


January 2020

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check Bulletin Boards for more information on any of the happenings listed here!	See Trip Book In Library For more Information About Trip Destinations. 	Blood Pressure Check Every Tuesday 1:00 to 2:30 Powell Room	1 11am New Years Day Football Games (PR) 	2	3 9:30 Sprouts	4
5 10am IL Church Service	6 11am Popejoy Sign ups for February thru June (HH)	7 2:30pm Movie: Sky Island (HH)	8 10am Menu Chat (PR) 12pm-2:30pm Thrift Shop #4134 Sales & Donations *New Inventory* 2pm New IL Residents Meet with DeAnn Eaton (Adm Conf Rm) All IL Residents Welcome 7pm UNM Abe Franck Grad String Quartet (HH)	9 11am Duran's Pharmacy for Lunch	10 4pm Block Party (HH)	11
12 10am IL Church Service 12:45 Popejoy: Peking Acrobats	13 3pm OASIS: "Steel Gangs" by Fred Friedman (Free) (HH)	14 2pm Resident Council 3:30 LWV Presents Mayor Hull "Rio Rancho City Requests of the 2020 NM Legislature" (HH)	15 10am Menu Chat (PR) 10am Resident Meeting (HH)	16	17 9:30 Trader Joes 5:15 Popejoy: Ballet Folclorico Nacional	18
19 10am IL Church Service	20 Martin Luther King Day 11am MLK Luncheon	21 2pm Movie: Buena Vista Social Club (HH)	22 10am Menu Chat (PR) 12:30pm Vara Winery Tasting 7pm Standard Deviation; Scott Hooker (HH)	23	24 4pm Block Party (HH)	25 5pm Philharmonic 
26 10am IL Church Service	27	28 3pm Jim Walker: "Coronado Campsite 1540-1541" (HH)	29 10am Menu Chat (PR) 7pm Trio—Two Flutes & A Piano (HH)	30 4pm ART Gallery Opening (ART)	31 5:15 Popejoy: Cirque Mechanics	HH: Haverland Hall PR: Powell Room ART: ART Galleries of the Neighborhood near Mailboxes Adm Conf Rm: 1st floor near Chapel

Resident Supported Activities

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.....1:30 Peg & Joker (Like Sorry) (PR)
Saturday.....10am Line Dancing (PR)
Saturday.....7pm Mexican Train (PR)
Sunday.....1:30pm Cribbage (PR)

1st Monday of the month.....10:30-Noon Stitchers Group (PR)
1st Friday of the month.....4pm Resident Block Party (HH)
2nd Tuesday of the month.....2pm Resident Council (PR)
3rd Monday of the month.....10:30-Noon Stitchers Group (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 - Bill Bryan
3D - Lola Stude

Movies in the Powell Room

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

1/2 & 1/4	The Legend of Tarzan	PG-13	1 hr 50 mins
1/9 & 1/11	My Big Fat Greek Wedding	PG	1 hr 49 mins
1/16 & 1/18	White Fang	PG	1 hr 49 mins
1/23 & 1/25	Pelican Brief	PG-13	2 hrs 21 mins
1/30 & 2/1	Benny & Joon	PG	1 hrs 38 mins

Communion/Rosary

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

Blood Pressure Clinic: Tuesday, 1pm - 2:30pm, Powell Rm

ADDITIONAL INFORMATION CAN BE FOUND ON POSTED FLYERS & IN THE LIBRARY

January 2020 - Fitness Classes Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
7:30-9:00am Supervised Pool & Weight Room (Tori) (Fitness Center)		8:00-8:45am Water Fitness (Tori) (Pool)	7:30-9:00am Supervised Weight Room (Tori) (Fitness Center)	
9:00-9:45am Water Fitness (Tori) (Pool)	9:00-9:45am Stretch & Strength (Tori) (Fitness Center)	9:15-9:45am Balance! (Tori) (Fitness Center)	9:00-9:45 Stretch & Strength (Tori) (Fitness Center)	9:00-9:45am Water Fitness (Tori) (Pool)
10:00-10:30am Balance! (Tori) (Fitness Center)				10:00-10:30am Balance! (Tori) (Fitness Center)
10:30—11:15am Circuit Class* (Tori) (Fitness Center)	10:30-11:15am Circuit Training (Tori) (Fitness Center)		10:30-11:15am Circuit Class* (Tori) (Fitness Center)	10:30-11:15am Circuit Training (Tori) (Fitness Center)
	1:30-2:00pm Chair Yoga w/ Marcia (Fitness Center)	<small>* Class times/events subject to change. Contact Tori for any questions or comments. (505)948-4168</small>	1:30-2:00pm Yoga w/ Marcia (Fitness Center)	