

April 2019

Independent Living Daily Schedule



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|---|
| <p>See Trip Book In Library For more Information About Trip</p> | <p>1</p> | <p>2</p> <p>3:30 Muldawers "Irving Berlin Part 2" (HH)</p> | <p>3 10am Menu Chat (PR)</p> <p>12:30-2:30pm Thrift Shop #4134 Sales & Donations</p> <p>7pm Chile Pi, John Martinez & Susan McCasland</p> | <p>4</p> <p>4pm ART Galleries 2D & 3D Exhibits Opening Reception</p> | <p>5</p> <p>9:30 Sprouts: Sign up at Hospitality Desk</p> | <p>6</p> <p>5:45 Popejoy: The Midtown Men</p> |
| <p>7</p> <p>10am IL Church Service</p> <p>10:45 SC Church Service</p> <p>12:45 Popejoy: Sister Easter Catechism</p> | <p>8</p> <p>3pm Oasis: "Hank Williams: The Hillbilly Shakespeare" Jane Ellen (Free) (HH)</p> | <p>9 3:30 LWV "What We Accomplished and What We Left Undone" Sen. Craig Brandt & Rep. Jane Powdrell-Culbert (HH)</p> <p>5:15 Popejoy: Lea Solanga</p> | <p>10</p> <p>10am Menu Chat (PR)</p> | <p>11</p> <p>11am Lunch on the Town: Village Pizza in Corrales</p> | <p>12</p> <p>4:00 Block Party (HHB)</p> <p>5:15 Popejoy: Hotel California</p> | <p>13</p> <p>5pm Philharmonic</p> |
| <p>14 Palm Sunday</p> <p>10am IL Church Service</p> <p>10:45 SC Church Service</p> | <p>15</p> | <p>16</p> | <p>17 10am Menu Chat (PR)</p> <p>10am Resident Meeting (HH)</p> <p>5:15 Popejoy: Dance Theatre of Harlem</p> | <p>18</p> <p>2:30—4pm Neighborhood Anniversary Ice Cream Social (HH) with Tal Burdine on Keyboard</p> | <p>19</p> <p>9:30 Trader Joe's: Sign up at Hospitality Desk</p> <p>10am Good Friday Service (HH)</p> | <p>20</p> |
| <p>21 Easter</p> <p>10am IL Church Service (HH)</p> <p>10:45 SC Church Service</p> | <p>22</p> <p>3:30 Service Dog, Therapy Dog, Emotional Support Dog & Imposters (HH)</p> | <p>23</p> <p>10:30 Oasis Entertainers (HH) Family & Friends Welcome!</p> | <p>24</p> <p>10am Menu Chat (PR)</p> | <p>25</p> | <p>26</p> <p>4:00 Block Party (HHB)</p> <p>5:15 Popejoy: Che Malambo</p> | <p>27</p> |
| <p>28</p> <p>10am IL Church Service</p> <p>10:45 SC Church Service</p> | <p>29</p> <p>← Las Vegas</p> | <p>30</p> <p>NM Trip →</p> <p>3:30 "Buffalo Experiences in NM" Leroy Lovato (HH)</p> | | <p>Blood Pressure Check Every Tuesday 1:00 to 2:30pm Powell Room</p> | | <p>HHA: Haverland Hall Lobby</p> <p>HHB: Haverland Hall Patio</p> <p>PARK: Parker Room</p> <p>PR: Powell Room</p> <p>ART: ART Galleries of the Neighborhood</p> |

Resident Supported Activities

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|---------------------------------|---|
| 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) |
| Saturday..... | 7pm Mexican Train (PR) |
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| 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) |

Movies in the Powell Room

Thursday’s 7pm & Saturday’s 2:30pm

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|-------------|-------------------|
| 4/4 & 4/6 | Max Dugan Returns |
| 4/11 & 4/13 | Green Book |
| 4/18 & 4/20 | Easter Parade |
| 4/25 & 4/27 | Life of Pi |

Communion/Rosary

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

Blood Pressure Clinic: Tuesday, 1:00—2:30pm, Powell Room

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

| April 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) | |
| | | 8:00-9:00am Water Fitness (Tori) (Pool) | | |
| 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 Circuit Class* (Tori) (Fitness Center) | |
| 11:00—11:45am Circuit Class* (Tori) (Fitness Center) | 10:30-11:15am Women’s Circuit Training (Tori) (Fitness Center) | | 11:00-12:30 Supervised Weight Room (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) |
| | Walking Groups will move to early mornings as soon as weather permits. | * Class times/events subject to change. Contact tori for any questions or comments. (505)948-4168 | | Walking Groups will move to early mornings as soon as weather permits. |
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