

September 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
1 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	2 LABOR DAY 6:00 Tumbling Monkeys-3 6:30 BINGO-1	3 9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Yoga-1 <i>10:30 Vivacity-17*</i> 11:00 Mind Games-3 12:00 Bridge-3 <i>2:00 Open Woodshop-2</i> 6:30 AZ Classical Duo-1	4 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Fry's-6* <i>3:00 Dramatic Reading-3</i> 6:15 Bridge-3	5 9:00 Better Mobility-1 10:00 Seated Pilates-1 11:00 Mind Games-3 11:30 Lunch at Claim Jumper-6*\$ 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "Grumpy Old Men"-1	6 8:00 Walking Group-6* 9:00 Computer Club-1 11:00 Tai Chi-1 <i>1:00 M.I.N.D.F.U.L-3*</i> <i>3:00 Trivia Time-1*</i> 6:00 Hand & Foot-3 6:15 SkipBo-20	7 9:00 Zumba-1 9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 "Is Anybody There"-1
8 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	9 8:00 Step/Circuit Fitness-1 9:00 Resident Council-17 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>11:00 Current Events-3</i> <i>2:30 Let's Get Crafty-8*</i> <i>3:00 Fall Prevention-1*</i> 6:00 Tumbling Monkeys-3 6:30 BINGO-1	10 8:30 Birthday Breakfast-14* 9:00 Better Balance -1 10:00 Seated Yoga-1 <i>10:30 Vivacity-17*</i> 11:00 Mind Games-3 12:00 Bridge-3 <i>2:00 Open Woodshop-2</i> 3:00 Activity Open Forum-1 6:30 Keven Moen-1	11 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Walmart-6* 1:30 Theater Works-6*\$ <i>3:00 Dramatic Reading-3</i> 6:15 Bridge-3	12 9:00 Better Mobility-1 9:00 Caregiver Support-3 10:00 Seated Pilates-1 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "Grumpier Old Men"-1	13 8:00 Walking Group-6* 10:00 Resident's Meeting-1 11:00 Tai Chi-1 <i>1:00 M.I.N.D.F.U.L-3*</i> 2:30 Meet your Neighbor-1 6:00 Hand & Foot-3 6:15 SkipBo-20	14 9:00 Zumba-1 9:00 Catholic Mass-15 6:30 "The Terminal"-1
15 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	16 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>11:00 Current Events-3</i> <i>2:30 Color Creations-8*</i> <i>3:00 Fall Prevention-1*</i> 6:00 Tumbling Monkeys-3 6:30 BINGO-1	17 9:00 Better Balance-1 10:00 Seated Yoga-1 <i>10:30 Vivacity-17*</i> 11:00 Mind Games-3 12:00 Bridge-3 <i>2:00 Open Woodshop-2</i> <i>3:00 Connie's Roundtable-1</i> 6:30 Nicole Pesce-1	18 8:00 Step/Circuit Fitness-1 8:30 Breakfast at Kiss the Cook-6*\$ 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Trader Joe's-6* <i>2:00 Sing & be Happy-1</i> <i>3:00 Dramatic Reading-3</i> <i>5:00 Anniversary Dinner-14*</i> 6:15 Bridge-3	19 9:00 Better Mobility-1 10:00 Seated Pilates-1 10:00 Lutheran Service-15 11:00 Mind Games-3 2-3 Gramma's Attic-Apt. #165 <i>3:00 TMC Presentation-1</i> 6:30 Discussion Class-3 6:30 "Rudy"-1	20 8:00 Walking Group-6* 11:00 Tai Chi-1 <i>1:00 M.I.N.D.F.U.L-3*</i> <i>3:00 Chair Volleyball-1</i> 6:00 Hand & Foot-3 6:15 SkipBo-20	21 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Chat n' Craft-8 6:30 "Unplanned"-1
22 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:15 Left Center Right-1	23 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>11:00 Current Events-3</i> <i>2:30 Let's Get Crafty-3*</i> <i>3:00 Fall Prevention-1*</i> 6:00 Tumbling Monkeys-1 6:30 BINGO-1	24 9:00 Better Balance-1 9:30 Riverboat Bingo-6*\$ 10:00 Seated Yoga1 <i>10:30 Vivacity-17*</i> 11:00 Mind Games-3 12:00 Bridge-3 <i>2:00 Open Woodshop-2</i> 3:00 Art All Around Us-1 6:30 April Yeager-1	25 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 <i>9:30 Kitchen Tour-5*</i> 10:00 Seated Fitness-1 1:00 Sprout's-6* <i>3:00 Comedy Happy Hour-1</i> 6:15 Bridge-3	26 9:00 Better Mobility-1 10:00 Seated Pilates-1 10:00 iFly-6*\$\$ 11:00 Mind Games-3 1:30 Book Club-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "The Blind Side"-1	27 8:00 Walking Group-6* 11:00 Tai Chi-1 <i>1:00 M.I.N.D.F.U.L-3*</i> <i>3:00 Spelling Bee-1</i> 6:00 Hand & Foot-3 6:15 SkipBo-20	28 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 "The Tomorrow Man"-1
29 10:00 Non-denominational Service-15 12:30 Phoenix Theater-6*\$\$ 1:00 Wii Bowling-3 4:15 Left Center Right-1	30 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 9:30 Coffee w/Shannon-17* 10:00 Seated Fitness-1 <i>11:00 Current Events-3</i> <i>2:30 Color Creations-8*</i> <i>3:00 Fall Prevention-1*</i> 6:00 Tumbling Monkeys-1 6:30 BINGO-1		Movies are shown Thursdays & Saturdays at 6:30pm in the Alexander Room	Grocery Shopping is Monday, Wednesday & Friday at 1:00pm	LOCATION KEY 1. Alexander Room 2. Woodshop 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