





February 2019

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HH—Haverland Hall PR—Powell Room Admin Conf—1st floor Confer- ence Rm NAG—Neighborhood Art Gallery		Blood Pressure Check Every Tuesday 11:30 to 1pm Powell Room	See Trip Book In Library For more Information About Trip Destinations.		1 9:30 Sprouts	2  Happy Groundhog Day
3 10am IL Church Service 10:45 HC Church Service 4pm Super Bowl Party (HH)	4	5	6 12:30-2:30 Thrift Shop In Apartment #4134 Sales & Donations 2pm OSHER: "Only in New Mexico" by Mary Morten- son (HH)	7 9:30 ABQ Museum of Art: Visions of the His- panic World Exhibit	8 4:00 Block Party (HH)	9
10 10am IL Church Service 10:45 HC Church Service 12:45 Popejoy: Capitol Steps & Dinner at the Range in Bernalillo	11 3pm OASIS: "The Churro & the Navajo: One Family's Journey to Save the Sacred Sheep" Stacia Spragg-Braude (Free) (HH)	12	13 5:15 Popejoy: Sleeping Beauty	14 7pm Keri & Todd "Reel Romances" 	15 9:30 Trader Joes 1pm OSHER: 'How to Read a Poem' by Lance Ozier 5:15 Popejoy: RENT	16
17 10am IL Church Service 10:45 HC Church Service	 Presidents' Day	19 5:15 Popejoy: Ailey II	20 10am Resident Meeting (HH) 3:30 'Coyotes' Justin Ste- venson (HH)	21	22 2pm OSHER: "Butterfields Byways" Melody Groves (HH) 4:00 Block Party (HH)	23 5pm Philharmonic
24 10am IL Church Service 10:45 HC Church Service 12:45 Popejoy: Murphy's Celtic Legacy	25 3pm Corporate Update (HH)	26 3:30 ECO Travel NM by Ashley Biggers (HH)	27 3pm NM Symphonic Cho- rus (HH)	28 11am Lunch on the Town: County Line		

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.....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

2/7 & 2/9 The Straight Story
 2/14 & 2/16 Crazy Rich Asians
 2/21 & 2/23 P.S. I Love You
 2/28 & 3/2 Runaway Jury

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

February 2019 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-9:00am Supervised Weight Room (Tori) (Fitness Center)			7:00-9:00am Supervised Weight Room (Tori) (Fitness Center)	
9:00-10:00am Water Fitness (Tori) (Pool)	9:00-9:45am Stretch & Strength (Tori) (Fitness Center)	8:00-9:00am Water Fitness (Tori) (Pool)	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)		**10:15-11:00am YOGA w/Andrea (Fitness Center)	10:00-11:30 Supervised Weight Room (Tori) (Fitness Center)	
11:00-12:00 Supervised Weight Room (Tori)	10:30-11:15am Women's Circuit Training (Tori) (Fitness Center)			10:30-11:15am Women's Circuit Training (Tori) (Fitness Center)
	1:30-2:30am Advanced Walking Groups (Tori) (Outside)		1:30-2:00pm Yoga w/ Marcia (Fitness Center)	1:30-2:30am Advanced Walking Groups (Tori) (Outside)
		**3rd Wednesday Yoga w/Andrea 1:00-1:45pm		