



# May 2019

## Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Check Bulletin Boards for more information on any of the happenings listed here!</b></p>	 <p><b>Blood Pressure Check Every Tuesday 11:30 to 1:00 Powell Room</b></p>	<p><b>1</b> 9am Poker Walk; Nario Hayakawa, Keyboard 10am Menu Chat (PR) <b>12:30-2:30 Thrift Shop #4134 Moving Sale</b> 7pm John Anslover: Guitar &amp; Vocals (HH)</p>	<p><b>2</b> 10-11:30 Coffee with a Cop (HH)</p>	<p><b>3</b> 9:30 Sprouts: Sign up at Hospitality Desk</p>	<p><b>4</b></p>	
<p><b>5</b> 10am IL Church Service 10:45 SC Church Service <b>1:45 Popejoy: David Sedaris</b></p>	<p><b>6</b></p>	<p><b>7</b> 3:30 Matthew Barbour "Ogapogeh: A Native American Pueblo in Downtown Santa Fe" (HH)</p>	<p><b>8</b> 10am Menu Chat (PR)</p>	<p><b>9</b> 8:30 Pecos Nat'l Historic Monument &amp; Picnic</p>	<p><b>10</b> 4pm Block Party (HH)</p>	<p><b>11</b></p>
<p><b>12</b> 10am IL Church Service 10:45 SC Church Service</p>	<p><b>13</b> 3pm OASIS: ABBA: 2 Guys + 2 Gals, 10 years + 375 Million Records, Together Again?" Jane Ellen (Free) (HH)</p>	<p><b>14</b> 9am Madrid Stroll &amp; Lunch at Mineshaft</p>	<p><b>15</b> 10am Menu Chat (PR) 10am Resident Meeting (HH) 1-3pm OSHER: "Behind the Fence for National Defense: Japanese-American Internment in WWII" (HH)</p>	<p><b>16</b> 2:30 Mayor Hull: "State of the City" (HH) <b>5:15 Popejoy: CATS</b></p>	<p><b>17</b> 9:30 Trader Joes: Sign up at Hospitality Desk</p>	<p><b>18</b></p>
<p><b>19</b> 10am IL Church Service 10:45 SC Church Service</p>	<p><b>20</b></p>	<p><b>21</b> 2pm Video: "Challa in the Desert" Paula Schwartz (HH)</p>	<p><b>22</b> 10am Menu Chat (PR) 1-3pm OSHER: "Behind the Fence for National Defense:" (HH) 7pm Michael Mauldin "Classical Piano" (HH)</p>	<p><b>23</b></p>	<p><b>24</b> 4pm Block Party (HH)</p>	<p><b>25</b></p>
<p><b>26</b> 10am IL Church Service 10:45 SC Church Service <b>4:30 Fiesta Deck: Isotopes vs Sacramento; 90's Night, Fireworks, Food &amp; Beverages; Sign up for Bus &amp; Tix at Hosp Desk</b></p>	 <p><b>27</b> 3:00 High Desert Jazz Band 4pm BBQ on the Patio</p>	<p><b>28</b></p>	<p><b>29</b> 10am Menu Chat (PR) 1-3pm OSHER: "Behind the Fence for National Defense: Japanese-American Internment in WWII" (HH)  7pm Bingo Party (HH)</p>	<p><b>30</b> Lunch on the Town: 66 Diner</p>	<p><b>31</b> <b>See Trip Book In Library For more Information About Trip Destinations.</b></p>	<p>HHA: Haverland Hall Lobby HHB: Haverland Hall Patio PR: Powell Room PARK: Parker Room AG: ART Galleries of the Neighborhood</p>

# Resident Supported Activities

Monday.....10:30-Noon Stitchers Group (PR)  
 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)

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 - Jo White  
 3D - Mel Eisenstadt

## Movies in the Powell Room

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

5/2 & 5/4 Rain Man R 2 hrs 13 mins  
 5/9 & 5/11 The Wife R 1 hr 40 mins  
 5/16 & 5/18 Last of the Dogmen PG 1 hr 58 mins  
 5/23 & 5/25 Lilies of the Field NR 1 hr 35 mins  
 5/30 & 6/2 Money Pit PG 1 hr 31 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

<b>May 2019 - Fitness Classes Schedule</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7:00-9:00am</b> <b>Supervised</b> <b>Weight Room</b> <b>(Tori)</b> (Fitness Center)			<b>7:30-9:00am</b> <b>Supervised</b> <b>Weight Room</b> <b>(Tori)</b> (Fitness Center)	
		<b>8:00-9:00am</b> <b>Water</b> <b>Fitness</b> <b>(Tori)</b> (Pool)		
<b>9:00-10:00am</b> <b>Water</b> <b>Fitness</b> <b>(Tori)</b> (Pool)	<b>9:00-9:45am</b> <b>Stretch &amp;</b> <b>Strength</b> <b>(Tori)</b> (Fitness Center)	<b>9:15-9:45am</b> <b>Balanced!</b> <b>(Tori)</b> (Fitness Center)	<b>9:00-9:45</b> <b>Stretch &amp;</b> <b>Strength</b> <b>(Tori)</b> (Fitness Center)	<b>9:00-10:00</b> <b>Water</b> <b>Fitness</b> <b>(Tori)</b> (Pool)
<b>10:15-10:45am</b> <b>Balanced!</b> <b>(Tori)</b> (Fitness Center)			<b>10:15—11:00am</b> <b>Circuit Class*</b> <b>(Tori)</b> (Fitness Center)	<b>10:00-10:30am</b> <b>Balanced!</b> <b>(Tori)</b> (Fitness Center)
<b>11:00—11:45am</b> <b>Circuit Class*</b> <b>(Tori)</b> (Fitness Center)	<b>10:30-11:15am</b> <b>Women's Circuit</b> <b>Training</b> <b>(Tori)</b> (Fitness Center)		<b>11:00-12:30</b> <b>Supervised</b> <b>Weight Room</b> <b>(Tori)</b> (Fitness Center)	<b>10:30-11:15am</b> <b>Women's Circuit</b> <b>Training</b> <b>(Tori)</b> (Fitness Center)
	<b>1:30-2:30am</b> <b>Advanced</b> <b>Walking Groups*</b> <b>(Tori)</b> (Outside)		<b>1:30-2:00pm</b> <b>Yoga w/ Marcia</b> <b>(Fitness Center)</b>	<b>1:30-2:30am</b> <b>Advanced</b> <b>Walking Groups*</b> <b>(Tori)</b> (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.