

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sandia Center Summer Hours</p> <p>Mon-Fri 6:00am-8:00pm</p> <p>Sat-Sun 7:00am-7:00pm</p>	<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><b>FITNESS INSTRUCTORS</b></p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Terri Johnson (T) Aqua Zumba &amp; 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>1</p> <p>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>** Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>						
<p>2</p> <p>Running Group &amp; Walk-to-Jog 8:00 Pickleball (Women's) 8:00 Golf 9:00 Tee Time at Ladera Golf Course MGB Garden Tour 10:00 Hand &amp; Foot 12:30 Spanish 2:00</p>	<p>3</p> <p>Walking Group 8:00 Aqua Zumba 9:00 Pickleball (Men's) 8:00 Bocce Ball 9:00 Restorative Yoga **10:00 Euchre 10:00 Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Neighborhood Association 1:00 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00</p>	<p>4</p> <p>Pickleball (Women's) 8:00 Tennis 9:00 Regular Yoga (RF) 9:15 Christian Community 10:00 Gentle Yoga (RF) 10:30 Bridge 12:30 Buddhist Meditation Group 2:00 Strong Bodies 2:00 Los Poblanos Production Space Tour 4:30 Chinese Mah Jongg 5:00</p>	<p>5</p> <p>Running Group/ Walk to Jog 8:00 Aqua Zumba 9:00 Pickleball (Coed) 8:00 Collage Group 10:00 Tai Chi Chih 10:00 (JKR) American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>6</p> <p>Pickleball (Coed) 8:00 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>7</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 Hand &amp; Foot 12:30 Poker Tournament 1:00 Bluegrass Jam 1:00 Chess Group 1:00 Happy Hour 4:30</p>	<p>8</p> <p>Pickleball (Coed) 8:00 Zumba Pop-Up 10:00 German Group 10:00 MGB Fashion Show 4:00</p>
<p>9</p> <p>Running Group/ Walk-to-Jog 8:00 Pickleball (Women's) 8:00 Golf 9:00 Tee Time at Ladera Golf Course Hand &amp; Foot 12:30 Spanish 2:00</p>	<p>10</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Aqua Zumba 9:00 Bocce Ball 9:00 Writer's Group 10:00 &amp; (zoom) Euchre 10:00 Restorative Yoga ** (10:00) Ladies' Poker 12:30 Men's Poker 12:30 Line Dancing 12:30 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00</p>	<p>11</p> <p>Pickleball (Women's) 8:00 Tennis 9:00 Men's Breakfast 9:00 Regular Yoga (RF) 9:15 Amazon Tour 9:30 Conservative Group 10:00 Gentle Yoga (RF) 10:30 Bridge 12:30 MGB 2:00 Chinese Mah Jongg 5:00</p>	<p>12</p> <p>Running Group/ Walk to Jog 8:00 Pickleball (Coed) 8:00 LTC 9:00 Tai Chi Chih 10:00 (JKR) Collage Group 10:00 Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>13</p> <p>Pickleball (Coed) 8:00 Tennis 9:00 Board Agenda Setting Meeting 9:00 Regular Yoga (TC) 9:15 Gentle Yoga (TC) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Craft Beer Happy Hour 5:00</p>	<p>14</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Women's Double Tennis 10:00 Santa Fe Botanical Gardens 12:00 Hand &amp; Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Retirement Interest Group 2:00 Happy Hour 4:30</p>	<p>15</p> <p>Pickleball (Coed) 8:00 Rinconada Hike 9:00 German Group 10:00 Poker 12:30</p>



# EVENTS, PRESENTATIONS, & FITNESS CALENDAR

## JUNE 2024 (16th-31st)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>16</p> <p>Running Group/Walk-to -Jog 8:00 Pickleball (Women's) 9:00 Golf 9:00 Tee Time at Ladera Golf Course Hand &amp; Foot 12:30 Acoustic Group 1:00 Spanish 2:00 Isotopes Game 4:30</p>	<p>17</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Restorative Yoga**10:00 Euchre 10:00 Ladies' Poker 12:30 Men's Poker 12:30 Line Dancing 12:30 Pinochle 4:00 Book Club 5:30</p>	<p>18</p> <p>Pickleball (Women's) 8:00 Tennis 9:00 Regular Yoga (RF) 9:15 Virtual Reality 10:00 Gentle Yoga (RF) 10:30 Lunch &amp; Learn with Aguilar's Funeral 11:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>19</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 Retirement Investment Group 1:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>20</p> <p>Pickleball (Coed) 8:00 Tennis 9:00 ARC 9:30 Regular Yoga (RF) 9:15 Gentle Yoga (RF) 10:30 Cornhole 10:30 Fitness Equipment Orientation 101 11:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Presentation: Exploring More with Dan Garcia 4:00</p>	<p>21</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 &amp; 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>22</p> <p>Pickleball (Coed) 8:00 Zumba Pop-Up 10:00 DWMNA Shred Event 10-12 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Private Party 2-5 Live Music 5:30</p>		
<p>23</p> <p>Running Group/Walk-to -Jog 8:00 Pickleball (Women's) 8:00 Bocce Potluck 10:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course Spanish 2:00</p>	<p>24</p> <p>Pickleball (Men's) 8:00 Walking Group 8:00 Bocce Ball 9:00 Bucket Buddies 10:00 Euchre 10:00 Restorative Yoga**10:00 Finance Comm 11:00 Ladies' Poker 12:30 Line Dancing 12:30 Mens Poker 12:30 Pinochle 4:00</p>	<p>25</p> <p>Pickleball (Women's) 9:00 Tennis 8:00 Regular Yoga (CC) 9:15 Ladies Breakfast 9:30 Gentle Yoga (CC) 10:30 Bridge 12:30 Chinese Mah Jong 5:00</p>	<p>26</p> <p>Running Group/Walk-to-Jog 8:00 Pickleball (Coed) 8:00 Tai Chi Chih 10:00 (JKR) Collage Group 10:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>27</p> <p>Pickleball (Coed) 8:00 Board Regular Session 9:00 Tennis 9:00 Regular Yoga (RF) 9:15 Lunch &amp; Learn with La Z Boy 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 Fitness Equipment Orientation 102 11:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Presentation: Oppenheimer, Los Alamos, and the Bomb 4:00</p>	<p>28</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 Hand &amp; Foot 12:30 Chess 1:00 Poker Tournament 1:00 Bluegrass Jam 1:00</p>	<p>29</p> <p>Pickleball (Coed) 8:00 German Group 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>		
<p>30</p> <p>Running Group/Walk-to -Jog 8:00 Pickleball (Women's) 8:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course Food Habits &amp; Nutrition 101 Presentation 1:00 Spanish 2:00 LGBTQ Pride Happy Hour Parade 3:00 Happy Hour 4:00</p>	<div style="border: 2px dashed gray; padding: 10px; text-align: center;"> <p><b><u>FITNESS INSTRUCTORS</u></b></p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga</p> <p>Terri Johnson (T) Aqua Zumba &amp; MIIT</p> <p>Star Tierra (ST) Line Dancing</p> <p>Tonya Conklin (TC) Restorative Yoga</p> <p>Cheri Koinis (CK) Restorative Yoga</p> <p>Judy Kistler-Robinson (JKR) T'ai Chi Chih</p> <p>Moses Winston (M) Aqua Zumba</p> <p>Carl Cerco (CC) Yoga Sub</p> </div>			<div style="border: 2px dashed gray; padding: 5px; text-align: center;"> <p>Sandia Center Summer Hours</p> <p>Mon-Fri 6:00am-8:00pm</p> <p>Sat-Sun 7:00am-7:00pm</p> </div>	<div style="border: 2px dashed gray; padding: 5px; text-align: center;"> <p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom Pool</p> </div>	<div style="border: 2px dashed gray; padding: 10px; text-align: center;"> <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> </div>		<div style="border: 2px dashed gray; border-radius: 50%; padding: 20px; text-align: center; width: fit-content; margin: 0 auto;"> <p>T'ai Chi Chih Fitness Class Wednesday's at 10am</p> </div>
<div style="border: 2px dashed gray; padding: 5px; text-align: center;"> <p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p> </div>								