





December 2018

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check Bulletin Boards for more Information.</p>	<p>HH: Haverland Hall PR: Powell Room Admin Conf: 1st floor Conference room NAG—Neighborhood Art Galleries, near mailboxes</p>		<p>Blood Pressure Check Every Tuesday 11:30 to 1pm</p> 		<p>See Trip Book In Library For more Information About Trip</p>	1
<p>2 10am IL Church Service 10:45 SC Church Service</p>	<p>3 Hanukkah Starts</p> 	<p>4 10am Christ Revealed, Chapel</p>	<p>5 12:30-2:30pm Thrift Shop #4134 Sales & Donations 7pm Tree Decorating & The Enchanters will perform (HH)</p>	<p>6</p>	<p>7 9:30 Sprouts 1:00 Albertsons 2:30 Smiths 1pm OSHER: "Secrets of World War II, Part One" Roberta Boggess</p>	<p>8 1:30-3:30pm Apartment Open House 5pm Philharmonic</p>
<p>9 10am IL Church Service 10:45 SC Church Service 12:45 Popejoy: Mariachi Christmas</p>	<p>10 9:30 Holiday Shopping: Cottonwood Mall 3pm OASIS: 'Ronnie, Lee, Fred & Pete: The Weavers' by Jane Ellen (Free) (HH)</p>	<p>11 10am Christ Revealed, Chapel 3:30 Mayling Garcia, Glass Armonica (HH)</p>	<p>12 3pm NIRR Choir Practice (HH)</p>	<p>13 2pm NIRR Choir Concert & Caroling (HH) 5:45 Popejoy: Finding Neverland</p>	<p>14 9:30 Walmart 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)</p>	15
<p>16 10am IL Church Service 10:45 SC Church Service</p>	17	18	<p>19 10am Resident Meeting (HH) 7pm Christmas Lights Tour</p>	<p>20 5pm Reception in Lobby 6pm Resident Appreciation Dinner; Donese Mayfield, Harpist (HH)</p>	<p>21 9:30 Trader Joes 1:00 Albertsons 2:30 Smiths 4:45 Popejoy: The Doo Wop Project Christmas</p>	22
<p>23 10am IL Church Service 10:45 SC Church Service 30***** 10am IL Church Service</p>	<p>24 31***** 7pm New Years Eve Party: Larry Freedman, Piano (HH)</p>	<p>25 Merry Christmas</p> 	<p>26 Kwanzaa Starts</p> 	<p>27 Neighborhood Art Galleries: Exhibits close (NAG)</p>	<p>28 9:30 Walgreens 1:00 Albertsons 2:30 Smiths 4pm Block Party (HH)</p>	29

Resident Supported Activities

Monday..... 1pm Bridge (PR)
 Monday..... 7pm Dictionary: 4th Floor North Seating Area
 Tuesday..... 7pm Board Games (PR)
 Wednesday..... 3pm TOPS (PR)
 Thursday..... 1:30 Mah Jongg (PR)
 Friday..... 2pm Wii Bowling (PR)
 Friday..... 4pm Resident Block Party (HH)
 Saturday..... 10:00 Line Dancing (PR)
 Saturday..... 7pm Mexican Train (PR)

1st Friday of the month..... 4pm Resident Block Party (HH)
 2nd Tuesday of the month..... 2pm Resident Council (PR)
 3rd Wednesday of the month..... 2pm Book Club (Admin Conf)
 3rd Friday of the month..... 4pm Resident Block Party (HH)
 5th Friday of the month..... 4pm Resident Block Party (HH) (if there is one)

Art Galleries at NIRR (near Mailboxes)

2D - Carol Baltzer
 3D - Lupe Dominguez

Movies in the Powell Room

Thursday's 7pm & Saturday's 2:30pm

12/6 & 12/8 Jason Bourne (PG-13)
 12/13 & 12/15 Waking Ned Devine (PG)
 12/20 & 12/22 Planes, Trains & Automobiles (R)
 12/27 & 12/29 Seven Brides for Seven Brothers (G)



Communion/Rosary

Thursday 12:45 Communion for Catholics (Chapel)
 Thursday 1pm The Rosary (Chapel)

Blood Pressure Clinic: Tuesday, 11:30—1pm, Powell Room

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

December 2018 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	7:30-8:30am Advanced Walking Groups (Tori) (Outside)			7:30-8:30 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)	10:00-11:00 Supervised Weight Room (Tori) (Fitness Center)	10:30-11:15am Women's Circuit Training (Tori) (Fitness Center)
11:00-11:45 Men's Circuit Training Fitness (Tori)		11:00-12:00am Supervised Weight Room (Tori) (Fitness Center)	11:00-11:45 Men's Circuit Training Fitness (Tori)	
		**3rd Wednesday Yoga w/Andrea 1:00-1:45pm	1:30-2:00pm Yoga w/ Marcia (Fitness Center)	