



March 2020

Independent Living Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:45 Popejoy: 1984	2	3 3pm Julius Kaplan: "La Traviata" (HH)	4 10am Menu Chat (PR) 7pm 3 On A Match (HH)	5 5pm Popejoy: The Mikado	6 9:30 Sprouts	7 5:45 Popejoy: Pilobolus
8 10am IL Church Service  12:45 Popejoy: The Celtic Fire	9 HCLG Heritage Day Holiday (Limited Staff) Curt Vavra, Manager on Duty	10 2pm Resident Council (PR) 2pm Wild Birds Series (HH)	11 10am Menu Chat (PR) 9:15 ABQ Sunport Art Collection & Lunch 7pm Rt 66 Revelers; Roger Hailstone (HH)	12 5pm Popejoy: Escape to Margaritaville	13 4pm NIRR Block Party (HH)	14
15 10am IL Church Service	16 1pm Librarian from Loma Colorado Library in Lobby 3pm Oasis: "Petula Clark" by Jane Ellen (HH)	17 1pm Jug of Punch Band (HH) 	18 10am Menu Chat (PR) 10am Resident Meeting (HH)	19 10am OSHER: 'Have You Lived Before? Past lives & the Evolution of Con- sciousness" by Gay With- erington (HH)	20 Spring Begins 9:30 Trader Joes 5pm Popejoy: The Tap Pack	21 5pm Philharmonic
22 10am IL Church Service 12:45 Popejoy: Broadway Princess Party	23	24 2pm Wild Birds Series (HH)	25 10am Menu Chat (PR) 11am Village Pizza	26	27 4pm NIRR Block Party (HH) 5pm Popejoy: Bollywood Blvd	28 3pm UNM Classical Piano Concert (HH) Grad Students 5:45 Popejoy: Killer Queen
29 10am IL Church Service 1:00 La Traviata at NHCC; Opera Southwest	30 7pm Enchanters Chorus (HH)	31 2pm Wild Birds Series (HH)	Check Bulletin Boards for more information on any of the happenings listed here!	HH: Haverland Hall PR: Powell Room ART: ART Galleries of the Neighborhood	See Trip Book In Library For more Information About Trip 	Blood Pressure Check Every Tuesday 1:00 to 2:30pm Powell Room

Resident Supported Activities

Monday.....1pm Bridge (HH)
 Tuesday.....1pm Dictionary: 3rd Floor Center 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

3/5 & 3/7	Good Liar (R)	1 hr 49 min	Thriller
3/12 & 3/14	Ford vs Ferrari (PG-13)	2 hrs 32 mins	Action Adventure
3/19 & 3/21	Parasite (R)	2 hrs 12 mins	Thriller
3/26 & 3/28	A Beautiful Day in the Neighborhood (PG)	1 hrs 48 mins	Drama

Communion/Rosary

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

Blood Pressure Clinic: Tuesday, 1:00 to 2:30pm, Powell Room

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

March 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)		1:30-2:00pm Yoga w/ Marcia (Fitness Center)	

* Class times/events subject to change. Contact Tori for any questions or comments. (505)948-4168