 Movie Afternoon: <i>Cabaret</i> (PR)</p>

Resident Supported Activities

Sept 1-8:

9/3 Monday 1pm Bridge (PR)
 9/3 Monday 7pm Dictionary: 4th Floor North Seating Area
 9/4 Tuesday 7pm Board Games (PR)
 9/5 Wednesday 3pm TOPS (PR)
 9/13 Thursday 1:30 Mah Jongg (PR)
 9/7 Friday 2pm Wii Bowling (PR)
 9/7 Friday 4pm Resident Block Party (HH)
 9/8 Saturday 10am Line Dancing (PR)

Sept 9-15:

9/10 Monday 1pm Bridge (PR)
 9/10 Monday 7pm Dictionary: 4th Floor North Seating Area
 9/11 Tuesday 2pm Resident Council (PR)
 9/11 Tuesday 7pm Board Games (PR)
 9/12 Wednesday 3pm TOPS (PR)
 9/13 Thursday 1:30 Mah Jongg (PR)
 9/14 Friday 2pm Wii Bowling (PR)
 9/15 Saturday 10am Line Dancing (PR)

Sept 16-22:

9/17 Monday 1pm Bridge (PR)
 9/17 Monday 7pm Dictionary: 4th Floor North Seating Area
 9/18 Tuesday 7pm Board Games (PR)
 9/19 Wednesday 1pm Historical Fiction Book Club (Admin Conf Rm)
 9/19 Wednesday 3pm TOPS (PR)
 9/20 Thursday 1:30 Mah Jongg (PR)
 9/20 Thursday 4pm **INAUGURAL EXHIBIT of the 3D GALLERY** featuring Lupe Dominguez
 9/21 Friday 2pm Wii Bowling (PR)
 9/21 Friday 4pm Resident Block Party (HH)
 9/22 Saturday 10am Line Dancing (PR)

Sept 23-30:

9/24 Monday 1pm Bridge (PR)
 9/24 Monday 7pm Dictionary: 4th Floor North Seating Area
 9/25 Tuesday 7pm Board Games (PR)
 9/26 Wednesday 3pm TOPS (PR)
 9/27 Thursday 1:30 Mah Jongg (PR)
 9/28 Friday 2pm Wii Bowling (PR)
 9/28 Friday 5pm New Horizons Gallery: Adriana Chard's Exhibit Closes
 9/29 Saturday 10am Line Dancing (PR)

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & ACTIVITY BINDER IN LIBRARY

September 2018 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	7:00-8:00am Advanced Walking Groups (Tori) (Outside)			7:00-8:00 Advanced Walking Groups (Tori) (Outside)
8:00-9:00am Supervised Weight Room (Tori) (Fitness Center)		8:00-9:00am Water Fitness (Tori) (Pool)	8:00-9:00am Supervised Weight Room (Tori) (Fitness Center)	
9:00-10:00am Water Fitness (Tori) (Pool)	9:00-9:45am Stretch & Strength (Tori) (Fitness Center)	9:15-9:45am Balanced! (Tori) (Fitness Center)	9:00-9:45 Stretch & Strength (Tori) (Fitness Center)	9:00-10:00 Water Fitness (Tori) (Pool)
10:15-10:45am Balanced! (Tori) (Fitness Center)	10:30-11:15am Women's Circuit Training (Tori) (Fitness Center)	10:15-11:00am YOGA w/Andrea (Fitness Center)	10:00-11:30 Supervised Weight Room (Tori) (Fitness Center)	10:30-11:15am Women's Circuit Training (Tori) (Fitness Center)
		11:00-12:00am Supervised Weight Room (Tori) (Fitness Center)		
			1:30-2:00pm Yoga w/ Marcia (Fitness Center)	