

November 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		
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. 2W Floor West Parlor		1 8:00 Walking Group-6* 9:00 Computer Club-1 10:00 Willowbrook Art Fair -6*\$ 11:00 Tai Chi-1 6:00 Hand & Foot-3 6:15 SkipBo-20	2 9:00 Zumba-1 9:30 Catholic Svc-15 1:30 Chat n' Craft-8 6:30 "Aladdin"-1		
		3 DAYLIGHT SAVINGS 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:00 Left Center Right-1	4 8:00 Step/Circuit Fitness-1 9:00 Resident Council-17 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>2:30 Let's Get Crafty-8*</i> 6:00 Tumbling Monkeys-3 6:30 Bingo-1	5 8:30 Breakfast at Haymaker- 6*\$ 9:00 Better Balance -1 9:30 Southwest Mobility-11 10:00 Seated Yoga-1 11:00 Mind Games-3 12:00 Bridge-3 2:00 Open Woodshop-2 <i>2:00 Water Aerobics-12</i> 3:00 Activity Open Forum-1 6:30 Vito Mandarino-1	6 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>1:00 Medicare Presentation-1</i> 1:00 Fry's-6* 6:15 Bridge-1	7 9:00 Better Mobility-1 10:00 Seated Pilates-1 11:00 Mind Games-3 12:00 AZ Broadway-6**\$ 2:00 Wii Bowling-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "Sister Act"-1	8 8:00 Walking Group-6* 9:00 Fountain Hills Art Fest -6* 10:00 Resident's Meeting-1 11:00 Tai Chi-1 2:30 Meet your Neighbor-1 6:00 Hand & Foot-3 6:15 SkipBo-20	9 9:00 Zumba-1 9:00 Catholic Mass-15 6:30 "The Big Year"-1
		10 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:00 Left Center Right-1	11 VETERAN'S DAY <i>3:00 Veteran's Day Ceremony-1</i> 6:00 Tumbling Monkeys-3 6:30 Bingo-1	12 8:30 Birthday Breakfast-14* 9:00 Better Balance-1 10:00 Seated Yoga-1 11:00 Mind Games-3 12:00 Bridge-3 2:00 Open Woodshop-2 <i>2:00 Water Aerobics-12</i> 6:30 Andrea & Richard-1	13 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 10:00 Mystery Trip-6*\$ <i>11-2 Chic Creations-11</i> 1:00 Walmart-6* 6:15 Bridge-1	14 9:00 Better Mobility-1 9:00 Caregiver Support-3 10:00 Seated Pilates-1 10:00 Lutheran Service-15 11:00 Mind Games-3 2:00 Wii Bowling-3 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "Mrs. Doubtfire"-1	15 8:00 Walking Group-6* 11:00 Tai Chi-1 <i>3:00 Happy Hour-1</i> 6:00 Hand & Foot-3 6:15 SkipBo-20	16 9:00 Zumba-1 9:30 Catholic Svc -15 1:30 Chat n' Craft-8 6:30 "The Leisure Seeker"-1
		17 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:00 Left Center Right-1	18 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>10-2 Janni's Jewels-11</i> <i>2:30 Let's Get Crafty-8*</i> 6:00 Tumbling Monkeys-1 6:30 Bingo-1	19 8:00 Sedona Trip-1* 9:00 Better Balance-1 10:00 Seated Yoga-1 11:00 Mind Games-3 12:00 Bridge-3 2:00 Open Woodshop-2 <i>2:00 Water Aerobics-12</i> <i>3:00 WWI Presentation-1</i> 6:30 Jan Sandwich & Nicole -1	20 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 11:30 Lunch at Abuelo's- 6*\$ 1:00 Trader Joe's-6* 6:15 Bridge-1	21 9:00 Better Mobility-1 10:00 Seated Pilates-1 11:00 Mind Games-3 1:30 Book Club-3 2-3 Gramma's Attic-Apt. #165 <i>3:00 TMC Presentation-1</i> 6:30 Discussion Class-3 6:30 "Tootsie"-1	22 8:00 Walking Group-6* 11:00 Tai Chi-1 11:00 TED Talks-3 <i>3:00 Lip Sync Contest-1</i> 6:00 Hand & Foot-3 6:15 SkipBo-20	23 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 "Manchester by the Sea"-1
		24 10:00 Non-denominational Service-15 1:00 Wii Bowling-3 4:00 Left Center Right-1	25 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 <i>2:30 Color Creations-8*</i> <i>3:00 Cognition Presentation-1</i> 6:00 Tumbling Monkeys-1 6:30 Bingo-1	26 9:00 Better Balance-1 10:00 Seated Yoga-1 11:00 Mind Games-3 12:00 Bridge-3 2:00 Open Woodshop-2 <i>2:00 Water Aerobics-12</i> 3:00 Art All Around Us-1 6:30 Jack & BJ Strucel-1	27 8:00 Step/Circuit Fitness-1 9:00 Combo Fitness-1 10:00 Seated Fitness-1 1:00 Sprout's-6* 6:15 Bridge-3	28 THANKSGIVING DAY 2-3 Gramma's Attic-Apt. #165 6:30 Discussion Class-3 6:30 "Les Miserables"-1	29 8:00 Walking Group-6* 11:00 Tai Chi-1 6:00 Hand & Foot-3 6:15 SkipBo-20	30 9:00 Zumba-1 9:30 Catholic Svc -15 6:30 "The Art of Racing in the Rain"-1