

July 2021

Independent Living Daily Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 The Crown - Season 2 HH ¹	10:30 Trader Joes ² 1:00 Albertsons 1:30 Pop-pop Italian Ice 4:00 Resident Happy Hour HH	³
10:00 Chapel Service ⁴ 11:30 4th of July Celebration 1:30 Watermelon Mountain Jug Band HH	⁵	10:00 Tokyo Trial ⁶ 11:00 Spycraft 11:30 Slate Street Cafe - Abq	10:00 Communion ⁷ 10:00 Menu Chat PR 2:00 NM Philharmonic Digital - 2020 Jackie McGhee Competition Winners & Golden Gavrylyuk HH	10:00 The Crown - Season 2 HH ⁸	10:30 Sprouts ⁹ 1:00 Albertsons 4:00 NIRR Happy Hour HH	¹⁰
10:00 Chapel Service ¹¹	3:00 OASIS - The Lamy Branch Rail Line HH ¹²	10:00 Tokyo Trial ¹³ 11:00 Spycraft	12:15 OUTING-The Gershwins: Porgy & Bess ¹⁴ 10:00 Communion	10:00 The Crown - Season 3 HH ¹⁵	10:30 Trader Joes ¹⁶ 1:00 Albertsons 4:00 Christine Fawson & Company 4:00 Resident Happy Hour HH	6:00 Landmark Musical presents "A Closer Walk with Patsy Cline" ¹⁷
10:00 Chapel Service ¹⁸	¹⁹	10:00 Tokyo Trial ²⁰ 11:00 Spycraft	10:00 Communion ²¹ 10:00 Menu Chat PR 2:00 Movie - Kolya	10:00 The Crown - Season 3 HH ²²	10:30 Sprouts ²³ 1:00 Albertsons 4:00 NIRR Happy Hour HH	²⁴
10:00 Chapel Service ²⁵	²⁶	10:00 Tokyo Trial ²⁷ 11:00 Spycraft	10:00 Communion ²⁸ 2:00 NM Philharmonic - Cardwell: Symphony w/Eight Obbligato Tumpani & Sergei Prokofiev: Peter & the Wolf Ballet HH	10:00 ILArts & Crafts Fair ²⁹ 10:00 The Crown - Season 3 HH	10:30 Trader Joes ³⁰ 1:00 Albertsons 4:00 Resident Happy Hour HH	³¹ Check Bulletin Boards for more information on any of the happenings listed here!

Resident Supported Activities

Monday.....1pm Bridge (PR)
 Tuesday.....1pm Dictionary (3rd Fl. North Elevators)
 Tuesday.....3pm Bingo (HHA)
 Tuesday.....7pm Board Games (PR)
 Thursday.....10am Meditation (Chapel)
 Thursday.....1:30 Mah Jong (PR)
 Saturday.....9:30am & 10am Line Dancing (PR) No Class May 29 through July 3
 Saturday.....10am Trivia Pursuit (2nd Floor North Lobby)
 Saturday.....7pm Mexican Train (PR)

1st & 3rd Wednesday each month **10am Menu Chat (PR)**
1st & 3rd Friday of the month **4pm Resident Happy Hour (HH)**
2nd Friday of the month **1:30pm Resident Council (PR)**
3rd Wednesday of the month **1:30pm Book Club (PR)**
2nd & 4th Friday of the month **4pm NIRRR Happy Hour (HH)**
5th Friday of the month **4pm Resident Happy Hour (HH) (if there is one)**

Movies in Haverland Hall

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

7/1 & 7/3 MY COUSIN VINNY R 2h

7/8 & 7/10 MADE IN ITALY R 1h 34m

7/15 & 7/17 DRAGONFLY PG-13 1h 44m

7/22 & 7/24 I CARE A LOT PG-13 1h 58m

7/29 & 7/31 GOOD WILL HUNTING R 2h 6m

July 2021 - Fitness Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am-9:55am Water Fitness (Pool)	9:15am-9:55am Stretch & Strength (Fitness Center)	9:15am-9:55am Water Fitness (Pool)	9:15am-9:45am Stretch & Strength (Fitness Center)	9:15am-9:55am Water Fitness (Pool)
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-2:15pm Circuit Class (Fitness Center)	1:30pm-2:00pm Chair Yoga (Fitness Center)	1:30pm-2:15pm Circuit Class (Fitness Center)	1:30pm-2:00pm Chair Yoga (Fitness Center)	1:30pm-2:15pm Circuit Class (Fitness Center)
* Class times/events subject to change. Contact Jona at ext. 4145 for any questions or comments.				