

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025



| | | | | | | |
|--|--|--|---|---|--|--|
| | | | | | | 2:00 Movie (PR) ¹ |
| | ² 10:45 Albertson's 2:00 Living Healthier w/Music as Medicine-Part 2 (HH) | ³ 10:00 AARP Driver Safety Course by Richard Huxtable (HH) 10:15 Blood Pressure Check Until 11:30am (HH) 2:00 AARP Driver Safety Course by Richard Huxtable (HH) 2:00 Second Time Around Donation Day-Apt. 4103 2-4pm | ⁴ 11:00 Menu Chat (PR) 2:00 Social Art Club with Samantha: Trees (HH) | ⁵ 10:00 Social Media Presentation & Workshop (HH) 11:00 Bible Study (C) 11:30 LUNCH at Juniper Steakhouse @ Santa Ana Casino 7:00 Movie (PR) | ⁶ 10:45 Smith's 4:00 Happy Hour Snacks by Residents (HH) | ⁷ 2:00 Movie (PR) ⁸ |
| ⁹ 4:30 Super Bowl LIX - Kansas City Chiefs vs. Philadelphia Eagles (PR) | ¹⁰ 10:45 Albertson's 3:00 OASIS-The Silk Road Unveiled by Rikki Quintana (HH) | ¹¹ 10:15 Blood Pressure Check Until 11:30am (HH) 7:00 Margaritaville w/Mike Pirko (HH) | ¹² 10:00 Corus w/ Stefanie Manzanares RN, BSN (HH) 2:00 Social Art Club with Samantha: Heart Health Valentine (HH) | ¹³ 11:00 Bible Study (C) 1:30 NiRR Singers - Valentine Songs (HH) 7:00 Movie (PR) | ¹⁴ 10:45 Smith's 1:30 Residents' Association Meeting (HH) 4:00 Happy Hour Snacks by NiRR (HH) <i>Happy Valentine's Day</i> | ¹⁵ 2:00 Movie (PR) |
| ¹⁶ | ¹⁷ 10:45 Albertson's Washington's Birthday President's Day | ¹⁸ 10:15 Blood Pressure Check Until 11:30am (HH) 1:00 Second Time Around Sale - Apt 4103 1-3pm | ¹⁹ 11:00 Menu Chat (PR) 1:30 Book Club (PR) 2:00 Social Art Club with Samantha: Clay (HH) 7:00 Abraham Franck String Quartet from UNM (HH) | ²⁰ 11:00 Bible Study (C) 2:00 Loma Colorado Library: Librarian Visit (L) 7:00 Movie (PR) | ²¹ 10:45 Trader Joe's 4:00 Happy Hour Snacks by Residents (HH) | ²² 2:00 Movie (PR) |
| ²³ | ²⁴ 10:45 Albertson's 2:00 Camino de Santiago by David Ryan (HH) | ²⁵ 10:15 Blood Pressure Check Until 11:30am (HH) | ²⁶ 2:00 Social Art Club with Samantha: Fruit (HH) | ²⁷ 11:00 Bible Study (C) 2:00 Cooking Demo w/ Chef, Bruce Jones (HH) 7:00 Movie (PR) | ²⁸ 10:45 Smith's 4:00 Happy Hour Snacks by NiRR (HH) | LOCATION LEGEND Chapel = C Haverland Hall = HH Powell Room = PR Ponderosa Patio = PP Lobby = L |

RESIDENT LED ACTIVITIES

| | | | |
|-----------|---------------|--------------|--------|
| Monday | 1:00pm | Bridge | PR |
| Monday | 3:00pm | Meditation | Chpl |
| Tuesday | 7:00pm | Board Games | PR |
| Wednesday | 1:30pm-3rd Wk | Book Club | PR |
| Thursday | 1:30pm | Mah Jong | PR |
| Thursday | 2:30pm | Spanish | 2nd FL |
| Saturday | 10:00-10:30am | Line Dancing | PR |
| Saturday | 7:00pm | Rummikub | PR |
| Sunday | 1:00pm | Cribbage | PR |

MOVIES IN POWELL ROOM

Thursdays 7pm & Saturdays 2pm

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|------------------------|---|---------------|
| 2/6 & 2/8 | Mrs. Palfrey at the Claremont (NR) | 1H 48M |
| 2/13 & 2/15 | Clear and Present Danger (PG-13) | 2H 21M |
| 2/20 & 2/22 | Working Girl (R) | 1H 53M |
| 2/27 & 3/1 | A Quiet Passion (PG-13) | 2H 5M |

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|-----------|-----------|---------|----------------------|----|
| 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 | HH |
| 5th | Friday | 4:00pm | Resident Happy Hour | HH |

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.