

January 2019

Sierra Winds
17300 North 88th Ave Peoria AZ 85382
Phone (623) 972-0212 (800)223-0151 www.sierrawinds.com

Red = Physical
Blue = Intellectual
Purple = Emotional

Yellow = Spiritual
Green = Social

- Italics means new program
- Bold denotes outside activity

- \$ denotes cost attached
- * means sign-up required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION KEY 1. Alexander Room 2. Craft Room 3. Game Room 4. Library 5. Dining Room 6. Front Lobby 7. Exercise Center 8. Arts & Crafts Center 9. Oasis Bistro 10. East Atrium-1	LOCATION KEY 11. West Atrium 12. Swimming Pool 13. Health Care Center 14. Arizona Room 15. Chapel 16. Horseshoe Drive 17. Private Dining Room 18. Putting Green 19. 1E Floor East Parlor 20. 1W Floor West Parlor	NEW YEAR'S DAY 6:30 Jim Correnti-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Sprout's-6*	9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	9:00 Computer Club-1 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3	9:00 Zumba-1 9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1
6 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	7 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:00 Resident Council-17 10:00 Smiles by Delivery-3 10:00 Seated Fitness-1 3:00 Current Events-14 4:30 Lights of the World-6*\$ 6:30 BINGO-1	8 8:30 Birthday Breakfast-14* 9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Activity Open Forum-1 6:30 T.A. Burrows -1	9 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 2:00 Desert Palms Art-6* 1:00 Walmart-6*	10 9:00 Caregiver Support-3 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 3:00 Fall Prevention-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1	11 10:00 Resident's Meeting-1 11:00 Tai Chi-1 1:30 Discussion Class-3 2:30 Meet your Neighbor-1 6:30 Dominoes-3	12 9:00 Catholic Mass-15 9:00 Zumba-1 1:30 Color n' Chat-8 6:30 Modern Movie Night-1
13 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 2:00 Dixieland Hotshots-6*\$ 4:15 Left Center Right-1	14 8:00-12:00 Assessments-1* 11:00 State Coffee-14* 1:00-4:00 Assessments-1* 3:00 Current Events-14 6:30 BINGO-1	15 8:30 Breakfast at Biscuits Café-6*\$ 9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 1:00-4:00 Assessments-1* 6:30 Rob Verdi -1	16 8:00-12:00 Assessments-1* 1:00 Trader Joe's-6* 1:00-4:00 Assessments-1* 2:00 Remembrance Service-15	17 9:00 Better Mobility-1 10:00 Seated Yoga-1 10:00 Lutheran Service-15 11:00 Mind Games-3 1:00-4:00 Assessments-1* 2-3 Gramma's Attic-Apt. #165 3:00 Fall Prevention-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1	18 8:00-10:00 Assessments-1* 11:00 Tai Chi-1 1:30 Discussion Class-3 3:00 M.I.N.D.F.U.L Presentation-1 6:30 Dominoes-3	19 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1
20 10:00 Non-denominational Service-15 12:00 AZ Broadway-6*\$ 1:00 Wii Bowling-3 4:15 Left Center Right-1	21 MARTIN LUTHER KING JR 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 3:00 Current Events-14 6:30 BINGO-1	22 9:00 Better Balance-1 10:00 Seated Pilates-1 10:00 Desert Diamond Casino-6* 11:00 Mind Games-3 3:00 M.I.N.D.F.U.L-3* 6:30 Rick & Margie -1	23 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:30 Lunch at Ah-So-6*\$ 1:00 Fry's-6* 3:00 Healing Naturally-1	24 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 1:30 Book Club-3 2-3 Gramma's Attic-Apt. #165 3:00 Fall Prevention-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1	25 11:00 Tai Chi-1 1:30 Discussion Class-3 3:00 "Board" Games-1 6:30 Dominoes-3	26 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Color n' Chat-8 6:30 Modern Movie Night-1
27 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:15 Stardust Theater-6*\$ 4:15 Left Center Right-1	28 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:30 Coffee w/Shannon-17* 10:00 Seated Fitness-1 3:00 Current Events-14 6:30 BINGO-1	29 9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 M.I.N.D.F.U.L-3* 3:00 Art All Around Us-1 6:30 Mary Jo Johnson -1	30 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 10:00 Penske Auto Museum & Lunch-6*\$	31 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 3:00 Fall Prevention-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1	**Grocery Shopping is Friday at 1:00pm	* Bridge is played Tuesdays at 12:30pm in the Card Room and Wednesdays at 6:15pm in the Alexander Room