

# March 2019

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

Red = Physical      Pink = 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
<b>31</b> 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:45 AZ Winds-6* 4:15 Left Center Right-1	<b>LOCATION KEY</b> 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	<b>LOCATION KEY</b> 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	<b>LOCATION KEY</b> 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	**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	<b>1</b> 9:00 Computer Club-1 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3	<b>2</b> 9:00 Zumba-1 9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1
<b>3</b> 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	<b>4</b> 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	<b>5</b> 9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Pilates-1 11:00 Mind Games-3 6:30 Mardi Gras Party-1 6:30 Melodaires-1	<b>6</b> 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Sprout's-6*	<b>7</b> 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 1-3 Reader's Theater-1 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	<b>8</b> 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	<b>9</b> 9:00 Catholic Mass-15 9:00 Zumba-1 1:30 Color n' Chat-8 6:30 Modern Movie Night-1
<b>10</b> DAYLIGHT SAVINGS 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	<b>11</b> 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:00 State Coffee-14* 11:00 Hospice Presentation-1 1-3 Reader's Theater-1 3:00 Current Events-14 6:30 BINGO-1	<b>12</b> 8:30 Birthday Breakfast-14* 9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Activity Open Forum-1 6:30 Jan Sandwich-1	<b>13</b> 8:00 Step/Circuit Fitness-1 8:30 Breakfast at Deer Valley Airport6*\$ 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Walmart-6*	<b>14</b> 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 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	<b>15</b> 8:30 Walking Group-6* 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3	<b>16</b> 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1
<b>17</b> ST. PATRICK'S DAY 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	<b>18</b> 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	<b>19</b> 9:00 Better Balance-1 9:30 Kitchen Tour-5* 10:00 Seated Pilates-1 11:00 Mind Games-3 11:00 Turf Paradise-6*\$ 6:30 Arizona Trio-1	<b>20</b> 8:00 Step/Circuit Fitness-1 9:00 Sedona Trip-6* 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Trader Joe's-6*	<b>21</b> 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	<b>22</b> 11:00 Tai Chi-1 11:30 Mystery Trip-6* 1:30 Discussion Class-3 6:30 Dominoes-3	<b>23</b> 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Color n' Chat-8 2:00 Reader's Theater-1* 7:00 Reader's Theater-1*
<b>24</b> 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	<b>25</b> 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:30 Coffee w/Shannon-17* 10:00 Seated Fitness-1 1:00 Executive Forum-1 3:00 Current Events-14 6:30 BINGO-1	<b>26</b> 9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Art All Around Us-1 6:30 Andrea Beaulieu-1	<b>27</b> 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:00 Lunch at Skeptical Chymist-6*\$ 1:00 Fry's-6*	<b>28</b> 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 12:00 AZ Broadway-6*\$\$ 1:30 Book Club-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	<b>29</b> 8:30 Walking Group-6* 11:00 Tai Chi-1 1:30 Discussion Class-3 3:00 Shaping the Future-1 6:30 Dominoes-3	<b>30</b> 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 Modern Movie Night-1