



September 2019

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am IL Church Service	2  1pm Cook Out (Patio) 3pm Jammy Time Band (HH)	3 2pm Elder Fraud Event at La Vida Llena; sign up at Hospitality Desk for the Bus or Drive Yourself	4 10am Menu Chat 12:30-2:30pm Thrift Shop in 4134. Sales & Donations Lots of NEW Items!	5	6 9:30 Sprouts	7
8 10am IL Church Service	9 3pm OASIS Deb Slaney; Zuni Connection (Free) (HH)	10 3pm "The Way of the Drum" with Arnold Herrera (HH)	11 10am Menu Chat 9am Museum Hill Trip	12 10pm OSHER "Old Town: 300 Years in the Making" Melody Groves (HH)	13 2pm Visiting Russian Delegation of Physicians tour 3pm Ice Cream Social with Russian Delegation; Residents Welcome (HH)	14
15 10am IL Church Service	16	17 11am Popejoy Signup (HH)	18 10am Menu Chat 10 am Resident Meeting (HH)	19	20 9:30 Trader Joes	21
22 10am IL Church Service	23	24 2pm Fashion Show & Royal Tea; Reservations required, Sign up at Hospitality Desk (HH)	25 10am Menu Chat	26 4pm Elk Watching Tour: Valles Caldera ??? Watch for flyers 7pm Humanities Council: 'Nina Otero Warren' Performed by Deb Blanche (HH)	27 4:00 NIRR Block Party (HH)	28
29 10am IL Church Service 10am Taste of the World: Sandia Golf Club Shuttle Service Available; Sign up at Hosp Desk	30		See Trip Book In Library For more Information About Trip Destinations.	 Blood Pressure Check Every Tuesday 1:00 to 2:30 Powell Room	Check Bulletin Boards for more Information	HH: Haverland Hall PR: Powell Room ART: ART Galleries of the Neighborhood

Resident Supported Activities

Monday.....10:30-Noon Stitchers Group (PR)
 Monday.....1pm Bridge (PR)
 Monday.....7pm Dictionary: 4th Floor North Seating Area (**Suspended for September**)
 Tuesday.....7pm Board Games (PR)
 Wednesday.....3pm TOPS (PR)
 Thursday.....10am Meditation (Chapel)
 Thursday.....1:30 Mah Jongg (PR)
 Friday.....1pm Poker (PR)
 Saturday.....10am Line Dancing (PR) (**Suspended for Sept & Oct**)
 Saturday.....7pm Mexican Train (PR)
 Sunday.....2pm Wii Bowling (PR)
 Sunday.....1:30pm Cribbage (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 - Wilfred Bryan

3D - Diane Torrance & Chuck Homer

Movies in the Powell Room

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

9/5 & 9/7 Indiana Jones & Temple of Doom PG 1 hr 58 mins Action/Adventure

9/12 & 9/14 The King's Speech R 1 hr 59 mins Drama

9/19 & 9/21 Working Girl R 1 hr 35 mins Drama

9/26 & 9/28 True Grit G 2 hrs 7 mins Classic

Communion/Rosary

Thursday 12:45 Communion for Catholics (Chapel)

Thursday 1pm The Rosary (Chapel)

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

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & IN LIBRARY

September 2019 - Fitness Class 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 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 Circuit Training (Tori) (Fitness Center)
	1:30-2:00pm Yoga w/ Marcia (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)	