

EVENTS, PRESENTATIONS, & FITNESS CALENDAR

JULY 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 Pool</p>	<p>1 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 Pinochle 4:00</p>	<p>2 Pickleball (Women's) 8:00 Tennis 8:30 Regular Yoga (RF) 9:15 Christian Community 10:00 Gentle Yoga (RF) 10:30 Bridge 12:30 Chinese Mah Jongg 5:00 Talking Tuesday 5:00</p>	<p>3 Running Group/ Walk to Jog 8:00 Pickleball (Coed) 8:00 ARC 9:30 Collage Group 10:00 Tai Chi Chih (JKR) 10:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>4 Pickleball (Coed) 8:00 Tennis 8:30 Shooting Sports 9:00 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 July 4th Celebration 6:00 Amenity Center Hours 8am-4pm</p>	<p>5 Pickleball (Men's) 8:00 Walking Group 8:00 MIIT (T) 9:00 Bocce Ball 9:00 Women's Double Tennis 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>6 Pickleball (Coed) 8:00 Pickleball Spring Fling 9:30 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Bridge 12:30</p>
<p>7 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>8 Walking Group 8:00 Aqua Zumba 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Euchre 10:00 Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00</p>	<p>9 Pickleball (Women's) 8:00 Tennis 9:00 Regular Yoga (CC) 9:15 Conservative Group 10:00 Gentle Yoga (CC) 10:30 Bridge 12:30 Strong Bodies 2:00 Chinese Mah Jongg 5:00</p>	<p>10 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 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>11 Pickleball (Coed) 8:00 Men's Breakfast 9:00 Board Agenda Setting Meeting 9:00 ARC 9:30 Tennis 9:00 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Fitness Equipment Orientation 101 11:30 Eastern Philosophy 1:00 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 Strong Bodies 3:00 Mirehaven Debate Society 4:00</p>	<p>12 Walking Group 8:00 MIIT (T) 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Women's Double Tennis 10:00 Hand & Foot 12:30 Poker Tournament 1:00 Bluegrass Jam 1:00 Chess Group 1:00 Retirement Interest Group 2:00 Happy Hour 4:30</p>	<p>13 Pickleball (Coed) 8:00 Pop-Up Zumba Gold 10:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>
<p>14 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 Celebration of Life for Cheri Sokolski 5:00</p>	<p>15 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 Book Club 5:30</p>	<p style="text-align: center;">FITNESS INSTRUCTORS</p> <p style="text-align: center;">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>			<p>Sandia Center Summer Hours Mon-Fri 6:00am-8:00pm Sat-Sun 7:00am-7:00pm</p>	<p>Pool and spa are open for use daily 6am-10pm Children's pool hours 11am-2pm Sun-Fri and 12-3pm on Sat.</p>
<p style="text-align: center;">** Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>						

EVENTS, PRESENTATIONS, & FITNESS CALENDAR

JULY 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>16</p> <p>Pickleball (Women's) 8:00 Tennis 8:30 Regular Yoga (RF) 9:15 Amazon Tour 9:30 Gentle Yoga (RF) 10:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>17</p> <p>Running Group/Walk-to-Jog 8:00 Aqua Zumba 9:00 Pickleball (Coed) 8:00 Tai Chi Chih 10:00 (JKR) 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>18</p> <p>Pickleball (Coed) 8:00 Tennis 8:30 ARC 9:30 Regular Yoga (TC) 9:15 Gentle Yoga (TC) 10:30 Cornhole 10:30 Flag Mtg 11:00 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Strong Bodies 3:00 Presentation: Women on the Westward Trail 4:00</p>	<p>19</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 MIIT (T) 9:00 Bocce Ball 9:00 Women's Double Tennis 10:00 Hand & Foot 12:30 Poker Tournament 1:00 Chess 1:00 Bluegrass Jam 1:00 Birthday Celebration Happy Hour with Food Truck 4:30</p>	<p>20</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>21</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>22</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 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</p>	<p>23</p> <p>Pickleball (Women's) 9:00 Tennis 8:30 Regular Yoga (CC) 9:15 Gentle Yoga (CC) 10:30 ABC Seamless Gutters Lunch & Learn 11:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>24</p> <p>Running Group/Walk-to-Jog 8:00 Pickleball (Coed) 8:00 Aqua Zumba 9:00 Tai Chi Chih 10:00 (JKR) Collage Group 10:00 Ladies Lunch 11:30 American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00 Pickleball Dink 6:00</p>	<p>25</p> <p>Pickleball (Coed) 8:00 Board Regular Session 9:00 Tennis 8:30 Executive Session 10-12 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Fitness Equipment Orientation 102 11:30 Women's Lunch 11:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Strong Bodies 3:00 Presentation: New Mexico's Indigenous Communities 4:00</p>	<p>26</p> <p>Walking Group 8:00 MIIT (T) 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Women's Double Tennis 10:00 Virtual Reality at Explora 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>27</p> <p>Pickleball (Coed) 8:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>	
<p>28</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>29</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Aqua Zumba 9:00 Bucket Buddies 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 Ice Cream Social 3:30 Pinochle 4:00</p>	<p>30</p> <p>Pickleball (Women's) 9:00 Tennis 8:30 Regular Yoga (CC) 9:15 Gentle Yoga (CC) 10:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>31</p> <p>Running Group/Walk-to-Jog 8:00 Pickleball (Coed) 8:00 Aqua Zumba 9:00 Tai Chi Chih 10:00 (JKR) 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>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 Zumba Carl Cerco (CC) Yoga Sub</p>			
				<p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin</p>			