

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom Pool</p>	<p>FITNESS INSTRUCTORS</p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Terri Johnson (T) Aqua Zumba & MIIT Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Judy Kistler-Robinson (JKR) T'ai Chi Chih Moses Winston (M) Aqua Aerobics Carl Cerco (CC) Yoga Sub</p>			1	2	3
	<p>** Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>			<p>Pickleball (Coed) 8:00 Tennis 8:30 Men's Breakfast 9:00 Shooting Sports 9:00 ARC 9:30 Tennis 9:00 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 Strong Bodies 3:00</p>	<p>Pickleball (Men's) 8:00 Walking Group 8:00 MIIT (T) 9:00 Bocce Ball 9:00 Women's Double Tennis 9:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>Pickleball (Coed) 8:00 Community Garage Sale 8am-12pm German Group 10:00 Pop-Up Zumba Gold 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Bridge 12:30</p>
4	5	6	7	8	9	10
<p>Running Group & Walk-to-Jog 8:00 Pickleball (Women's) 8:00 Golf 9:00 Tee Time at Ladera Golf Course Hand & Foot 12:30</p>	<p>Walking Group 8:00 Pickleball (Men's) 8:00 Aqua Zumba 9:00 Bocce Ball 9:00 Restorative Yoga **10:00 Euchre 10:00 Writer's Group 10:00 (zoom) Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Neighborhood Association 1:00 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00</p>	<p>Pickleball (Women's) 8:00 Tennis 8:30 Regular Yoga (TC) 9:15 Christian Community 10:00 Gentle Yoga (TC) 10:30 Bridge 12:30 Strong Bodies 2:00 Chinese Mah Jongg 5:00 Talking Tuesday 5:00 National Night Out Patio Party 6:30</p>	<p>Running Group/Walk to Jog 8:00 Pickleball (Coed) 8:00 Aqua Zumba 9:00 ARC 9:30 Collage Group 10:00 Tai Chi Chih 10:00 (JKR) American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>Pickleball (Coed) 8:00 Tennis 8:30 Men's Breakfast 9:00 Board Agenda Setting Meeting 9:00 Regular Yoga (CC) 9:15 Gentle Yoga (CC) 10:30 Cornhole 10:30 Fitness Equipment Orientation 101 11:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 Strong Bodies 3:00 Craft Beer Happy Hour 5:00</p>	<p>Walking Group 8:00 Dog Days of Summer 9am-12pm MIIT (T) 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Women's Double Tennis 9:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Retirement Interest Group 2:00 Happy Hour 4:30</p>	<p>Pickleball (Coed) 8:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>
11	12	13	14	15	<p>Pool and spa are open daily 6am-10pm</p> <p>Children's pool hours 11am-2pm Sun-Fri and 12-3pm on Sat.</p>	
<p>Running Group/Walk-to-Jog 8:00 Pickleball (Women's) 8:00 Golf 9:00 Tee Time at Ladera Golf Course Hand & Foot 12:30</p>	<p>Pickleball (Men's) 8:00 Walking Group 8:00 Aqua Zumba 9:00 Bocce Ball 9:00 Euchre 10:00 Restorative Yoga ** (10:00) Ladies' Poker 12:30 Men's Poker 12:30 Line Dancing 12:30 Bridge 12:30 Pinochle 4:00</p>	<p>Pickleball (Women's) 8:00 Tennis 8:30 Regular Yoga (RF) 9:15 Conservative Group 10:00 Virtual Reality Interest Group 10:00 Gentle Yoga (RF) 10:30 Bridge 12:30 Chinese Mah Jongg 5:00</p>	<p>Running Group/Walk to Jog 8:00 Pickleball (Coed) 8:00 LTC 9:00 Aqua Zumba 9:00 Collage Group 10:00 Tai Chi Chih 10:00 (JKR) Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 Retirement Investment Group 1:00 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>Pickleball (Coed) 8:00 Tennis 8:30 ARC 9:30 Regular Yoga (RF) 9:15 Cornhole 10:30 Gentle Yoga (RF) 10:30 Ladies' Lunch 11:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 Strong Bodies 3:00 Ladies' Singles Happy Hour 4:30</p>		



EVENTS, PRESENTATIONS, & FITNESS CALENDAR
AUGUST 2024 (16th-31st)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom Pool</p> <p>Pool and spa are open for use daily 6am-10pm</p> <p>Children's pool hours 11am-2pm Sun-Fri and 12-3pm on Sat.</p>	<p>Sandia Center Summer Hours</p> <p>Mon-Fri 6:00am-8:00pm</p> <p>Sat-Sun 7:00am-7:00pm</p>	<p><u>FITNESS INSTRUCTORS</u></p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Terri Johnson (T) Aqua Zumba & MIIT Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Judy Kistler-Robinson (JKR) T'ai Chi Chih Moses Winston (M) Aqua Zumba Carl Cerco (CC) Yoga Sub</p> <p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin</p>			<p>16</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 MIIT (T) 9:00 Bocce Ball 9:00 Women's Double Tennis 9:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Birthday Celebration Happy Hour with Food Truck 4:30</p>	<p>17</p> <p>Pickleball (Coed) 8:00 Pop-Up Zumba Gold 10:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Live Music on the Patio 6:00</p>
<p>18</p> <p>Running Group/ Walk-to -Jog 8:00 Pickleball (Women's) 8:00 Hand & Foot 12:30 Acoustic Jam 1:00 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>19</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Aqua Zumba 9:00 Euchre 10:00 Restorative Yoga**10:00 Finance Comm 10:00 Ladies' Poker 12:30 Bridge 12:30 Line Dancing 12:30 Men's Poker 12:30 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00 Book Club 5:30</p>	<p>20</p> <p>Pickleball (Women's) 8:00 Tennis 8:30 Regular Yoga (RF) 9:15 Men's Breakfast 9:30 Gentle Yoga (RF) 10:30 Bridge 12:30 Santa Fe Opera 4:00 Chinese Mah Jong 5:00</p>	<p>21</p> <p>Running Group/Walk -to-Jog 8:00 Pickleball (Coed) 8:00 Tai Chi Chih 10:00 (JKR) The Best of ABQ Trolley 10:00 Collage Group 10:00 American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>22</p> <p>Pickleball (Coed) 8:00 Tennis 8:30 Board Regular Session 9:00 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Ladies Lunch 11:30 Fitness Equipment Orientation 102 11:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 Strong Bodies 3:00 Pickleball Mtg 3:00 MGB Bingo 5:00</p>	<p>23</p> <p>Walking Group 8:00 MIIT (T) 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Women's Double Tennis 9:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>24</p> <p>Pickleball (Coed) 8:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Bucket Buddies Event 4:00</p>
<p>25</p> <p>Running Group/ Walk-to -Jog 8:00 Pickleball (Women's) 8:00 Hand & Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course LGBTQ Happy Hour 4:00</p>	<p>26</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Aqua Zumba 9:00 Bucket Buddies 10:00 Finance Comm 10:00 Euchre 10:00 Restorative Yoga**10:00 Ladies' Poker 12:30 Line Dancing 12:30 Men's Poker 12:30 Bridge 12:30 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00</p>	<p>27</p> <p>Pickleball (Women's) 9:00 Tennis 8:30 Regular Yoga (RF) 9:15 Presentation: Dwight 10:00 Gentle Yoga (RF) 10:30 Lunch & Learn 11:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>28</p> <p>Running Group/Walk -to-Jog 8:00 Pickleball (Coed) 8:00 Aqua Zumba 9:00 Tai Chi Chih cancelled today 10:00 Collage Group 10:00 American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>29</p> <p>Pickleball (Coed) 8:00 Tennis 8:30 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Pinon Coffee Tour 2:00 Bible Study 2:00 Strong Bodies 3:00 Mirehaven Debate Society 4:00</p>	<p>30</p> <p>Walking Group 8:00 MIIT (T) 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Women's Double Tennis 9:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>31</p> <p>Pickleball (Coed) 8:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>