



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025		2:00 Ancient Life: Paleozoic New Mexico by Spencer G. Lucas, Phd (HH) <sup>1</sup>	11:00 Menu Chat (PR) <sup>2</sup> 11:05 Blood Pressure Check  11:05am to 12:05pm (HH)	7:00 Movie (PR) <sup>3</sup>	11:30 4th of July BBQ w/Storyville Five (HH) <sup>4</sup> 4:00 Happy Hour  Snacks by Residents (HH)	2:00 Movie (PR) <sup>5</sup>
1:30 Sing-A-Long with Carol Nieling (HH) <sup>6</sup>	10:45 Albertson's <sup>7</sup>	2:00 NM Financial & Family Law w/ Dennis Banning, Esq.(HH) <sup>8</sup>	11:05 Blood Pressure Check  11:05am to 12:05pm (HH) <sup>9</sup> 2:00 The Films of Barbara Striesand, with Dan Hudak (HH)	7:00 Movie (PR) <sup>10</sup>	10:45 Smith's <sup>11</sup> 1:30 Residents' Association Meeting (HH) 4:00 Happy Hour   Snacks by NiRR (HH)	2:00 Movie (PR) <sup>12</sup>
<sup>13</sup>	10:45 Albertson's <sup>14</sup> 3:00 OASIS: Jewish New Mexicans in WWII presented by Naomi Sandweiss Willie (HH)	2:00 EGIS-Home Health Care with Bart Crockett (HH) <sup>15</sup> 2:00 Second Time Around Donation Day-Apt. 4103 2-3pm	11:00 Menu Chat (PR) <sup>16</sup> 11:05 Blood Pressure Check  11:05am to 12:05pm (HH) 1:30 Book Club (PR)	2:00 Loma Colorado Library: Librarian Visit (L) <sup>17</sup> 7:00 Movie (PR)	10:45 Trader Joe's <sup>18</sup> 4:00 Happy Hour  Snacks by Residents (HH)	2:00 Classical Pianist, Charles McDaniel (HH) <sup>19</sup> 2:00 Movie (PR)
<sup>20</sup>	10:45 Albertson's <sup>21</sup>	1:30 Second Time Around Sale - Apt 4103 1:30p-2:30pm <sup>22</sup> 7:00 Vocalist, Tracey Whitney & Pianist, Sid Findley (HH)	11:05 Blood Pressure Check  11:05am to 12:05pm (HH) <sup>23</sup>	2:00 Cooking Demo w/ Chef, Bruce Jones (HH) <sup>24</sup> 7:00 Movie (PR)	10:45 Smith's <sup>25</sup> 4:00 Happy Hour   Snacks by NiRR (HH)	2:00 Movie (PR) <sup>26</sup>
<sup>27</sup>	10:45 Albertson's <sup>28</sup>	<sup>29</sup>	11:05 Blood Pressure Check  11:05am to 12:05pm (HH) <sup>30</sup>	7:00 Movie (PR) <sup>31</sup>	<div><div></div><div>LOCATION LEGEND Chapel = C Haverland Hall = HH Powell Room = PR Ponderosa Patio = PP Lobby = L</div></div>	



# RESIDENT LED ACTIVITIES

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
		N. sitting area	Flr

## MOVIES IN POWELL ROOM

Thursdays 7pm & Saturdays 2pm

7/3 & 7/5	The Cider House Rules	2H 6M
7/10 & 7/12	Out of Towners	1H 30M
7/17 & 7/19	Amadeus	2H 40M
7/24 & 7/26	The Art of Racing in the Rain	1H 49M
7/31 & 8/2	Good Night, and Good Luck	1H 33M

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.				