

March 2019

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HH—Haverland Hall PR—Powell Room Admin Conf—1st floor Conference Rm AG—Art Galleries at the Neighborhood		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: Sign up at Hospitality Desk	2 5:45 Popejoy: Frankenstein
3 10am IL Church Service 10:45 HC Church Service 12:45 Popejoy: A Midsummer Night's Dream	4 	5 11am Popejoy Sign ups April to June (HH) 3:30 Lohengrin Opera with Julius Kaplan (HH)	6 ASH WEDNESDAY 10am Menu Chat (PR) 12:30-2:30 Thrift Shop In Apartment #4134 Sales & Donations 7pm Trio Burqueno; Cello, Clarinet & Piano (HH)	7 5:15 Popejoy: Kinky Boots	8 4:00 Block Party (HHB)	9
10 Begin Daylight Savings Time 10am IL Church Service 10:45 HC Church Service	11 3pm OASIS: "Day-O, Day-O! The Harry Belafonte Story" Jane Ellen (Free) (HH)	12 3:30 Wing and a Prayer, Bird Rescue, Mikal Deese (HH)	13 10am Menu Chat (PR)	 9am Indian Pueblo Cultural Center	15 9:30 Trader Joes: Sign up at Hospitality Desk	16
17 10am IL Church Service 10:45 HC Church Service	18 1pm OSHER: "Sportin' Life, Part 2" by Roberta Boggess (HH)	19 3:30 Kim Johns, Principal of Shining Stars Preschool (HH)	20 10am Menu Chat (PR) 10am Resident Meeting (HH) 7pm Music for all Seasons (HH)	21 11am Lunch on the Town: St Clair Bistro & Winery	22 4:00 Block Party (HHB)	23 5:00 Philharmonic
24 10am IL Church Service 10:45 HC Church Service 31***** 12:45 Popejoy: Piano Battle	25	26 3:30 'Women Marked for History' Rosanne Roberts (HH)	27 10am Menu Chat (PR) 2pm Jo White "Rescuing a Piece of the Past" (HH) 7pm "The Best Kept Secret in Medicine" Dr. Sally Fisher, MD (HHA)	28 10am OSHER: "The Language of Dreams" by Gay Witherington (HH)	29 ART Galleries: 2D & 3D Exhibits Close	30

Resident Supported Activities

Monday.....1pm Bridge (PR)
 Monday.....7pm Dictionary: 4th Floor North Seating Area
 Tuesday.....1pm Poker (PARK)
 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

3/7 & 3/9 Runaway Jury PG-13 2 hrs 2 min
 3/14 & 3/16 Finian's Rainbow G 2 hrs 25 mins
 3/21 & 3/23 Far and Away PG-13 2 hrs 20 mins
 3/28 & 3/30 The Quiet Man NR 2 hrs 9 mins

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 & IN LIBRARY

March 2019 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-9:00am Supervised Weight Room (Tori) (Fitness Center)		8:00-9:00am Water Fitness (Tori) (Pool)	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)	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)		**10:15-11:00am 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		