


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>October 2024</p>		2:00 Ask A Death Doula w/Brooke & Danielle (HH) ¹	10:45 Verdes Cannabis on Coors 2:00 Second Time Around Donation Day-Apt. 4103 2-3pm ²	11:00 Bible Study (C) 1:00 Catholic Communion (C) 7:00 Movie (PR) ³	10:30 Dillards & Lunch at The Flying Star 10:45 Smith's 4:00 Happy Hour Snacks by Residents (PR) ⁴	2:00 Movie (PR) ⁵
11:00 Chapel & Communion (C) ⁶	10:15 Blood Pressure Check (HH) Until 11:30am 10:45 Albertson's ⁷	1:00 Costco Cottonwood(You must have a membership.) 3:00 Second Time Around Donation Day-Apt. 4103 3-4pm 7:00 Karl Richardson & L3 Band (HH) ⁸	2:00 Hearing Loss Presentation by Chrissy Pease (HH) ⁹	7:30 Balloon Fiesta Special Shapes Viewing & Breakfast @ Fitness Patio 11:00 Bible Study (C) 1:00 Catholic Communion (C) 6:00 Dress Rehearsal for Our Town: Open for Residents & Employees (HH) 7:00 Movie (PR) ¹⁰	10:45 Smith's 1:00 Bowling at Ten Pins-AL & II 1:30 Residents' Association Meeting (Ponderosa) 4:00 Happy Hour Snacks by NiRR (PR) ¹¹	2:00 Movie (PR) 7:30 Rio Rancho Players: Our Town (HH) ¹²
11:00 Chapel & Communion (C) 2:00 Rio Rancho Players: Our Town (HH) ¹³	10:15 Blood Pressure Check (HH) Until 11:30am 10:45 Albertson's 3:00 OASIS - The Science in Science Fiction by Len Duda (HH) ¹⁴	2:00 Second Time Around Sale!-Apt. 4103 2-3pm ¹⁵	1:30 Book Club (PR) 2:00 Living Healthier w/Music as Medicine by Nancy Pressley-Naimark (HH) ¹⁶	11:00 Bible Study (C) 1:00 Catholic Communion (C) 1:00 Sprout's 7:00 Movie (PR) ¹⁷	9:30 Picnic at Fenton Lake State Park Jemez 10:45 Trader Joe's 4:00 Happy Hour Snacks by Residents (PR) 7:30 Rio Rancho Players: Our Town (Live Music) (HH) ¹⁸	2:00 Movie (PR) 2:00 Rio Rancho Player: Our Town (HH) ¹⁹
11:00 Chapel & Communion (C) 2:00 Rio Rancho Players: Our Town (HH) ²⁰	10:15 Blood Pressure Check (HH) Until 11:30am 10:45 Albertson's ²¹	2:00 Craft-Decoupage w/ Lola & Valerie (HH) ²²	2:00 Craft-Decoupage w/Lola & Valerie (HH) 7:00 3 On A Match Kabarett (HH) ²³	9:00 La Fonda Art & History Tour/Lunch at Plaza Cafe 11:00 Bible Study (C) 1:00 Catholic Communion (C) 2:00 Cooking Demo w/ Chef, Bruce Jones (HH) 2:00 Loma Colorado Library: Librarian Visit (L) 7:00 Movie (PR) ²⁴	10:45 Smith's 1:00 Hearing Aid Cleaning & Checking w/Michael MacDonald (HH) 4:00 Happy Hour Snacks by NiRR (HH) ²⁵	2:00 Movie (PR) 2:00 Rio Rancho Player: Our Town (HH) 7:30 Rio Rancho Players: Our Town (HH) ²⁶
11:00 Chapel & Communion (C) 2:00 Rio Rancho Players: Our Town (HH) ²⁷	10:15 Blood Pressure Check (HH) Until 11:30am 10:45 Albertson's ²⁸		2:00 Second Time Around Sale!-Apt. 4103 2-3pm 7:00 NMHC-La Llorona, The Wailing Woman by Rosalia Pacheco (Chatauqua) (HH) ²⁹	10:00 Halloween Dog Parade - IL to AL Hospitality Desks 11:00 Bible Study (C) 1:00 Catholic Communion (C) 2:00 Halloween Costume Party (HH) 7:00 Movie (PR) ³⁰		LOCATION LEGEND Chapel = C Haverland Hall = HH Powell Room = PR Ponderosa Patio = PP Lobby = L

RESIDENT HED ACTIVITIES

Monday	10:30am	Stitchers Club	PR
Monday	1:00pm	Bridge	PR
Tuesday	1:00pm	Dictionary	PR
Tuesday	7:00pm	Board Games	PR
Thursday	1:30pm	Mah Jong	PR
Saturday	10:00-10:30am	Line Dancing	PR
Saturday	7:00pm	Rummikub	PR
Sunday	1:00pm	Cribbage	PR
Thursday	2:30pm	Spanish w/Dede	
	2nd Floor	N. sitting area	

MOVIES IN POWELL ROOM Thursdays 7pm & Saturdays 2pm

10/3 & 10/5	Field of Dreams (PG)	1H 47M
10/10 & 10/12	Burn After Reading (R)	1H 36M
10/17 & 10/19	The Shooter (R)	2H 4M
10/24 & 10/26	The Martian (PG13)	2H 3M
10/31 & 11/2	Practical Magic (PG-13)	1H 44M

1st & 3rd	Wednesday	11:00am	Menu Chat	PR
2nd	Friday	1:30pm	Resident Association	HH
1st & 3rd	Friday	4:00pm	Resident Happy Hour	HH
2nd & 4th	Friday	4:00pm	NiRR Happy Hour	PR
5th	Friday	4:00pm	Resident Happy Hour	PR

FITNESS CLASS SCHEDULE

MON	TUE	WED	THU	FRI
9:10am - 9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am - 9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am - 9:55am Water Fitness (Pool)
10:00am - 10:55am Balance! (Fitness Center)	10:10am - 10:40am Chair Pilates (Fitness Center)	10:10am - 10:55am Balance! (Fitness Center)	10:10am - 10:40am Chair Pilates (Fitness Center)	10:010am - 10:55am Balance! (Fitness Center)
11:00am - 11:45am Walking Group (Lobby Meet)	10:50am - 11:20am Assisted Balance (Fitness Center)	1100am - 11:45am Walking Group (Lobby Meet)	10:50am - 11:20am Assisted Balance (Fitness Center)	11:00am - 11:45am Walking Group (Lobby Meet)
1:30pm - 2:15pm Circuit Class (Fitness Center)		1:30pm - 2:15pm Circuit Class (Fitness Center)		1:30pm - 2:15pm Circuit Class (Fitness Center)

*Class times/events subject to change.
Contact Jen at ext. 4145 for any questions or comments.