

March 2021

Independent Living Daily Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Albuquerque Museum of Art 10:00 Surviving The Mount St. Helens Disaster (NG) HH 11:00 Pompeii Secrets of the Dead(NG) HH	2 10:00 Communion 10:00 Popcorn 2:00 Out On A Limb - Shirley Mclaine HH	3 10:00 Origins: The Journey of Humankind - National Geographic PR 11:00 The Pharmacist PR 2:00 Out On A Limb - Shirley Mclaine HH	4 10:30 Sprouts 1:00 Albertsons	5 6
10:00 Chapel Service 7	3:00 OASIS - Blue Bayou: The Linda Ronstadt Story with Jane Ellen 8	10:00 Japan -Between- Earth & Sky (NG) HH 11:00 The Greeks(NG) HH 9	10:00 Communion 10:00 Popcorn 1:00 Hamilton HH 10	10:00 Origins: The Journey of Humankind - National Geographic PR 11:00 The Pharmacist PR 1:30 Scammer Awareness w/ Jay Morgan & Patrick Lobato 11	10:30 Trader Joes 1:00 Albertsons 12	13
10:00 Chapel Service 14 4:00 DAYLIGHT SAVING TIME	15	9:30 National Museum of Nuclear Science & History 10:00 Japan -Between- Earth & Sky (NG) HH 11:00 The Greeks(NG) HH 16	8:00 ST. PATRICK'S DAY - Wear Green 10:00 Communion 10:00 Popcorn 2:00 Irish movie - Fisherman's Friends HH 17	10:00 The Queen's Gambit HH 2:00 Craft - Easter Decoupage Small Gourds HH 18	10:30 Sprouts 1:00 Albertsons 19	20
10:00 Chapel Service 21	22	10:00 Japan -Between- Earth & Sky (NG) HH 11:00 The Greeks(NG) HH 23	10:00 Communion 10:00 Popcorn 24	10:00 The Queen's Gambit HH 25	10:30 Trader Joes 1:00 Albertsons 26	27
10:00 Chapel Service 28	29	10:00 Mars: Inside Space X (NG) HH 11:00 Petra: Secrets of the Ancient Builders (NG) HH 30	10:00 Communion 10:00 Popcorn 31	Check Bulletin Boards for more information on any of the happenings listed here!		Blood Pressure Checks As Needed Call x5054 for an appointment

Resident Supported Activities

Monday.....1pm Bridge (PR)
 Tuesday.....3pm Bingo (Zoom Online)
 Tuesday.....7pm Board Games (PR)
 Wednesday.....7pm Dictionary: (PR)
 Thursday.....10am Meditation (Chapel)
 Thursday.....1:30 Mah Jong (PR)
 Friday.....3pm Bingo (Zoom Online)
 Saturday.....10am Trivia Pursuit (2nd Floor North Lobby)
 Saturday.....7pm Mexican Train (PR)

Movies in the Haverland Hall

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

3/4 & 3/6 FRIDA ® 3h 3m

Exhibit at the Albuquerque Museum of Art

3/11 & 3/13 TESLA (PG-13) 1h 42m

3/18 & 3/20 THE OUTLAW JOSEY WALES (PG) 2h 15m

Resident Request

3/25 & 3/27 COCOON (PG-13) 1h 57m

Blood Pressure Clinic: Tuesday, 1:30 pm to 3:00 Powell Room

March 2021 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am 10:00am Water Aerobics	9:15am-9:45am Stretch & Strength (Fitness Center)	9:15am-10:00am Water Aerobics	9:15am-9:45am Stretch & Strength (Fitness Center)	9:15am-10:00am Water Aerobics
10:00-10:30am Balance! (Fitness Center)	10:00-10:30am Balance! (Fitness Center)	10:00-10:30am Balance! (Fitness Center)	10:00-10:30am Balance! (Fitness Center)	10:00-10:30am Balance! (Fitness Center)
10:30—11:15 Walking Group		10:30—11:15 Walking Group		10:30—11:15 Walking Group
1:30pm-2:00pm Zoom Fitness	1:30pm-2:00pm Chair Yoga (Fitness Center)	1:30pm-2:00pm Zoom Fitness	1:30pm-2:00pm Chair Yoga (Fitness Center)	1:30pm-2:00pm Zoom Fitness
		* Class times/events subject to change. Contact Jona at ext. 4145 for any ques- tions or com- ments.		

Sign up sheets are located at the front desk.