



January 2019

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>HH: Haverland Hall PR: Powell Room ART: ART Galleries of the Neighborhood</p>	<p>1</p> 	<p>2</p> <p>12:30-2:30pm Thrift Shop #4134 Sales & Donations</p>	<p>3</p> <p>4pm ART Galleries Opening: 2D— Diane Swinney 3D—Ray & Evelyn Voos Near the Mailboxes</p>	<p>4</p> <p>9:30 Sprouts: Sign up at Hospitality Desk</p>	<p>5</p>
<p>6</p> <p>10am IL Church Service 10:45 HC Church Service</p>	<p>7</p>	<p>8</p> <p>3:30 'Upcoming Legislation' by Dick Mason, VP of NM State League of Women Voters (HH)</p>	<p>9</p> <p>11am Popejoy Sign Up (HH) 3pm Chama Train Trip Meeting (Admin Conf Rm)</p>	<p>10</p>	<p>11</p> <p>4pm NIRR Block Party (HHB)</p>	<p>12</p>
<p>13</p> <p>10am IL Church Service 10:45 HC Church Service</p>	<p>14</p> <p>3pm OASIS: "Harvey Girls in the Southwest: From Respectable to Notorious" by Richard Melzer (Free) (HH)</p>	<p>15</p>	<p>16</p> <p>10am Resident Meeting (HH) 7pm Southwest Chamber Players; Piano, Cello, Clarinet (HH)</p>	<p>17</p> <p>9:15 ABQ Sunport Tour & Tia Juanita's New Mexico Food</p>	<p>18</p> <p>9:30 Trader Joes: Sign up at Hospitality Desk</p>	<p>19</p> <p>5pm Philharmonic</p>
<p>20</p> <p>10am IL Church Service 10:45 HC Church Service 12:45 Popejoy: The Golden Dragon Acrobats</p>	<p>21</p> <p>8am MLK Breakfast, Marriott Pyramid</p> 	<p>22</p> <p>3:30 "Battling the Aging Brain" Erica Gonzales from Humana</p>	<p>23</p>	<p>24</p> <p>8:45 La Vida Llena Residents visit NiRR 7:30 Popejoy: The Sound of Music</p>	<p>25</p> <p>1pm OSHER: "Spanish Influenza" (HH) 4pm NIRR Block Party (HHB)</p>	<p>26</p>
<p>27</p> <p>10am IL Church Service 10:45 HC Church Service</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>11am Lunch on the Town: Frontier Restaurant 7pm Curio Cowboys (HH)</p>	<p>31</p> <p>8:00 NiRR Residents visit La Vida Llena</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

Monday.....1pm Bridge (PR)
 Monday.....7pm Dictionary: 4th Floor North Seating Area
 Tuesday.....7pm Board Games (PR)
 Wednesday.....3pm TOPS (PR)
 Thursday.....10am Meditation (Chapel)
 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.....1:30pm Book Club (PR)
 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 - Diane Swinney
 3D - Ray & Evelyn Voos

Movies in the Powell Room

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

1/3 & 1/5 Big (PG) Remembering Penny Marshall
 1/10 & 1/13 Harvey Girls (NR)
 1/17 & 1/19 Philomena (PG-13)
 1/24 & 1/26 Best in show (PG-13)
 1/31 & 2/2 Darkest Hour (PG-13)

Communion/Rosary

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

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

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

January 2019 - 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)	