



April 2019

Sierra Winds
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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
<p>**Grocery Shopping is Friday at 1:00pm</p> <p>*Bridge is played Tuesdays at 12:30pm in the Card Room and Wednesdays at 6:15pm in the Alexander Room</p>	<p>1</p> <p>APRIL FOOL'S DAY</p> <p>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</p>	<p>2</p> <p>9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Pilates-1 11:00 Mind Games-3 6:30 Suzanne & Jim-1</p>	<p>3</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Fry's-6* 2:00 Aqua Exercise-12</p>	<p>4</p> <p>9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 3:00 Westbrook Village Voices-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1</p>	<p>5</p> <p>8:00 Gym Circuit-7* 9:00 Computer Club-1 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3</p>	<p>6</p> <p>9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-1</p>
<p>7</p> <p>10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:45 AZ Winds-6* 4:15 Left Center Right-1</p>	<p>8</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:00 Resident Council-17 10:00 Seated Fitness-1 3:00 Current Events-14 3:00 Senior Nutrition Group-3* 6:30 BINGO-1</p>	<p>9</p> <p>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 Patrick McNally-1</p>	<p>10</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Walmart-6* 2:00 Aqua Exercise-12 3:00 "Vivacity" Presentation-1</p>	<p>11</p> <p>9:00 Caregiver Support-3 9:00 Better Mobility-1 10:00 Seated Yoga-1 10:00 Lutheran Service-15 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1</p>	<p>12</p> <p>8:00 Gym Circuit-7* 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</p>	<p>13</p> <p>9:00 Catholic Mass-15 9:00 Zumba-1 1:30 Color n' Chat-8 6:30 Modern Movie Night-1</p>
<p>14</p> <p>PALM SUNDAY 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 1:00 Theater Works-6*\$ 4:15 Left Center Right-1</p>	<p>15</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 3:00 Current Events-14 3:00 Senior Nutrition Group-3* 6:30 BINGO-1</p>	<p>16</p> <p>9:00 Better Balance-1 9:30 Wildlife Zoo-6*\$ 10:00 Seated Pilates-1 11:00 Mind Games-3 6:30 Glen Navis-1</p>	<p>17</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Trader Joe's-6* 2:00 Aqua Exercise-12</p>	<p>18</p> <p>9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 1:30 Sing & be Happy-1 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1</p>	<p>19</p> <p>GOOD FRIDAY 8:30 Walking Group-6* 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3</p>	<p>20</p> <p>9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Chat n' Craft-8 6:30 Modern Movie Night-3</p>
<p>21</p> <p>EASTER 10:00 Non-denominational Service-15</p> 	<p>22</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 2:00 Desert Palms Art-6* 3:00 Current Events-14 3:00 Senior Nutrition Group-3* 6:30 BINGO-1</p>	<p>23</p> <p>9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Stem-Cell Presentation-1 6:30 Back Nine Bandits-1</p>	<p>24</p> <p>8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:30 Lunch at Taste of Europe-6*\$ 1:00 Sprout's-6* 2:00 Aqua Exercise-12</p>	<p>25</p> <p>9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 2:00 Fire Warden Meeting-1 6:30 Discussion Class-3 6:30 Classic Movie Night-1</p>	<p>26</p> <p>8:30 Walking Group-6* 11:00 Tai Chi-1 1:30 Discussion Class-3 3:00 Dynamic Coordination Presentation-1 6:30 Dominoes-3</p>	<p>27</p> <p>9:30 Catholic Svc -15 1:30 Color n' Chat-8 6:30 Modern Movie Night-1</p>
<p>28</p> <p>10:00 Non-denominational Service-15 11:45 Diamondbacks Game-6*\$ 1:00 Wii Bowling-3 4:15 Left Center Right-1</p>	<p>29</p> <p>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 3:00 Senior Nutrition Group-3* 6:30 BINGO-1</p>	<p>30</p> <p>8:30 Breakfast at Bobbie's Café-6*\$ 9:00 Better Balance-1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Art All Around Us-1 6:30 Jack & BJ Strucel-1</p>		<p>LOCATION KEY</p> <ol style="list-style-type: none"> Alexander Room Craft Room Game Room Library Dining Room Front Lobby Exercise Center Arts & Crafts Center Oasis Bistro East Atrium-1 	<p>LOCATION KEY</p> <ol style="list-style-type: none"> West Atrium Swimming Pool Health Care Center Arizona Room Chapel Horseshoe Drive Private Dining Room Putting Green 1E Floor East Parlor 1W Floor West Parlor 	