

# September 2021

## Independent Living Daily Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Blood Pressure Checks As Needed Call x5054 for an appointment</b></p>			10:00 Communion 1 10:00 Menu Chat PR 2:00 Framing John DeLorean (Documentary)	10:00 The Crown - Season 4 2 HH	10:30 Smiths 3 1:00 Albertsons 4:00 NIRR Happy Hour HH	7:30 NMPHil Under the Stars 4 (leaving @ 6:30pm)
10:00 Chapel Service 5	11:30 LABOR DAY BBQ 6 1:00 Mike Pirko - Labor Day Entertainer	10:00 This Is A Robbery: The World's Biggest Art Heist (Documentary) 7 11:00 Medal of Honor - Joseph Vittori (Documentary)	10:00 Communion 8 2:00 The Trial of the Chicago Seven - HH Rated R	10:00 The Crown - Season 4 9 HH 2:00 Banana's Foster Ice Cream Social HH	10:30 Trader Joes 10 1:00 Albertsons 4:00 Resident Happy Hour HH	11
10:00 Chapel Service 12	3:00 OASIS - Baroque Rome (In person lecture w/ Charlie Steen) HH 13	10:00 This Is A Robbery: The World's Biggest Art Heist (Documentary) 14 11:00 Medal of Honor - Richard L. Etchberger (Documentary)	9:30 Menu Chat PR 15 9:30 OUTING - Hayes Honey & Apple Farm - Bosque Farms 10:00 Communion 1:00 Rio Rancho Librarian Visit 2:00 Crip Camp: A Disability Revolution (Documentary, Rated R) HH	10:00 The Crown - Season 4 16 HH 2:00 Scavenger Hunt	10:30 Smiths 17 1:00 Albertsons 4:00 NIRR Happy Hour HH	18
10:00 Chapel Service 19	20	10:00 This Is A Robbery: The World's Biggest Art Heist (Documentary) 21 11:00 LUNCH BUNCH - Nick & Jimmy's 11:00 Medal of Honor - Ty M. Carter (Documentary)	10:00 Communion 22 2:00 Tea With the Dames (Documentary)	10:00 The Crown - Season 4 23 HH	10:30 Trader Joes 24 1:00 Albertsons 4:00 Resident Happy Hour HH 4:00 Tom Dhanens - Entertainer	25
10:00 Chapel Service 26	27	10:00 This Is A Robbery: The World's Biggest Art Heist (Documentary) 28 11:00 Medal of Honor - Vito Bertoldo (Documentary)	10:00 Communion 29 11:30 Oktoberfest - German Feast 1:00 Die Polka Schlingel -Entertainment for Oktoberfest	10:00 The Crown - Season 4 30 HH	Information subject to change	

# Resident Supported Activities

Monday..... 1pm Bridge (PR)  
 Tuesday..... 1pm Dictionary (3rd Fl. North Elevators)  
 Tuesday..... 7pm Board Games (PR)  
 Thursday..... 10am Meditation (Chapel)  
 Thursday..... 1pm Catholic Communion & Rosary (Chapel)  
 Thursday..... 1:30 Mah Jong (PR)  
 Saturday..... 9:30am & 10am Line Dancing (PR)  
 Saturday..... 10am Trivia Pursuit (2nd Floor North Lobby)  
 Saturday..... 7pm Mexican Train (PR)

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

9/2 & 9/4 ARGO R 2h

9/9 & 9/11 THE FOUNDER (MCDONALDS) PG-13 1h 55m

9/16 & 9/18 THE WORLD'S FASTEST INDIAN PG-13 2h 7m

9/23 & 10/2 HAMPSTEAD PG-13 1h 42m

**NOTE NEW TIME**  
**Blood Pressure Check**  
**Every Tuesday**  
**2pm to 3:30pm**  
**Powell Room**

## May 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.