

# May 2019

Sierra Winds  
 17300 North 88<sup>th</sup> 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>**Grocery Shopping is Friday at 1:00pm</b>  <b>*Bridge is played Tuesdays at 12:30pm in the Card Room and Wednesdays at 6:15pm in the Alexander Room</b>	<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	<b>1</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 10:00 <i>Seated Fitness</i> -1 1:00 <i>Fry's</i> -6*	<b>2</b> 9:00 <i>Better Mobility</i> -1 10:00 <i>Seated Yoga</i> -1 11:00 <i>Mind Games</i> -3 2-3 <i>Gramma's Attic-Apt. #165</i> 6:30 <i>Discussion Class</i> -3 6:30 <i>Classic Movie Night</i> -1	<b>3</b> 9:00 <i>Computer Club</i> -1 11:00 <i>Tai Chi</i> -1 1:30 <i>Discussion Class</i> -3 6:30 <i>Dominoes</i> -3	<b>4</b> 9:30 <i>Catholic Svc</i> -15 6:30 <i>Modern Movie Night</i> -1
<b>5</b> <i>CINCO DE MAYO</i> 10:00 <i>Non-denominational Service</i> -15 1:00 <i>Wii Bowling</i> -3 4:15 <i>Left Center Right</i> -1	<b>6</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 9:00 <i>Resident Council</i> -17 10:00 <i>Seated Fitness</i> -1 3:00 <i>Current Events</i> -14 6:30 <i>BINGO</i> -1	<b>7</b> 9:00 <i>Better Balance</i> -1 10:00 <i>Seated Pilates</i> -1 10:30 <i>Vivacity</i> -17* 11:00 <i>Mind Games</i> -3 11:30 <i>Lunch at Rio Mirage</i> -6*\$ 3:00 <i>Activity Open Forum</i> -1	<b>8</b> 1:00 <i>Walmart</i> -6* 5:00-7:00 <i>Sierra Winds 30th Anniversary Celebration</i>	<b>9</b> 9:00 <i>Caregiver Support</i> -3 9:00 <i>Better Mobility</i> -1 10:00 <i>Seated Yoga</i> -1 10:00 <i>Lutheran Service</i> -15 11:00 <i>Mind Games</i> -3 2-3 <i>Gramma's Attic-Apt. #165</i> 6:30 <i>Discussion Class</i> -3 6:30 <i>Classic Movie Night</i> -1	<b>10</b> 10:00 <i>Resident's Meeting</i> -1 11:00 <i>Tai Chi</i> -1 1:30 <i>Discussion Class</i> -3 2:30 <i>Meet your Neighbor</i> -1 6:30 <i>Dominoes</i> -3	<b>11</b> 9:00 <i>Catholic Mass</i> -15 9:00 <i>Zumba</i> -1 1:30 <i>Color n' Chat</i> -8 6:30 <i>Modern Movie Night</i> -3
<b>12</b> <i>Mother's Day</i> 10:00 <i>Non-denominational Service</i> -15 11:00 <i>Brunch</i> -5	<b>13</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 10:00 <i>Seated Fitness</i> -1 3:00 <i>Current Events</i> -14 6:30 <i>BINGO</i> -1	<b>14</b> 8:30 <i>Birthday Breakfast</i> -14* 9:00 <i>Better Balance</i> -1 10:00 <i>Seated Pilates</i> -1 10:30 <i>Vivacity</i> -17* 11:00 <i>Mind Games</i> -3	<b>15</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 10:00 <i>Seated Fitness</i> -1 11:15 <i>D-Backs Game</i> -6*\$\$ 1:00 <i>Trader Joe's</i> -6*	<b>16</b> 9:00 <i>Better Mobility</i> -1 10:00 <i>Seated Yoga</i> -1 11:00 <i>Mind Games</i> -3 2-3 <i>Gramma's Attic-Apt. #165</i> 6:30 <i>Discussion Class</i> -3 6:30 <i>Classic Movie Night</i> -1	<b>17</b> 8:30 <i>Spring Showdown</i> -18* 11:00 <i>Tai Chi</i> -1 1:30 <i>Discussion Class</i> -3 6:30 <i>Dominoes</i> -3	<b>18</b> 9:00 <i>Zumba</i> -1 9:30 <i>Catholic Svc</i> -15 6:30 <i>Modern Movie Night</i> -3
<b>19</b> 10:00 <i>Non-denominational Service</i> -15 1:00 <i>Wii Bowling</i> -3 1:45 <i>AZ Winds</i> -6* 4:15 <i>Left Center Right</i> -1	<b>20</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 9:30 <i>Coffee w/Shannon</i> -17* 10:00 <i>Seated Fitness</i> -1 3:00 <i>Current Events</i> -14 6:30 <i>BINGO</i> -1	<b>21</b> 8:30 <i>Breakfast at First Watch</i> -6*\$ 9:00 <i>Better Balance</i> -1 10:00 <i>Seated Pilates</i> -1 10:30 <i>Vivacity</i> -17* 11:00 <i>Mind Games</i> -3	<b>22</b> 8:00 <i>Step/Circuit Fitness</i> -1 9:00 <i>Combo Fitness</i> -1 10:00 <i>Seated Fitness</i> -1 12:00 <i>Broadway Theater</i> -6*\$\$ 1:00 <i>Sprout's</i> -6*	<b>23</b> 9:00 <i>Better Mobility</i> -1 10:00 <i>Seated Yoga</i> -1 11:00 <i>Mind Games</i> -3 2-3 <i>Gramma's Attic-Apt. #165</i> 6:30 <i>Discussion Class</i> -3 6:30 <i>Classic Movie Night</i> -1	<b>24</b> 10-2 <i>Janni's Jewels</i> -11 11:00 <i>Tai Chi</i> -1 1:30 <i>Discussion Class</i> -3 6:30 <i>Dominoes</i> -3	<b>25</b> 9:00 <i>Zumba</i> -1 9:30 <i>Catholic Svc</i> -15 1:30 <i>Color n' Chat</i> -8 6:30 <i>Modern Movie Night</i> -1
<b>26</b> 10:00 <i>Non-denominational Service</i> -15 1:00 <i>Wii Bowling</i> -3 4:15 <i>Left Center Right</i> -1	<b>27</b> <i>MEMORIAL DAY</i> 2:00 <i>Memorial Day Tribute</i> -18 6:30 <i>BINGO</i> -1	<b>28</b> 9:00 <i>Better Balance</i> -1 10:00 <i>Seated Pilates</i> -1 10:30 <i>Vivacity</i> -17* 11:00 <i>Mind Games</i> -3 3:00 <i>Art All Around Us</i> -1	<b>29</b> 9:00 <i>Health &amp; Fitness Day</i> -1 3:00 <i>Balance Presentation</i> -1	<b>30</b> 9:00 <i>Better Mobility</i> -1 10:00 <i>Seated Yoga</i> -1 11:00 <i>Mind Games</i> -3 2-3 <i>Gramma's Attic-Apt. #165</i> 6:30 <i>Discussion Class</i> -3 6:30 <i>Classic Movie Night</i> -1	<b>31</b> 11:00 <i>Tai Chi</i> -1 1:30 <i>Discussion Class</i> -3 6:30 <i>Dominoes</i> -3	