

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

|                                                                                                                                                      |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● CONNECT</li> <li>● CONTRIBUTE</li> <li>● FEEL</li> <li>● GROW</li> <li>● MOVE</li> <li>● REFLECT</li> </ul> | <p><b>CONNECT</b></p> <p><b>CONTRIBUTE</b></p> <p><b>FEEL</b></p> <p><b>GROW</b></p> <p><b>MOVE</b></p> <p><b>REFLECT</b></p> | <p>9:00 ● CHAIR EXERCISES</p> <p>9:30 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:00 ● PAINT CLASS</p> <p>10:45 ● CATHOLIC COMMUNION</p> <p>12:30 ● CHICKEN SOUP FOR THE SOUL READINGS</p> <p>1:30 ● BULLS EYE TARGET</p> <p>2:00 ● WATERCOLOR WITH SUKI</p> <p>2:30 ● SCENIC DAY IN ABQ</p> <p>3:30 ● BOOK CLUB - ART HISTORY</p> <p>5:30 ● NEIGHBORHOOD STROLL</p> <p>6:00 ● AROMATHERAPY</p> | <p>9:00 ● TAI-CHI</p> <p>9:30 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:00 ● BINGO</p> <p>1:00 ● ZEN GARDEN</p> <p>2:00 ● BOWLING</p> <p>2:30 ● HAPPY HOUR PARTY with RED ROOSTERS</p> <p>3:30 ● BOOK CLUB - MUSIC HISTORY</p> <p>6:00 ● PRIME TIME ABQ</p> <p>7:00 ● AROMATHERAPY</p> | <p>9:00 ● YOGA CHAIR EXERCISES</p> <p>9:30 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:00 ● ART CLASS FOR SPRING</p> <p>10:30 ● WHITE BOARD MATH GAMES</p> <p>1:00 ● JACKPOT BINGO !</p> <p>2:30 ● GREAT EVENTS AND STORIES</p> <p>3:00 ● HAPPY HOUR with GENE CORBIN</p> <p>4:30 ● TRIVIA</p> <p>5:30 ● HAND MESSAGE with WORD OF AFFIRMATION</p> | <p>9:00 ● TAI-CHI</p> <p>9:30 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:00 ● ART CLASS FOR SPRING</p> <p>1:00 ● BAKING</p> <p>2:15 ● ICE CREAM SOCIAL &amp; REMEMBER WHEN WITH RHONDA</p> <p>6:00 ● CHAIR BIKE</p> <p>7:00 ● AROMATHERAPY</p> | <p>9:00 ● CHAIR BIKES</p> <p>10:00 ● BOOKCLUB - AMERICA THE BEAUTIFUL</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● BOOK CLUB AMERICA THE BEAUTIFUL</p> <p>1:00 ● MUSIC CLASS</p> <p>2:30 ● THE 50'S HAPPY HOUR PARTY</p> <p>5:30 ● STRETCHING EXERCISES</p> <p>6:00 ● AROMATHERAPY</p> | <p>9:00 ● SCENIC RIDE IN ABQ</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:15 ● BOOKCLUB - America From The Air</p> <p>1:30 ● PRIME TIME ABQ</p> <p>2:00 ● HAPPY HOUR - BIG BANDS MUSIC 1930'S-1950'S</p> <p>3:00 ● TRIVIA</p> <p>5:30 ● GRATITUDE SHARING / GREAT EVENT STORIES</p> <p>6:30 ● HAND - SHOULDER - NECK MASSAGE</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**LOCATIONS**

*Activity Room - AR*  
*Country Kitchen - CK*  
*Living Room - LR*  
*Calma Room- CR*  
*Shuttle Bus - SB*  
*Dining Room - DR*

**BIRTHDAYS THIS MONTH**

**SENIOR LIFESTYLE**  
*Come grow with us!*

**SENIOR LIFESTYLE**  
*Unlimited options, Unparalleled services*

[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)  
 Activities are subject to change

|                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>7:30 ● CHICKEN SOUP FOR THE SOUL READING</p> <p>9:00 ● Tai-Chi</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● Last Weeks Good News</p> <p>1:00 ● SING-A-LONG with RONDA</p> <p>2:15 ● WOODMARK CHURCH</p> <p>3:30 ● GRATITUDE STORIES FROM RESIDENTS</p> <p>5:30 ● OUTDOOR / INDOOR STROLL</p> <p>7:00 ● MEN'S NIGHT - SPORTS / NEAR BEER, POPCORN, CHIPS &amp; COKE</p> | <p>8:30 ● OUTDOOR / INDOOR STROLL</p> <p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:45 ● CATHOLIC COMMUNION</p> <p>11:00 ● RELAXATION MUSIC - RESIDENT PIANO SOLO'S</p> <p>1:30 ● BULL'S EYE TARGET PRACTICE</p> <p>2:00 ● NAME THAT TUNE</p> <p>2:30 ● SCENIC DAY IN ABQ</p> <p>3:00 ● BOOK CLUB - ART HISTORY</p> <p>5:30 ● ROLL &amp; STROLL CLUB</p> <p>6:00 ● AROMATHERAPY</p> | <p>9:00 ● TAI-CHI</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:20 ● THYMELESS - PLANTING SEEDLINGS</p> <p>1:30 ● GUESS THAT OBJECT</p> <p>2:00 ● THERAPY BALL</p> <p>3:10 ● BOOK CLUB - MUSIC HISTORY</p> <p>6:00 ● CHAIR MEDITATION</p> <p>6:30 ● PRIME TIME ABQ</p> <p>7:30 ● PRIME TIME ABQ</p>                                               | <p>9:00 ● YOGA CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>1:30 ● BEAT THE TRIVIA MASTER</p> <p>1:30 ● INSPIRATIONAL QUOTES</p> <p>3:00 ● HAPPY HOUR with ROBERT CHAVEZ</p> <p>6:30 ● GRATITUDE READINGS and SHARING</p> <p>7:00 ● AROMATHERAPY</p>         | <p>9:00 ● TAI-CHI / BALLET</p> <p>10:00 ● BIRDHOUSE PAINTING</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:15 ● WHITEBOARD WORDPLAY</p> <p>2:15 ● ICE CREAM SOCIAL AND MUSIC MIX</p> <p>— ● REMEMBER WHEN</p> <p>6:00 ● CHAIR BIKE</p> <p>7:00 ● HAND MASSAGE</p> | <p>9:00 ● TAI-CHI</p> <p>9:30 ● BOOKCLUB-America the Beautiful</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● BOOK CLUB AMERICA THE BEAUTIFUL</p> <p>1:00 ● JOKEBOOK</p> <p>1:30 ● BOOK CLUB - SCENIC AMERICA</p> <p>2:00 ● THE 50'S HAPPY HOUR PARTY</p> <p>4:00 ● BREATHING EXERCISES</p> <p>5:30 ● STRETCHING EXERCISES</p> <p>6:00 ● AROMATHERAPY</p> <p>6:00 ● CHAIR MEDITATION</p>                                   | <p>9:00 ● SCENIC RIDE IN ABQ</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:15 ● BOOKCLUB - America From The Air</p> <p>11:15 ● PAINT CLASS</p> <p>1:30 ● PRIME TIME ABQ</p> <p>2:00 ● CHAIR DANCING TO THE OLDIES</p> <p>2:00 ● HAPPY HOUR - BIG BANDS MUSIC 1930'S-1950'S</p> <p>3:00 ● TRIVIA</p> <p>5:00 ● TRIVIA</p> <p>5:30 ● GRATITUDE SHARING / GREAT EVENT STORIES</p> <p>6:00 ● GRATITUDE SHARING</p> <p>6:30 ● HAND - SHOULDER - NECK MASSAGE</p> <p>6:30 ● TRIVIA</p> |
| <p>9:00 ● Tai-Chi</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:20 ● Last Weeks Good News</p> <p>2:15 ● WOODMARK CHURCH / SMITH</p> <p>3:30 ● GRATITUDE STORIES FROM RESIDENTS</p> <p>5:00 ● WALK AND ROLL CLUB</p> <p>7:00 ● MEN'S NIGHT - SPORTS / NEAR BEER, POPCORN, CHIPS &amp; COKE</p>                                                                                   | <p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:45 ● CATHOLIC COMMUNION</p> <p>11:00 ● RELAXATION MUSIC - RESIDENT PIANO SOLO'S</p> <p>1:30 ● BULL'S EYE TARGET PRACTICE</p> <p>2:00 ● NAME THAT TUNE</p> <p>2:30 ● SCENIC DAY IN ABQ</p> <p>3:00 ● BOOK CLUB - ART HISTORY</p> <p>5:30 ● ROLL &amp; STROLL CLUB</p> <p>6:00 ● AROMATHERAPY</p>                                       | <p>9:00 ● TAI-CHI</p> <p>10:00 ● BOOK CLUB - LOST CIVILIZATIONS</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:20 ● THYMELESS - PLANTING SEEDLINGS</p> <p>1:30 ● GUESS THAT OBJECT</p> <p>2:00 ● THERAPY BALL</p> <p>3:10 ● BOOK CLUB - MUSIC HISTORY</p> <p>6:00 ● CHAIR MEDITATION</p> <p>6:30 ● PRIME TIME ABQ</p> <p>7:30 ● PRIME TIME ABQ</p> | <p>9:00 ● YOGA CHAIR EXERCISES</p> <p>10:00 ● BOOK CLUB - LOST CIVILIZATIONS</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>1:30 ● VILLAGE INN - PIE DAY</p> <p>3:00 ● HAPPY HOUR with GENE CORBIN</p> <p>6:30 ● GRATITUDE READINGS and SHARING</p> <p>7:00 ● AROMATHERAPY</p> | <p>9:00 ● TAI-CHI</p> <p>10:00 ● BIRDHOUSE PAINTING</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:15 ● WHITEBOARD WORDPLAY</p> <p>2:15 ● ICE CREAM SOCIAL AND MUSIC MIX</p> <p>— ● REMEMBER WHEN</p> <p>6:00 ● CHAIR BIKE</p> <p>7:00 ● HAND MASSAGE</p>          | <p>9:00 ● TAI-CHI</p> <p>9:30 ● BOOKCLUB-America the Beautiful</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● BOOK CLUB AMERICA THE BEAUTIFUL</p> <p>1:00 ● JOKEBOOK</p> <p>1:00 ● TACTILE STIMULATION</p> <p>1:30 ● BOOK CLUB - SCENIC AMERICA</p> <p>2:00 ● THE 50'S HAPPY HOUR PARTY</p> <p>4:00 ● BREATHING EXERCISES</p> <p>5:30 ● STRETCHING EXERCISES</p> <p>6:00 ● AROMATHERAPY</p> <p>6:00 ● CHAIR MEDITATION</p> | <p>9:00 ● SCENIC RIDE IN ABQ</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:15 ● BOOKCLUB - America From The Air</p> <p>11:15 ● PAINT CLASS</p> <p>1:30 ● PRIME TIME ABQ</p> <p>2:00 ● CHAIR DANCING TO THE OLDIES</p> <p>2:00 ● HAPPY HOUR - BIG BANDS 1930'S - 1950'S</p> <p>3:00 ● TRIVIA</p> <p>5:00 ● TRIVIA</p> <p>5:30 ● GRATITUDE SHARING / GREAT EVENT STORIES</p> <p>6:00 ● GRATITUDE SHARING</p> <p>6:30 ● HAND - SHOULDER - NECK MASSAGE</p> <p>6:30 ● TRIVIA</p>     |
| <p><b>Easter</b></p> <p>9:00 ● Tai-Chi</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:20 ● Last Weeks Good News</p> <p>2:15 ● WOODMARK CHURCH</p> <p>3:30 ● GRATITUDE STORIES FROM RESIDENTS</p> <p>5:00 ● WALK AND ROLL CLUB</p> <p>7:00 ● MEN'S NIGHT - SPORTS / NEAR BEER, POPCORN, CHIPS &amp; COKE</p>                                                                      | <p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:45 ● CATHOLIC COMMUNION</p> <p>11:00 ● RELAXATION MUSIC - RESIDENT PIANO SOLO'S</p> <p>1:30 ● BULL'S EYE TARGET PRACTICE</p> <p>2:00 ● NAME THAT TUNE</p> <p>2:30 ● SCENIC DAY IN ABQ</p> <p>3:00 ● BOOK CLUB - ART HISTORY</p> <p>5:30 ● ROLL &amp; STROLL CLUB</p> <p>6:00 ● AROMATHERAPY</p>                                       | <p>9:00 ● TAI-CHI</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:20 ● THYMELESS - PLANTING SEEDLINGS</p> <p>1:30 ● GUESS THAT OBJECT</p> <p>2:00 ● THERAPY BALL</p> <p>3:10 ● BOOK CLUB - MUSIC HISTORY</p> <p>6:00 ● CHAIR MEDITATION</p> <p>6:30 ● PRIME TIME ABQ</p>                                                                            | <p>9:00 ● YOGA CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>1:00 ● DAIRY QUEEN OUTING</p> <p>1:00 ● INSPIRATIONAL QUOTES</p> <p>3:00 ● HAPPY HOUR with KATHY LIDEN</p> <p>6:30 ● GRATITUDE READINGS and SHARING</p> <p>7:00 ● AROMATHERAPY</p>               | <p>9:00 ● TAI-CHI / BALLET</p> <p>10:00 ● BIRDHOUSE PAINTING</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:15 ● WHITEBOARD WORDPLAY</p> <p>2:15 ● ICE CREAM SOCIAL AND MUSIC MIX</p> <p>— ● REMEMBER WHEN</p> <p>6:00 ● CHAIR BIKE</p> <p>7:00 ● HAND MASSAGE</p> | <p>9:00 ● TAI-CHI</p> <p>9:30 ● BOOKCLUB-America the Beautiful</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● BOOK CLUB AMERICA THE BEAUTIFUL</p> <p>1:00 ● JOKEBOOK</p> <p>1:30 ● BOOK CLUB - SCENIC AMERICA</p> <p>2:00 ● THE 50'S HAPPY HOUR PARTY</p> <p>4:00 ● BREATHING EXERCISES</p> <p>5:30 ● STRETCHING EXERCISES</p> <p>6:00 ● AROMATHERAPY</p> <p>6:00 ● CHAIR MEDITATION</p>                                   | <p>9:00 ● SCENIC RIDE IN ABQ</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:15 ● BOOKCLUB - America From The Air</p> <p>12:30 ● PAINT CLASS</p> <p>1:30 ● PRIME TIME ABQ</p> <p>2:00 ● CHAIR DANCING TO THE OLDIES</p> <p>2:00 ● HAPPY HOUR - BIG BANDS 1930'S - 1950'S</p> <p>3:00 ● TRIVIA</p> <p>5:00 ● TRIVIA</p> <p>5:30 ● GRATITUDE SHARING / GREAT EVENT STORIES</p> <p>6:00 ● GRATITUDE SHARING</p> <p>6:30 ● HAND - SHOULDER - NECK MASSAGE</p> <p>6:30 ● TRIVIA</p>     |
| <p>9:00 ● Tai-Chi</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:20 ● Last Weeks Good News</p> <p>2:15 ● WOODMARK CHURCH / SMITH</p> <p>3:30 ● GRATITUDE STORIES FROM RESIDENTS</p> <p>5:00 ● WALK AND ROLL CLUB</p> <p>7:00 ● MEN'S NIGHT - SPORTS / NEAR BEER, POPCORN, CHIPS &amp; COKE</p>                                                                                   | <p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:45 ● CATHOLIC COMMUNION</p> <p>11:00 ● RELAXATION MUSIC - RESIDENT PIANO SOLO'S</p> <p>1:30 ● BULL'S EYE TARGET PRACTICE</p> <p>2:00 ● NAME THAT TUNE</p> <p>2:30 ● SCENIC DAY IN ABQ</p> <p>3:00 ● BOOK CLUB - ART HISTORY</p> <p>5:30 ● ROLL &amp; STROLL CLUB</p> <p>6:00 ● AROMATHERAPY</p>                                       | <p>9:00 ● TAI-CHI</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:20 ● THYMELESS - PLANTING SEEDLINGS</p> <p>1:30 ● GUESS THAT OBJECT</p> <p>2:00 ● THERAPY BALL</p> <p>3:10 ● BOOK CLUB - MUSIC HISTORY</p> <p>6:00 ● CHAIR MEDITATION</p> <p>6:30 ● PRIME TIME ABQ</p>                                                                            | <p>9:00 ● YOGA CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p>                                                                                                                                                                                                     | <p>9:00 ● TAI-CHI / BALLET</p> <p>10:00 ● BIRDHOUSE PAINTING</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>11:15 ● WHITEBOARD WORDPLAY</p> <p>2:15 ● ICE CREAM SOCIAL AND MUSIC MIX</p> <p>— ● REMEMBER WHEN</p> <p>6:00 ● CHAIR BIKE</p> <p>7:00 ● HAND MASSAGE</p> | <p>9:00 ● TAI-CHI</p> <p>9:30 ● BOOKCLUB-America the Beautiful</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:30 ● BOOK CLUB AMERICA THE BEAUTIFUL</p> <p>1:00 ● JOKEBOOK</p> <p>1:30 ● BOOK CLUB - SCENIC AMERICA</p> <p>2:00 ● THE 50'S HAPPY HOUR PARTY</p> <p>4:00 ● BREATHING EXERCISES</p> <p>5:30 ● STRETCHING EXERCISES</p> <p>6:00 ● AROMATHERAPY</p> <p>6:00 ● CHAIR MEDITATION</p>                                   | <p>9:00 ● SCENIC RIDE IN ABQ</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION &amp; VISUALLY IMPAIRED)</p> <p>10:15 ● BOOKCLUB - America From The Air</p> <p>12:30 ● PAINT CLASS</p> <p>1:30 ● PRIME TIME ABQ</p> <p>2:00 ● CHAIR DANCING TO THE OLDIES</p> <p>2:00 ● HAPPY HOUR - BIG BANDS 1930'S - 1950'S</p> <p>3:00 ● TRIVIA</p> <p>5:00 ● TRIVIA</p> <p>5:30 ● GRATITUDE SHARING / GREAT EVENT STORIES</p> <p>6:00 ● GRATITUDE SHARING</p> <p>6:30 ● HAND - SHOULDER - NECK MASSAGE</p> <p>6:30 ● TRIVIA</p>     |