




February 2019

Sierra Winds
 17300 North 88th Ave Peoria AZ 85382
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Red = Physical Gold = Spiritual
 Blue = Intellectual Green = Social
 Purple = Emotional

- Italics means new program - \$ denotes cost attached
 - Bold denotes outside activity - * 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				9:00 Computer Club-1 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3	GROUNDHOG DAY 9:00 Zumba-1 9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1
SUPER BOWL 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:30 Super Bowl Party-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:00 Resident Council-17 10:00 Seated Fitness-1 1-3 Reader's Theater-14 3:00 Current Events-14 6:30 BINGO-1	9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Pilates-1 11:00 Mind Games-3 2:00 Activity Open Forum-1 3:00 M.I.N.D.F.U.L-3* 6:30 Dave Swaim-1	8:00 Step/Circuit Fitness-1 8:30 Breakfast at Black Bear-6*\$ 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 12:00 AZ Broadway-6**\$ 1-3 Reader's Theater-1 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	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	9:00 Catholic Mass-15 9:00 Zumba-1 1:30 Color n' Chat-8 6:30 Modern Movie Night-1
10:00 Non-denominational Service-15 1:00 Wii Bowling-3 2:00 Dixieland Hotshots-6*\$ 4:15 Left Center Right-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:00 State Coffee-14* 1-3 Reader's Theater-1 3:00 Current Events-14 6:30 BINGO-1	8:30 Birthday Breakfast-14* 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* 6:30 Mama's Wranglers-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Walmart-6* <i>2:00 Meet & Greet Navigators-1</i>	VALENTINE'S DAY 9:00 Better Mobility-1 10:00 Seated Yoga-1 9:00 Caregiver Support-3 10:00 Lutheran Service-15 11:00 Mind Games-3 1-3 Reader's Theater-1 <i>3:00 Wine & Chocolate Party-1</i> 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	9:00 TED Talks-3 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
10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:45 AZ Winds-6* 4:15 Left Center Right-1	PRESIDENT'S DAY 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1-3 Reader's Theater-14 3:00 Current Events-14 6:30 BINGO-1	9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 11:30 Lunch at Tandoori Times-6*\$ 3:00 M.I.N.D.F.U.L-3* 6:30 Peter Davis -1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Trader Joe's-6* <i>3:00 End of Life Info. 1</i>	9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 1-3 Reader's Theater-14 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	<i>9:00 Tax-Law Changes Pres.-1</i> 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 Color n' Chat-8 6:00 Modern Movie Night-1
10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:00 Theater Works-6*\$ 4:15 Left Center Right-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:30 Coffee w/Shannon-17* 10:00 Seated Fitness-1 1-3 Reader's Theater-1 3:00 Current Events-14 6:30 BINGO-1	8:30 Outing to Tucson-6*\$ 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 Dryheat Band-1	8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Fry's-6* 2:00 Desert Palms Art-6*	9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 1-3 Reader's Theater-1 1:30 Book Club-3 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