

EVENTS, PRESENTATIONS, & FITNESS CALENDAR

MAY 2024 (1st-15th)

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</p> <p>Cottonwood Room Movement Room Sports Court Fitness Room/ Gym</p>	<p>New Fitness Class <i>T'ai Chi Chih</i> Starts Wednesday May 15th at 10am</p> <hr/> <p>Bocce Ball Resumes Monday May 6th at 9:30am</p>	<p>1</p> <p>Running Group/ Walk to Jog 8:00 Aqua Zumba (T) 9:00 Pickleball (Coed) 9:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>2</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Regular Yoga (RF) 9:15 ARC 9:30 Tennis 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 AAM All Access Help Session 10:00 Fitness Equipment Orientation 101 11:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00</p>	<p>3</p> <p>MIIT (T) 9:00 Pickleball (Men's) 9:00 LTC 9:00 Walking Group 9:00 Women's Double Tennis 10:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Happy Hour 4:30</p>	<p>4</p> <p>Intermediate Yoga (W) 7:30 Vitalant Blood Drive 8:00 Pickleball (Coed) 9:00 Pickleball Spring Fling 9:30 German Group 10:00 Zumba Pop-Up 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 Bridge 12:30</p>
<p>5</p> <p>Running Group & Walk-to-Jog 8:00 Pickleball (Women's) 9:00 Golf 9:00 Tee Time at Ladera Golf Course Hand & Foot 12:30 Spanish 2:00</p>	<p>6</p> <p>Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Restorative Yoga **10:00 Euchre 10:00 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>7</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (RF) 9:15 Christian Community 10:00 Tennis 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Etrak Help Session 11:15 Bridge 12:30 Buddhist Meditation Group 2:00 Strong Bodies 2:00 Lavender Production & Distillery Tour 4:30 Chinese Mah Jongg 5:00 Talking Tuesday 5:00</p>	<p>8</p> <p>Running Group/ Walk to Jog 8:00 Aqua Zumba 9:00 Pickleball (Coed) 9:00 LTC 9:00 Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Craft Beer Brewery Tour 2:00 Fiber Crafts 3:00 Artful Happy Hour 4:00 Rummikub 5:00</p>	<p>9</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Shooting Sports 9:00 Agenda Setting Meeting 9:00 Regular Yoga (RF) 9:15 Tennis 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Strong Bodies 3:00 MGB Bingo 5:00</p>	<p>10</p> <p>Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Women's Double Tennis 10:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Chess Group 1:00 Retirement Interest Group 2:00 Happy Hour 4:30</p>	<p>11</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 German Group 10:00 Poker 12:30 Live Music with SWAG 6:00</p>
<p>12</p> <p>Running Group/ Walk-to-Jog 8:00 Pickleball (Women's) 9:00 Golf 9:00 Tee Time at Ladera Golf Course Hand & Foot 12:30 Spanish 2:00</p>	<p>13</p> <p>Aqua Zumba 9:00 Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Writer's Group 10:00 & (zoom) Euchre 10:00 Restorative Yoga ** (10:00) 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>14</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (TC) 9:15 Amazon Tour 9:30 Conservative Group 10:00 Tennis 10:00 Virtual Reality 10:00 Gentle Yoga (TC) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Buddhist Meditation Group 2:00 Chinese Mah Jongg 5:00</p>	<p>15</p> <p>Running Group/ Walk to Jog 8:00 Aqua Zumba 9:00 Pickleball (Coed) 9:00 Tai Chi Chih 10:00 (JKR) Women's Lunch 11:30 American Mah Jongg 12:30 Poker 12:30 Retirement Investment Group 1:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>FITNESS INSTRUCTORS</p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Wayne Mateski (W) Intermediate 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>** Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>		



EVENTS, PRESENTATIONS, & FITNESS CALENDAR

MAY 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</p> <p>New T'ai Chi Chih fitness class Wednesday's at 10am</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</p> <p>Wayne Mateski (W) Intermediate 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>16</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Regular Yoga (CC) 9:15 Men's Breakfast 9:30 ARC 9:30 Tennis 10:00 Gentle Yoga (CC) 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 StrongBodies 3:00 Debate Society 4:00</p>	<p>17</p> <p>MIIT (T) 9:00 Pickleball (Men's) 9:00 Bocce Ball 9:30 Amazon Tour 9:30 Walking Group 10:00 Women's Double Tennis 10:00 Stop the Bleed 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Birthday Celebration Happy Hour w/Food Truck 4:30</p>	<p>18</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Rinconada Hike 10:00 German Group 10:00 Zumba Pop-Up 10:00 Aqua Aerobics (M) 11:00 Poker 12:30 MGB Trivia 4:00</p>
<p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>						
<p>19</p> <p>Running Group/ Walk-to -Jog 8:00 Spring Fling 9:00 Pickleball (Women's) 9:00 Golf 9:00 Tee Time at Ladera Golf Course Hand & Foot 12:30 Acoustic Group 1:00 Breath Workshop 1:00 Spanish 2:00</p>	<p>20</p> <p>Aqua Zumba 9:00 Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Restorative Yoga**10:00 Euchre 10:00 Bucket Buddies 10:00 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Line Dancing 12:30 Strong Bodies 2:00 Strong Bodies 3:00 Pinochle 4:00 Book Club 5:30</p>	<p>21</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Finance Comm 2:00 Regular Yoga (RF) 9:15 Tennis 10:00 Etrak Help Session 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Buddhist Meditation Group 2:00 Finance Comm 2:00 Charcuterie Class 3-00 Chinese Mah Jongg 5:00</p>	<p>22</p> <p>Running Group/ Walk-to-Jog 8:00 Aqua Zumba 9:00 Pickleball (Coed) 9:00 Tai Chi Chih 10:00 (JKR) Coronado Historic Site Tour 11:00 Lunch & Learn w/ Hydro Bar 11:30 American Mah Jongg 12:30 Poker 12:30 Strong Bodies 2:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>23</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Board Mtg. 9:00 Regular Yoga (CC) 9:15 Tennis 10:00 Gentle Yoga (CC) 10:30 Cornhole 10:30 Women's Lunch 11:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Strong Bodies 3:00 Rinus Baak: NM The Land of Enchantment 4:00</p>	<p>24</p> <p>MIIT (T) 9:00 Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Women's Double Tennis 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>25</p> <p>Pickleball (Coed) 9:00 German Group 10:00 Scam Awareness Presentation 10:00 Aqua Aerobics (M) 11:00 Poker 12:30</p>
<p>26</p> <p>Running Group/Walk-to -Jog 8:00 Pickleball (Women's) 9:00 Hand & Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course Spanish 2:00 LGBTQ Happy Hour 4:00</p>	<p>27</p> <p>Pickleball (Men's) 9:00 Walking Group 9:00 Mirehaven Car Show & Shine 9:00 Bocce Ball 9:30 Euchre 10:00 Restorative Yoga**10:00 Ladies' Poker 12:30 Line Dancing 12:30 Mens Poker 12:30 Bridge 12:30</p> <p>Memorial Day Amenity Center Hours 8am-4pm</p>	<p>28</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Women's) 9:00 Regular Yoga (RF) 9:15 Tennis 10:00 Gentle Yoga (RF) 10:30 Intermediate Pickleball 11:00 Bridge 12:30 Buddhist Meditation Group 2:00 Chinese Mah Jongg 5:00</p>	<p>29</p> <p>Running Group/ Walk-to-Jog 8:00 Pickleball (Coed) 9:00 Tai Chi Chih 10:00 (JKR) Lunch & Learn w/ Neptune 11:30 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>30</p> <p>Intermediate Yoga (W) 7:30 Pickleball (Coed) 9:00 Regular Yoga (RF) 9:15 Tennis 10:00 Gentle Yoga (RF) 10:30 Cornhole 10:30 Bridge 12:30 Mexican Train 12:30 Eastern Philosophy 1:00 Bible Study 2:00 Ice Cream Social 3:30</p>	<p>31</p> <p>Pickleball (Men's) 9:00 Walking Group 9:00 Bocce Ball 9:30 Women's Double Tennis 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	