

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

<ul style="list-style-type: none"> ● CONNECT ● CONTRIBUTE ● FEEL ● GROW ● MOVE ● REFLECT 	<p>CONNECT</p> <p>CONTRIBUTE</p> <p>FEEL</p> <p>GROW</p> <p>MOVE</p> <p>REFLECT</p>	<p>9:00 ● CHAIR EXERCISES</p> <p>9:30 ● TACTILE STIMULATION (HAND-EYE COORDINATION & 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 & 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 & 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 & VISUALLY IMPAIRED)</p> <p>10:00 ● ART CLASS FOR SPRING</p> <p>1:00 ● BAKING</p> <p>2:15 ● ICE CREAM SOCIAL & 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 & 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 & 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>
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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
 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 & 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 & COKE</p>	<p>8:30 ● OUTDOOR / INDOOR STROLL</p> <p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION & 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 & STROLL CLUB</p> <p>6:00 ● AROMATHERAPY</p>	<p>9:00 ● TAI-CHI</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION & 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 & 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 & 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 & 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 & 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 & 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 & COKE</p>	<p>9:00 ● CHAIR EXERCISES</p> <p>10:00 ● TACTILE STIMULATION (HAND-EYE COORDINATION & 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 & 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 & 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 & 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 & 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 & 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 & 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>
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