

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|--|
| <p>LOCATION KEY: 1st Floor</p> <p>FL: Front Lobby TH: Theater MP: Multiple Purpose Room C: Café BL: Bar Lounge BC: Billiards Corner</p> | <p>LOCATION KEY: 2nd Floor</p> <p>ES: Exercise Studio FC: Fitness Center 2LB: 2nd Floor Library</p> <p>Symbol Key: \$- Requires Money * - Sign up</p> | <p>LOCATION KEY: 3rd Floor</p> <p>SL: Sunset Lounge GR: Game Room 3LB: 3rd Floor Library</p> <p>Symbol Key: Bold—Outing</p> | <p>9:00 Aqua Fit—Pool 1 10:00 Tech Tips/ Online Shopping—C 10:00 Faith Based Reflections—MP 10:30 Mahjong—GR 11:00 Gentle Strength—ES 1:00 Spanish 101—MP 2:00 Bingo—MP / Science Discoveries—GR 3:00 Aromatherapy and Stretch—ES 4:00 Happy Hour Trivia—BL</p> | <p>9:00 Dance Aerobics—ES 2 9:30 Coffee & Comedy—MP 10:00 Smart Phone Workshop—TH 11:00 Balance and Mobility—ES 1:00 Trader Joe's—FL\$* 1:00 Hand Foot-GR / Mexican Train-MP 2:00 Life Enrichment Open Forum—MP 3:00 Party- Italian Nights—FL 6:00 Bible Study- Pastor Bob—TH</p> | <p>9:00 Aqua Fit—Pool 3 10:00 Town Hall—MP 11:00 Gentle Strength—ES 1:00 Women's Support Group—GR 1:30 Poker—BC 2:00 Ted Talks-TH / Quarter Bingo—MP 3:00 Gardening & Bocce Ball- CY 4:00 Wine Bottle Painting—MP 7:00 Bridge—GR / Mexican Train—MP</p> | <p>9:00 Dance Aerobics- ES 4 9:00 Walmart Area Shopping-FL\$* 10:00 Art Studio and Crafts—MP 11:00 Osteo-Strength—ES 1:00 Bridge—GR / Wii Bowling—MP 1:00 Estrella Marketplace/Banks-FL\$* 1:30 Movie—TH 2:00 Aqua Balance—Pool 4:00 Curiosi-Tea Topics—GR</p> |
| <p>8:30 Local Church Runs—FL* 5 11:00 Guided Tai Chi—ES 1:00 Scenic Drive—FL / Mexican Train-MP 2:00 Paint by Numbers—MP 4:00 Shuffle Board & Pool—BC 7:00 Movie—TH</p> | <p>9:00 Calendar Review & Discussions—C 6 10:00 Cognitive Engagement—MP 11:00 Gentle Strength—ES 1:00 Great Courses—Birding-TH 2:00 Aqua Balance—Pool 3:00 Tech Q and A- GR 4:00 Happy Hour Bean Bag Toss—BL 7:00 Resident Discussions—Hometown—SL</p> | <p>9:00 Wal-Mart & Wells Fargo—FL\$* 7 9:00 Essential Nutrients Program—MP 10:00 Sustainability Presentation—TH 11:00 Balance and Mobility—ES 1:00 Bridge—GR / Mexican Train—MP 2:00 Computer Class—3LB 3:00 Dance Lessons: The Waltz—ES 4:00 Billiards and Shuffle Board—BC</p> | <p>9:00 Aqua Fit—Pool 8 10:00 Tech Tips/ Online Shopping—C 10:00 Faith Based Reflections—MP 10:30 Mahjong—GR 11:00 Gentle Strength—ES 1:00 Spanish 101 Class—MP 2:00 Bingo—MP 3:00 Healing Music and Stretch—ES 4:00 Happy Hour Trivia—BL</p> | <p>9:00 Dance Aerobics—ES 9 9:30 Overnight Trip to Sedona—FL\$* 10:00 Smart Phone Workshop—TH 11:00 Balance and Mobility—ES 11:30 Lunch Outing— FL\$* 1:00 Hand Foot-GR / Mexican Train-MP 2:00 Chat with Chef—TH 3:00 Party- Live Entertainment—FL 6:00 Bible Study- Pastor Bob—TH</p> | <p>9:00 Aqua Fit—Pool 10 10:00 Words of Hope—MP 11:00 Gentle Strength—ES 1:00 Life Enrichment Assessments—ES 1:30 Poker—BC 2:00 Ted Talks-TH / Quarter Bingo—MP 3:00 Gardening & Bocce Ball- CY 4:00 Paint and Sip—MP 7:00 Bridge—GR / Mexican Train—MP</p> | <p>9:00 Dance Aerobics- ES 11 9:00 Safeway and Walgreens—FL\$* 10:00 Art Studio and Crafts—MP 11:00 Osteo-Strength—ES 1:00 Bridge—GR / Wii Bowling—MP 1:00 Tanger Outlets—FL\$* 1:30 Movie—TH 2:00 Aqua Balance—Pool 4:00 Curiosi-Tea Topics—GR</p> |
| <p>8:30 Local Church Runs—FL* 12 11:00 Guided Tai Chi—ES 1:00 Scenic Drive—FL / Mexican Train-MP 2:00 Paint by Numbers—MP 4:00 Table Tennis—MP 7:00 Movie—TH</p> | <p>9:00 Calendar Review & Discussions—C1 3 10:00 Cognitive Engagement—MP 11:00 Gentle Strength—ES 1:00 Great Courses—Birding-TH 2:00 Aqua Balance—Pool 3:00 Tech Q and A- GR 4:00 Happy Hour Trivia—BL 7:00 Resident Discussions—Careers—SL</p> | <p>9:00 Sprouts & Chase Bank—FL\$* 14 9:00 Essential Nutrients Program—MP 10:00 Life Enrichment Philosophy—TH 11:00 Balance and Mobility—ES 1:00 Bridge—GR / Mexican Train—MP 2:00 Computer Class—3LB 3:00 Dance Lessons: The Waltz—ES 4:00 Dinner Outing-FL\$* 4:00 Billiards and Shuffle Board—BC</p> | <p>9:00 Aqua Fit—Pool 15 10:00 Tech Tips/ Online Shopping—C 10:00 Faith Based Reflections—MP 10:30 Mahjong—GR 11:00 Gentle Strength—ES 1:00 Spanish 101—MP 2:00 Bingo—MP 3:00 Aromatherapy and Stretch—ES 4:00 Happy Hour Trivia—BL</p> | <p>9:00 MIM and Lunch—FL\$* 16 9:00 Dance Aerobics—ES 9:30 Coffee & Discussion—MP 10:00 Smart Phone Workshop—TH 11:00 Balance and Mobility—ES 1:00 Hand Foot-GR / Mexican Train-MP 2:00 Fall Prevention Workshop—ES 3:00 Party- Live Entertainment—FL 6:00 Bible Study- Pastor Bob—TH</p> | <p>9:00 Aqua Fit—Pool 17 10:00 Words of Hope—MP 11:00 Gentle Strength—ES 1:00 Women's Support Group—GR 1:30 Poker—BC 2:00 Ted Talks-TH / Quarter Bingo—MP 3:00 Gardening & Bocce Ball- CY 4:00 Wine Bottle Planter and Sip—MP 7:00 Bridge—GR / Mexican Train—MP</p> | <p>9:00 Dance Aerobics- ES 18 9:00 Target and Banks—FL\$* 10:00 Art Studio and Crafts—MP 11:00 Osteo-Strength—ES 1:00 Bridge—GR / Wii Bowling—MP 1:00 Fry's—FL\$* 1:30 Movie—TH 2:00 Aqua Balance—Pool 4:00 Curiosi-Tea Topics—GR</p> |
| <p>8:30 Local Church Runs—FL* 19 11:00 Guided Tai Chi—ES 1:00 Scenic Drive—FL / Mexican Train-MP 2:00 Paint by Numbers—MP 4:00 Shuffle Board & Pool—BC 7:00 Movie—TH</p> | <p>9:00 Calendar Review & Discussions—C2 0 10:00 Cognitive Engagement—MP 11:00 Gentle Strength—ES 1:00 Great Courses—Birding-TH 2:00 Aqua Balance—Pool 3:00 Tech Q and A- GR 4:00 Happy Hour Karaoke—BL 7:00 Resident Discussions—Travel—SL</p> | <p>9:00 Safeway / Bank of America-FL\$* 21 9:00 Essential Nutrients Program—MP 10:00 Aromatherapy Presentation-TH 11:00 Balance and Mobility—ES 1:00 Bridge—GR / Mexican Train—MP 2:00 Computer Class—3LB 3:00 Dance Lessons: The Waltz—ES 4:00 Billiards and Shuffle Board—BC</p> | <p>9:00 Aqua Fit—Pool 22 10:00 Tech Tips/ Online Shopping—C 10:00 Faith Based Reflections—MP 10:30 Mahjong—GR 11:00 Gentle Strength—ES 1:00 Spanish 101—MP 2:00 Bingo—MP / Science Discoveries-GR 3:00 Healing Music and Stretch—ES 4:00 Happy Hour Trivia—BL</p> | <p>9:00 White Tank Hike-FL* 23 9:00 Dance Aerobics—ES 9:30 Coffee & Discussion—MP 10:00 Smart Phone Workshop—TH 11:00 Balance and Mobility—ES 1:00 Hand Foot-GR / Mexican Train-MP 3:00 Party- Live Entertainment—FL 6:00 Bible Study- Pastor Bob—TH</p> | <p>9:00 Aqua Fit—Pool 24 10:00 Words of Hope—MP 11:00 Gentle Strength—ES 1:00 Women's Support Group—GR 1:30 Poker—BC 2:00 Ted Talks-TH / Quarter Bingo—MP 3:00 Gardening & Bocce Ball- CY 4:00 Wine Cork Craft and Sip—MP 7:00 Bridge—GR / Mexican Train—MP</p> | <p>9:00 Dance Aerobics- ES 25 10:00 Art Studio and Crafts—MP 11:00 Osteo-Strength—ES 1:00 Bridge—GR / Wii Bowling—MP 1:00 Estrella Marketplace/Banks-FL\$* 1:30 Movie—TH 2:00 Aqua Balance—Pool 4:00 Curiosi-Tea Topics—GR 6:30 Herberger Theater Outing—FL\$*</p> |
| <p>8:30 Local Church Runs—FL* 26 11:00 Guided Tai Chi—ES 1:00 Scenic Drive—FL / Mexican Train-MP 2:00 Paint by Numbers—MP 4:00 Table Tennis—MC 7:00 Movie—TH</p> | <p>9:00 Calendar Review & Discussions—C2 7 10:00 Cognitive Engagement—MP 11:00 Gentle Strength—ES 1:00 Great Courses—Birding-TH 2:00 Aqua Balance—Pool 3:00 Tech Q and A- GR 4:00 Happy Hour Bean Bag Toss—BL 7:00 Resident Discussions—Family—SL</p> | <p>9:00 Estrella Marketplace/Banks-FL\$* 28 9:00 Essential Nutrients Program—MP 10:00 Superfood Demonstration—GR 11:00 Balance and Mobility—ES 1:00 Bridge—GR / Mexican Train—MP 2:00 Herberger Theater Outing—FL\$* 2:00 Computer Class—3LB 3:00 Dance Lessons: The Waltz—ES 4:00 Billiards and Shuffle Board—BC</p> | <p>9:00 Aqua Fit—Pool 29 10:00 Tech Tips/ Online Shopping—C 10:00 Faith Based Reflections—MP 10:30 Mahjong—GR 11:00 Gentle Strength—ES 1:00 Spanish 101—MP 2:00 Bingo—MP 3:00 Aromatherapy and Stretch—ES 4:00 Happy Hour Trivia—BL</p> | <p>9:00 Chase Bank / Walgreens-FL* 30 9:00 Dance Aerobics—ES 9:30 Coffee & Comedy—MP 10:00 Smart Phone Workshop—TH 11:00 Balance and Mobility—ES 11:00 Desert Diamond Casino—FL\$* 1:00 Hand Foot-GR / Mexican Train-MP 3:00 Party—Community Birthday's—CY 6:00 Bible Study- Pastor Bob—TH</p> | <p>9:00 Aqua Fit—Pool 31 10:00 Words of Hope—MP 11:00 Gentle Strength—ES 1:00 Women's Support Group—GR 1:30 Poker—BC 2:00 Ted Talks-TH / Quarter Bingo—MP 3:00 Gardening & Bocce Ball- CY 4:00 Paint and Sip—MP 7:00 Bridge—GR / Mexican Train—MP</p> | <p>Transportation: - First departure is at 8:30am and last pick up is at 4:00pm - Mon and Wed— Free doctor days (20 mile radius - Tue, Thur and Fri— personal errands- \$10 first 5 miles - 1st Fri of month— Phx VA</p> |