

### EVENTS, PRESENTATIONS, & FITNESS CALENDAR

## January 2024 (1st-15th)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom</p>	<p>1</p> <p><b>2024 Happy New Year</b></p> <p>Amenity Center Closed</p>	<p>2</p> <p>Intermediate Yoga (W) 7:30 Regular Yoga (TC) 9:15 Pickleball (Women's) 10:00 Gentle Yoga (TC) 10:30 Intermediate Pickleball 12:00 Bridge 12:30 Tennis 1:00 Buddhist Meditation Group 2:00 Talking Tuesday 5:00</p>	<p>3</p> <p>MIIT (T) 8:45 Running Group/ Walk to Jog 9:00 Pickleball (Coed) 10:00 Vinyasa Yoga 10:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>4</p> <p>Intermediate Yoga (W) 7:30 Regular Yoga (RF) 9:15 ARC 9:30 Pickleball (Coed) 10:00 Pickleball Skills &amp; Drills 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Tennis 1:00 Bible Study 2:00</p>	<p>5</p> <p>Walking Group 9:00 Bocce Ball 9:30 Pickleball (Men's) 10:00 Hand &amp; Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Happy Hour 4:30</p>	<p>6</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 10:00 German Group 10:00 Poker 12:30 Bridge 12:30</p>
<p>7</p> <p>Running Group &amp; Walk-to-Jog 9:00 Pickleball (Women's) 10:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>8</p> <p>Walking Group 9:00 Bocce Ball 9:30 Pickleball (Men's) 10:00 Restorative Yoga ** (RF) 10:00 Mindful Meditation** 11:15 Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30</p>	<p>9</p> <p>Intermediate Yoga (W) 7:30 Regular Yoga (RF) 9:15 Pickleball (Women's) 10:00 Conservative Group 10:00 ARC Mtg 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 12:00 Bridge 12:30 GS Centralus 1:00 Tennis 1:00 Buddhist Meditation Group 2:00 Chinese Mah Jongg 5:00</p>	<p>10</p> <p>MIIT (T) 8:45 Running Group/ Walk to Jog 9:00 LTC 9:00 Pickleball (Coed) 10:00 Vinyasa Yoga 10:00 Green Summit 10:30 Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 StrongBodies (T) 2:00 Rio Bravo Brewery Tour 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>11</p> <p>Intermediate Yoga (W) 7:30 Board Agenda Setting Mtg 9:00 Regular Yoga (TC) 9:15 Pickleball (Coed) 10:00 Shooting Sports 9:00 Gentle Yoga (TC) 10:30 Cornhole 10:30 Fitness Equipment Orientation 101 11:30 Bridge 12:30 Mexican Train 12:30 Tennis 1:00 Bible Study 2:00 StrongBodies (T) 3:00 Mystery Dinner 4:45</p>	<p>12</p> <p>MIIT (T) 8:45 Walking Group 9:00 Bocce Ball 9:30 Pickleball (Men's) 10:00 Zumba Gold (T) 10:00 Pickleball Lessons 10:00 Hand &amp; Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Happy Hour 4:30</p>	<p>13</p> <p>Intermediate Yoga (W) 7:30 Blood Drive 8:00 German Group 10:00 Pickleball (Coed) 10:00 Poker 12:30 MGB 2:00</p>
<p>14</p> <p>Running Group/ Walk-to-Jog 9:00 Pickleball (Women's) 10:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>15</p> <p>Zumba Gold (T) 8:45 Walking Group 9:00 Bocce Ball 9:30 Pickleball (Men's) 10:00 Restorative Yoga ** (RF) 10:00 Mindful Meditation** 11:15 Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 NA Board Mtg 1:00 StrongBodies (T) 2:00 StrongBodies (T) 3:00 Book Club 5:30</p>	<p><b>MIREHAVEN FITNESS INSTRUCTORS</b></p> <p><i>Zumba Gold (T)</i> - Monday's at 8:45am &amp; Friday's at 10:00am  <i>Intermediate Yoga (W)</i> - Tues, Thurs, Saturday's at 7:30am  <i>Restorative Yoga (RF, TC, CK)</i> - Monday's at 10:00am  <i>Regular Yoga (RF)</i> - Tuesday &amp; Thursday at 9:15am  <i>Gentle Yoga (RF)</i> - Tuesday &amp; Thursday at 10:30am  <i>MIIT (T)</i> - Wednesday's at 8:45am &amp; Friday's at 8:45am</p>			<p>Sandia Center Winter Hours</p> <p>Mon-Fri 6:00am-7:00pm Sat-Sun 7:00am-6:00pm</p>	
<p>**Mindful Meditation Class is led by Roberta Forester, Tonya Conklin or Cheri Koinis</p>						



# EVENTS, PRESENTATIONS, & FITNESS CALENDAR

## January 2024 (16th-31st)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Manzano Room</b> <b>Cottonwood Room</b> <b>Movement Room</b> <b>Sports Court</b> <b>Fitness Room/Gym</b> Patio <b>Off-site or Zoom</b> <b>Pool</b>	<b>Sandia Center</b> <b>Winter Hours</b>  <b>Mon-Fri</b> <b>6:00am-7:00pm</b>  <b>Sat-Sun</b> <b>7:00am-6:00pm</b>	16  <b>Intermediate Yoga (W) 7:30</b> <b>Mirehaven Debate Society 9:00</b> <b>Regular Yoga (RF) 9:15</b> <b>Women's Breakfast 9:30</b> <b>Pickleball (Women's) 10:00</b> <b>Gentle Yoga (RF) 10:30</b> <b>Intermediate Pickleball 12:00</b> <b>Bridge 12:30</b> <b>Tennis 1:00</b> <b>Buddhist Meditation Group 2:00</b> <b>MGB Mtg 2:00</b> <b>Pickleball Mtg 4:00</b> <b>Chinese Mah Jongg</b>	17  <b>MIIT (T) 8:45</b> <b>Running Group/ Walk-to-Jog 9:00</b> <b>Pickleball (Coed) 10:00</b> <b>Vinyasa Yoga 10:00</b> <b>American Mah Jongg 12:30</b> <b>Poker 12:30</b> <b>StrongBodies 2:00</b> <b>Fiber Crafts 3:00</b> <b>Rummikub 5:00</b>	18  <b>Shooting Sports 9:00</b> <b>Hiking Group 9:00</b> <b>Regular Yoga (RC) 9:15</b> <b>ARC 9:30</b> <b>Artworks 10:00</b> <b>Pickleball (Coed) 10:00</b> <b>Pickleball Skills &amp; Drills 10:00</b> <b>Gentle Yoga (RC) 10:30</b> <b>Cornhole 10:30</b> <b>Bridge 12:30</b> <b>Mexican Train 12:30</b> <b>Tennis 1:00</b> <b>Pickleball Mtg 1:00</b> <b>Bible Study 2:00</b> <b>StrongBodies (T) 3:00</b> <b>Presentation: Navigating Grief 4:00</b>	19  <b>MIIT (T) 8:45</b> <b>Walking Group 9:00</b> <b>Bocce Ball 9:30</b> <b>Zumba Gold (T) 10:00</b> <b>Pickleball (Men's) 10:00</b> <b>Hand &amp; Foot 12:30</b> <b>Chess 1:00</b> <b>Bluegrass Jam 1:00</b> <b>Birthday Celebration Happy Hour with Food Truck 4:30</b>	20  <b>Coffee Chat 9:00</b> <b>Pickleball (Coed) 10:00</b> <b>German Group 10:00</b> <b>Poker 12:30</b>
		21  <b>Running Group/ Walk-to-Jog 9:00</b> <b>Pickleball (Women's) 10:00</b> <b>Hand &amp; Foot 12:30</b> <b>Acoustic Group 1:00</b> <b>Golf 1:00 Tee Time at Ladera Golf Course</b>	22  <b>Zumba Gold (T) 8:45</b> <b>Walking Group 9:00</b> <b>Finance Comm 9:00</b> <b>Men's Breakfast 9:30</b> <b>Bocce Ball 9:30</b> <b>Pickleball (Men's) 10:00</b> <b>Restorative Yoga** (TC) 10:00</b> <b>Mindful Meditation** 11:15</b> <b>Ladies' Poker 12:30</b> <b>Men's Poker 12:30</b> <b>Bridge 12:30</b> <b>Line Dancing 12:30</b> <b>StrongBodies (T) 2:00</b> <b>StrongBodies (T)</b>	23  <b>Regular Yoga (CC) 9:15</b> <b>Pickleball (Women's) 10:00</b> <b>Virtual Reality Group 10:00</b> <b>Gentle Yoga (CC) 10:30</b> <b>Intermediate Pickleball 12:00</b> <b>Bridge 12:30</b> <b>Tennis 1:00</b> <b>Buddhist Meditation Group 2:00</b> <b>MGB Mtg 2:00</b> <b>Chinese Mah Jongg 5:00</b>	24  <b>MIIT (T) 8:45</b> <b>Running Group/ Walk-to-Jog 9:00</b> <b>Pickleball (Coed) 10:00</b> <b>New Homeowner Orientation 10:00</b> <b>American Mah Jongg 12:30</b> <b>Poker 12:30</b> <b>LTC Plant Discussion 1:00</b> <b>StrongBodies (T) 2:00</b> <b>Fiber Crafts 3:00</b>	25  <b>Board of Directors Regular Session 9:00</b> <b>Regular Yoga (RF) 9:15</b> <b>Pickleball (Coed) 10:00</b> <b>Gentle Yoga (RF) 10:30</b> <b>Cornhole 10:30</b> <b>Fitness Equipment Orientation 102 11:30</b> <b>Bridge 12:30</b> <b>Mexican Train 12:30</b> <b>Tennis 1:00</b> <b>Bible Study 2:00</b> <b>Presentation with Andy Holten</b>
28  <b>Running Group/ Walk-to-Jog 9:00</b> <b>Pickleball (Women's) 10:00</b> <b>Hand &amp; Foot 12:30</b> <b>Golf 1:00 Tee Time at Ladera Golf Course</b>	29  <b>Zumba Gold (T) 8:45</b> <b>Walking Group 9:00</b> <b>Bocce Ball 9:30</b> <b>Pickleball (Men's) 10:00</b> <b>Restorative Yoga** (RF) 10:00</b> <b>Writer's Group 10:00 (Zoom)</b> <b>Bucket Buddies 10:00</b> <b>Mindful Meditation** 11:15</b> <b>Ladies' Poker 12:30</b> <b>Line Dancing 12:30</b> <b>Mens Poker 12:30</b> <b>Bridge 12:30</b> <b>StrongBodies (T) 2:00</b> <b>StrongBodies (T) 3:00</b>	30  <b>Regular Yoga (RF) 9:15</b> <b>Pickleball (Women's) 10:00</b> <b>Special Collections Library Visit 10:00</b> <b>Gentle Yoga (RF) 10:30</b> <b>Intermediate Pickleball 12:00</b> <b>Bridge 12:30</b> <b>Tennis 1:00</b> <b>Buddhist Meditation Group 2:00</b> <b>Chinese Mah Jong 5:00</b>	31  <b>MIIT (T) 8:45</b> <b>Running Group/ Walk-to-Jog 9:00</b> <b>Pickleball (Coed) 10:00</b> <b>American Mah Jongg 12:30</b> <b>Poker 12:30</b> <b>StrongBodies (T) 2:00</b> <b>Fiber Crafts 3:00</b> <b>Rummikub 5:00</b>	<b><u>FITNESS INSTRUCTORS INSTRUCTORS</u></b>  <b>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga</b> <b>Terri Johnson (T) Zumba Gold &amp; MIIT</b> <b>Wayne Mateski (W) Intermediate Yoga</b> <b>Star Tierra (ST) Line Dancing</b> <b>Tonya Conklin (TC) Restorative Yoga</b> <b>Cheri Koinis (CK) Restorative Yoga</b> <b>Carl Cerco (CC) Yoga Sub</b>		
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