



July 2019

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
See Trip Book In Library For more Information About Trip	1	2	3 10am Menu Chat (PR) 12:30-2:30pm Thrift Shop #4134 Sales & Donations **LOTS OF NEW STUFF**	4 1-3pm BBQ (Patio) 3pm Watermelon Jug Band (HH) 	5 9:30 Sprouts: Sign up at Hospitality Desk 2D & 3D Art Gallery Closing	6
7 10am IL Church Service 10am SC Church Service	8 3pm Oasis: 'History of the NM Railroads' Fred Fried- man (Free) (HH)	9	10 10am Menu Chat (PR) 7PM Marcus York, Classical Piano (HH)	11 4PM Art Gallery Opening Reception	12 4:00 Block Party (HHB)	13
14 10am IL Church Service 10am SC Church Service	15 1pm OSHER: "Out of the Mouths of Babes" Rob- erta Boggess (HH)	16	17 10am Menu Chat (PR) 10am Resident Meeting (HH) 3pm 'Bone Health' Natural Grocers, Brittany Prince (HH)	18	19 9:30 Trader Joe's: Sign up at Hospitality Desk	20
21 10am IL Church Service 10am SC Church Service	22	23	24 10am Menu Chat (PR)	25 8am Chimayo Trip	26 4:00 Block Party (HHB)	27
28 10am IL Church Service 10am SC Church Service	29	30 3:30 'Bats at Home' Justin Stevenson, Wildlife Biolo- gist (HH)	31 10am Menu Chat (PR) Time TBA: Wine Tasting Casa Abril Winery	 Blood Pressure Check Every Tuesday 1:00 to 2:30pm Powell Room		HH: Haverland Hall PR: Powell Room ART: ART Galleries of the Neighborhood

Resident Supported Activities

Monday.....	10:30	Stitchers (PR)
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)
Saturday.....	10am	Line Dancing (PR) (except July 13th)
Saturday.....	7pm	Mexican Train (PR)
Sunday.....	1pm	Poker (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) (July 11-Oct 5)

2D - Wilfred Bryan
3D - Diane Torrance & Chuck Homer

Movies in the Powell Room

Thursday’s 7pm & Saturday’s 2:30pm

7/4 & 7/6	Last of the Mohican’s	R	2 hr 2 mins
7/11 & 7/13	Whale Rider	PG-13	1 hr 41 mins
7/18 & 7/20	The Firm	R	2 hrs 34 mins
7/25 & 7/27	Kinky Boots	PG-13	1 hr 47 mins

Communion/Rosary

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

July 2019 - Fitness Classes Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
7:30-9:00am Supervised Weight Room (Tori) (Fitness Center)		8:00-9:00am Water Fitness (Tori) (Pool)	7:30-9:00am 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 Circuit Class* (Tori) (Fitness Center)	10:00-10:30am Balanced! (Tori) (Fitness Center)
11:00—11:45am Circuit Class* (Tori) (Fitness Center)			11:00-12:30 Supervised Weight Room (Tori) (Fitness Center)	10:30-11:15am Women’s Circuit Training (Tori) (Fitness Center)
		* Class times/events sub- ject to change. Contact Tori for any questions or comments. (505)948-4168	1:30-2:00pm Yoga w/ Marcia (Fitness Center)	