

June 2019

Sierra Winds
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- Italics means new program - \$ denotes cost attached
 - Bold denotes outside activity - * means sign-up required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-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	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		1 9:00 Zumba-1 9:30 Catholic Svc-15 6:30 Modern Movie Night-1
2 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	3 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 6:30 BINGO-1	4 8:30 Breakfast at Nick's Diner II-6*\$ 9:00 Better Balance -1 10:00 Seated Pilates-1 11:00 Mind Games-3 3:00 Activity Open Forum-1 6:30 Scott Foidel-1	5 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 10:00 Casino Outing-6* 1:00 Fry's-6*	6 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	7 11:00 Lunch & a Movie-6*\$ 1:30 Discussion Class-3 6:30 Dominoes-3	8 9:00 Catholic Mass-15 9:00 Zumba-1 6:30 Modern Movie Night-1
9 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	10 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:00 Resident Council-17 10:00 Seated Fitness-1 6:30 BINGO-1	11 <i>8-10 Scissors/Knives Sharpening</i> 8:30 Birthday Breakfast-14* 9:00 Better Balance-1 9:30 Riverboat Bingo-6*\$ 10:00 Seated Pilates-1 11:00 Mind Games-3 6:30 Jack & BJ Strucel-1	12 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:30 Lunch at Old Spaghetti Factory-6*\$ 1:00 Walmart-6*	13 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 6:30 Discussion Class-3 6:30 Classic Movie Night-1	14 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	15 9:00 Zumba-1 9:30 Catholic Svc -15 <i>6:30 Modern Movie Night-3</i>
FATHER'S DAY 16 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	17 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>3:00 Men's Happy Hour-14*</i> 6:30 BINGO-1	18 9:00 Better Balance-1 10:00 Seated Pilates-1 10:30 Odysea Aquarium-6*\$ 11:00 Mind Games-3 6:30 Dusty Titles-1	19 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Trader Joe's-6*	20 9:00 Better Mobility-1 10:00 Seated Yoga-1 11:00 Mind Games-3 <i>12:00 Mystery Lunch-1*\$\$</i> 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 Classic Movie Night-1	21 11:00 Tai Chi-1 1:30 Discussion Class-3 <i>3:00 C & C Juice Bar-1</i> 6:30 Dominoes-3	22 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 Modern Movie Night-1
23 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	24 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:30 Coffee w/Shannon-17* 10:00 Seated Fitness-1 <i>3:00 Purposeful Living Presentation-1</i> 6:30 BINGO-1	25 9:00 Better Balance-1 10:00 Seated Pilates-1 10:30 Benevilla/Birt's Bistro*\$ 11:00 Mind Games-3 3:00 Art All Around Us-1 6:30 Mary Jo Johnston-1	26 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Sprout's-6* <i>5:00 Anniversary Dinner-17*</i>	27 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	28 <i>8:30 Resident's Breakfast-1*</i> 11:00 Tai Chi-1 1:30 Discussion Class-3 6:30 Dominoes-3	29 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 Modern Movie Night-1