

### EVENTS, PRESENTATIONS, & FITNESS CALENDAR

#### March 2024 (1st-15th)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sandia Center Winter Hours</p> <p>Mon-Fri 6:00am-7:00pm</p> <p>Sat-Sun 7:00am-6:00pm</p> <p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom</p>	<p><b><u>FITNESS INSTRUCTORS</u></b></p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Wayne Mateski (W) Intermediate Yoga Terri Johnson (T) Zumba Gold &amp; MIIT Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Carl Cerco (CC) Yoga Sub</p>		<p><b><u>NEW INTEREST GROUPS</u></b></p> <p>*Eastern Philosophy Every Thursday *Christian Community 3/5 *Retirement Interest Group 3/8 *Retirement Investment Group 3/13</p>		<p>1 MIIT (T) 8:45 Pickleball (Men's) 9:00 LTC 9:00 Bocce Ball 9:30 Walking Group 10:00 Zumba Gold (T) 10:00 Hand &amp; Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Happy Hour 4:30</p>	<p>2 Pickleball (Coed) 9:00 German Group 10:00 Poker 12:30 Bridge 12:30 Before Night Falls Opera Southwest 2:00</p>
<p>3 Running Group &amp; Walk-to-Jog 9:00 Pickleball (Women's) 9:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course Spanish Group 2:00</p>	<p>4 Zumba Gold (T) 8:45 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Writer's Group 10:00 (zoom) Restorative Yoga ** (10:00) Line Dancing 12:30 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Neighborhood Association Mtg 1:00 StrongBodies (T) 2:00 StrongBodies (T) 3:00</p>	<p>5 Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (RF) 9:15 Christian Community 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Tennis 1:00 Buddhist Meditation Group 2:00 MGB 2:00 Chinese Mah Jongg 5:00 Talking Tuesday 5:00</p>	<p>6 MIIT (T) 8:45 Running Group/ Walk to Jog 9:00 Pickleball (Coed) 9:00 American Mah Jongg 12:30 Poker 12:30 Election Comm 12:30 StrongBodies (T) 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>7 Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Pickleball Skills &amp; Drills 9:00 Regular Yoga (RF) 9:15 ARC 9:30 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Tennis 1:00 Bible Study 2:00 StrongBodies (T) 3:00</p>	<p>8 Pickleball (Men's) 9:00 LTC Irrigation 9:00 Bocce Ball 9:30 Walking Group 10:00 Hand &amp; Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Retirement Interest Group 2:00 Happy Hour 4:30</p> <p>International Women's Day</p>	<p>9 Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 German Group 10:00 Zumba Gold (T) 10:00 (FREE) Poker 12:30 MGB 2:00</p>
<p>10 Running Group/ Walk-to-Jog 9:00 Pickleball (Women's) 9:00 Hand &amp; Foot 12:00 Golf 1:00 Tee Time at Ladera Golf Course Spanish Group 2:00 Ballot Question Q&amp;A 4:00</p> <p>Daylight Savings Begins</p>	<p>11 Zumba Gold (T) 8:45 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Restorative Yoga ** (10:00) 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</p>	<p>12 Intermediate Yoga (W) 7:30 CPR/AED Class 9:00 Pickleball (Women's) 9:00 Regular Yoga (RF) 9:15 Conservative Group 10:00 Mirehaven Debate Society 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Tennis 1:00 Buddhist Meditation Group 2:00 Chinese Mah Jongg 5:00</p>	<p>13 MIIT (T) 8:45 Running Group/ Walk to Jog 9:00 LTC 9:00 Pickleball (Coed) 9:00 Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 Retirement Investment Interest Group 1:00 StrongBodies (T) 2:00 Unhinged Brewing Craft Beer Tour 2:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>14 Intermediate Yoga (W) 7:30 Shooting Sports 9:00 Board Agenda Setting 9:00 Pickleball (Coed) 9:00 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 Tennis 1:00 Eastern Philosophy 1:00 Bible Study 2:00 StrongBodies (T) 3:00 Election Committee Meet the Candidates 5:30</p>	<p>15 MIIT (T) 8:45 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Zumba Gold (T) 10:00 Hand &amp; Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Birthday Celebration Happy Hour w/ Food Truck 4:30</p>	<p>Sandia Center Closed March 31st</p> <p>SPA IS OPEN 6am-10pm daily</p>

### EVENTS, PRESENTATIONS, & FITNESS CALENDAR

## March 2024 (16th-31st)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sandia Center Winter Hours</p> <p>Mon-Fri 6:00am-7:00pm</p> <p>Sat-Sun 7:00am-6:00pm</p> <hr/> <p>Manzano Room Cottonwood Room Movement Room Sports Court Fitness Room/ Gym Patio Off-site or Zoom</p>	<p><b><u>FITNESS INSTRUCTORS</u></b></p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Wayne Mateski (W) Intermediate Yoga Terri Johnson (T) Zumba Gold &amp; MIIT Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Carl Cerco (CC) Yoga Sub</p> <p>** Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>			<p><b>Pickleball</b> Everyday at 9am</p> <p>Women's—Sundays &amp; Tuesdays Men's—Monday's &amp; Fridays Intermediate—Tuesdays Coed—Wed, Thurs, Saturdays Skills &amp; Drills— 3/7 &amp; 3/21</p>		<p>16</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 German Group 10:00 Guided Hike Riconada Canyon 10:00 Poker 12:30</p>
<p>17</p> <p>Running Group/Walk-to-Jog 9:00 Pickleball (Women's) 9:00 Hand &amp; Foot 12:30 Acoustic Group 1:00 Golf 1:00 Tee Time at Ladera Golf Course Spanish Group 2:00 St. Patricks Day Happy Hour 4:30</p> 	<p>18</p> <p>Zumba Gold (T) 8:45 Finance Comm 9:00 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Restorative Yoga** 10:00 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Line Dancing 12:30 StrongBodies (T) 2:00 StrongBodies (T) 3:00 Book Club 5:30</p>	<p>19</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (CC) 9:15 Gentle Yoga (CC) 10:30 Intermediate Pickleball 11:00 Lunch &amp; Learn Enhanced Planning 11:30 Bridge 12:30 Tennis 1:00 Buddhist Meditation Group 2:00 MGB Mtg 2:00 Chinese Mah Jongg 5:00</p>	<p>20</p> <p>MIIT (T) 8:45 Running Group/Walk-to-Jog 9:00 Pickleball (Coed) 9:00 Women's Breakfast 9:30 American Mah Jongg 12:30 Poker 12:30 Election Comm 12:30 StrongBodies (T) 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>21</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Pickleball Skills &amp; Drills 9:00 Regular Yoga (RF) 9:15 ARC 9:30 Artworks 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Tennis 1:00 Eastern Philosophy 1:00 Bible Study 2:00 MGB Mardi Gras 4:00</p>	<p>22</p> <p>MIIT (T) 8:45 Pickleball (Men's) 9:00 Guided Hike Mesa Prieta 9:00 Bocce Ball 9:30 Walking Group 10:00 Zumba Gold (T) 10:00 Hand &amp; Foot 12:30 Chess 1:00 Bluegrass Jam 1:00</p>	<p>23</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 German Group 10:00 Poker 12:30</p>
<p>24</p> <p>Running Group/Walk-to-Jog 9:00 Pickleball (Women's) 9:00 Hand &amp; Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course Spanish Group 2:00 Neighborhood Association Annual Meeting 4:00</p>	<p>25</p> <p>Zumba Gold (T) 8:45 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Restorative Yoga** 10:00 Writer's Group 10:00 and Zoom Bucket Buddies 10:00 Lunch &amp; Learn Neptune 11:30 Ladies' Poker 12:30 Line Dancing 12:30 Mens Poker 12:30 Bridge 12:30</p>	<p>26</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (RF) 9:15 Men's Breakfast 9:30 Virtual Reality Group 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Tennis 1:00 Buddhist Meditation Group 2:00 Chinese Mah Jongg 5:00</p>	<p>27</p> <p>MIIT (T) 8:45 Running Group/Walk-to-Jog 9:00 Pickleball (Coed) 9:00 La Fonda Docent Tour 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>28</p> <p>Intermediate Yoga (W) 7:30 Board of Directors Regular Session 9:00 Pickleball (Coed) 9:00 Regular Yoga (TC) 9:15 Gentle Yoga (TC) 10:30 Cornhole 10:30 St. James Tearoom 11:00 Fitness Equipment Orientation 102 11:30 Bridge 12:30 Mexican Train 12:30 Tennis 1:00 Eastern Philosophy 1:00 Bible Study 2:00 StrongBodies 3:00 Presentation World Affairs Council 4:00</p>	<p>29</p> <p>MIIT (T) 8:45 Pickleball (Men's) 9:00 Bocce Ball 9:30 Walking Group 10:00 Zumba Gold (T) 10:00 Hand &amp; Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>30</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 German Group 10:00 Poker 12:30</p>
<p>31</p> <p>Amenity Center Closed</p> <p>Easter Sunday</p>						