






February 2020

Independent Living Daily Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check Bulletin Boards for more Information.	HH: Haverland Hall PR: Powell Room ART: Neighborhood Art Galleries, near mailboxes	Blood Pressure Check Every Tuesday 1:00 to 2:30pm Powell Room 			See Trip Book In Library For more Information About Trips	1
2 10am IL Church Service 4pm Super Bowl (HH) 4:30 Kick Off	3	4 3pm ABQ Historical Society: "Dr Randy Love- lace & the Astronauts" by Lorretta Hall (HH) 5pm Popejoy: Book of Mormon	5 10am Menu Chat (PR) 12pm-2:30pm Thrift Shop #4134 Sales & Donations 2pm OSHER: 'A Funny Thing Hap- pened on the Way...' Mary Diecker (HH) 7pm Larry Freedman on Piano (HH)	6	7 9:30 Sprouts: Sign up at Hospitality Desk	8
9 10am IL Church Service	10 3pm OASIS: Duke Elling- ton by Jane Ellen (Free) (HH)	11 2pm Resident Council 3pm ABQ Historical Society: "Son of an Indian Trader" by Roger Zimmer- man (HH)	12 10am Menu Chat (PR) 9:30 ABQ Museum: Jim Henson Exhibit & Lunch	13	14  4pm Susan Clark, Pianist 4pm Valentines Block Party (HH) 4:30 Popejoy: Mystery Science Theater	15 5pm Philharmonic
16 10am IL Church Service	17  3pm Double Feature (HH) 1st: Valles Caldera; The Science 2nd: Volcanos of NM; Sleeping Monsters	18 3pm ABQ Historical Society: "Juan de Oñate: Commemoration & Con- troversy" by Dianne Lay- den (HH)	19 10am Menu Chat (PR) 10am Resident Meeting (HH) 7pm Scott & Irma Reeder: Celtic Music (HH)	20	21 9:30 Trader Joe's: Sign up at Hospitality Desk	22
23 10am IL Church Service 12:45 Popejoy: We've Only Just Begun	24	25 Noon Potluck followed by Mask Making (HH) Supplies provided or bring your own. 	26 10am Menu Chat (PR) 11am St. James Tea Room 7pm UNM Faculty Musi- cians (HH)	27	28 4pm Block Party (HH)	29 

Resident Supported Activities

Monday.....1pm Bridge (HH)
 Tuesday.....1pm Dictionary: 3rd Floor Scenic Lounge
 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 - Shirley Levy

3D - John & Beverly Young

Movies in the Powell Room

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

2/6 & 2/8	Judy	PG-13	1 hr 58 min	Musical
2/13 & 2/15	Harriet	PG-13	2 hrs 5 min	Drama
2/20 & 2/22	West Side Story	NR	1 hr 55 min	Classic
2/27 & 2/29	The Good Liar	PG	1 hr 49 min	Thriller

Communion/Rosary

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

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

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

February 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)	* 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)	