

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |   |
|--|---|--|---|---|--|---|---|
| <p>Sandia Center<br/>Hours 10/1-10/13</p> <p>Mon-Fri<br/>6:00am-8:00pm</p> <p>Sat-Sun<br/>7:00am-7:00pm</p>  | <p><b>Manzano Room</b><br/>Cottonwood Room<br/>Movement Room<br/>Sports Court<br/>Fitness Room/<br/>Gym<br/>Patio<br/>Off-site or Zoom</p>  | 1<br><p>Pickleball (Women's) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Christian Community 10:00<br/>Gentle Yoga (RF) 10:30<br/>Bridge 12:30<br/>Euchre 1:00<br/>Buddhist Meditation 2:00<br/>Chinese Mah Jongg 5:00<br/>Talking Tuesday 5:00</p>                            | 2<br><p>Running Group/Walk to Jog 9:00<br/>Pickleball (Coed) 9:00<br/>ARC 11:30<br/>Collage Group 10:00<br/>Tai Chi Chih 10:00 (JKR)<br/>American Mah Jongg 12:30<br/>Poker 12:30<br/>Strong Bodies 3:00<br/>Fiber Crafts 3:00<br/>Rummikub 5:00<br/>Astronomy Group 5:00</p>   | 3<br><p>Pickleball (Coed) 9:00<br/>Shooting Sports 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Gentle Yoga (RF) 10:30<br/>Cornhole 10:30<br/>Bridge 12:30<br/>Mexican Train 12:30<br/>Bible Study 2:00</p>  | 4<br><p>Pickleball (Men's) 9:00<br/>Women's Double Tennis 9:00<br/>Walking Group 9:00<br/>Bocce Ball 9:30<br/>Women's Hand &amp; Foot 12:30<br/>Chess 1:00<br/>Bluegrass Jam 1:00<br/>Happy Hour 4:30</p>  | 5<br><p>Pickleball (Coed) 9:00<br/>German Group 10:00<br/>Aqua Aerobics (M) 11:00<br/>Scrabble 11:00<br/>Bridge 12:30<br/>Poker 12:30</p>   |   |
| <p>Sandia Center<br/><b>Winter Hours</b><br/>10/13/24-4/15/25</p> <p>Mon-Fri<br/>6:00am-7:00pm</p> <p>Sat-Sun<br/>7:00am-6:00pm</p>  |   | 6<br><p>Balloon Fiesta AM Gondola Club 4:15<br/>Running Group &amp; Walk-to-Jog 9:00<br/>Pickleball (Women's) 9:00<br/>Golf 9:00 Tee Time at Ladera Golf Course<br/>Hand &amp; Foot 12:30<br/>2:00 Spanish</p>   | 7<br><p>Pickleball (Men's) 9:00<br/>Walking Group 9:00<br/>Bocce Ball 9:30<br/>Dia De Los Muertos Presentation 10:00<br/>Restorative Yoga ** (10:00)<br/>Ladies' Poker 12:30<br/>Men's Poker 12:30<br/>Bridge 12:30<br/>Line Dancing 12:30<br/>Neighborhood Association Mtg 1:00<br/>Strong Bodies 2:00<br/>Strong Bodies 3:00<br/>Pinochle 4:00<br/>Intmd/Advanced Pickleball Lessons 6pm (register on Interest Group page on website)</p>                         | 8<br><p>Pickleball (Women's) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Conservative Interest Group 10:00<br/>Gentle Yoga (RF) 10:30<br/>Bridge 12:30<br/>Euchre 1:00<br/>Buddhist Meditation 2:00<br/>Petroglyph Performers 4:00<br/>Chinese Mah Jongg 5:00</p> | 9<br><p>Balloon Fiesta Breakfast 7:30<br/>Running Group/Walk to Jog 9:00<br/>Pickleball (Coed) 9:00<br/>Board Agenda Setting Meeting 9:00<br/>Zumba Gold 9:00<br/>Collage Group 10:00<br/>Tai Chi Chih 10:00 (JKR)<br/>Jewish Group 11:00<br/>LTC 10:30 (M-West)<br/>American Mah Jongg 12:30<br/>Poker 12:30<br/>Strong Bodies 2:00<br/>Fiber Crafts 3:00<br/>Rummikub 5:00</p> | 10<br><p>Pickleball (Coed) 9:00<br/>Regular Yoga (TC) 9:15<br/>Tennis 9:30<br/>Gentle Yoga (TC) 10:30<br/>Cornhole 10:30<br/>Bridge 12:30<br/>Mexican Train 12:30<br/>Bible Study 2:00<br/>Craft Beer Happy Hour 5:00</p> | 11<br><p>Walking Group 9:00<br/>Pickleball (Men's) 9:00<br/>Bocce Ball 9:30<br/>Women's Double Tennis 9:00<br/>Hand &amp; Foot 12:30<br/>Bluegrass Jam 1:00<br/>Chess Group 1:00<br/>Balloon Fiesta PM Glowdeo 3:30<br/>Happy Hour 4:30</p> |
| 13<br><p>Running Group/Walk-to-Jog 9:00<br/>Pickleball (Women's) 9:00<br/>Golf 9:00 Tee Time at Ladera Golf Course<br/>Hand &amp; Foot 12:30<br/>2:00 Spanish<br/>DWM Democrats: Meet the Candidates 4:30</p> <p>Pool Closes</p> | 14<br><p>Walking Group 9:00<br/>Pickleball (Men's) 9:00<br/>Bocce Ball 9:30<br/>MIIT (T) 9:00<br/>Climate and Ocean Clouds Presentation 10:00<br/>Restorative Yoga **10:00<br/>Ladies' Poker 12:30<br/>Men's Poker 12:30<br/>Line Dancing 12:30<br/>Bridge 12:30<br/>Strong Bodies 2:00<br/>Strong Bodies 3:00<br/>Pinochle 4:00<br/>Intmd/Advanced Pickleball Lessons 6pm (register on Interest Group page on website)</p> <p>Winter Hours Begin</p> | 15<br><p>Pickleball (Women's) 9:00<br/>Regular Yoga (CC) 9:15<br/>Tennis 9:30<br/>Virtual Reality 10:00<br/>Gentle Yoga (CC) 10:30<br/>Lunch &amp; Learn with Enchantment Financial 11:30<br/>Bridge 12:30<br/>Euchre 1:00<br/>Buddhist Meditation 2:00<br/>Chinese Mah Jongg 5:00</p> | <div style="border: 2px dashed orange; padding: 10px;"> <p align="center"><b>FITNESS INSTRUCTORS</b></p> <p align="center">Roberta Forester (RF)<br/>Restorative Yoga, Regular Yoga, Gentle Yoga<br/>Terri Johnson (T) MIIT<br/>Star Tierra (ST) Line Dancing<br/>Tonya Conklin (TC) Restorative Yoga<br/>Cheri Koinis (CK) Restorative Yoga<br/>Judy Kistler-Robinson (JKR) T'ai Chi Chih<br/>Moses Winston (M) Aqua Zumba<br/>Carl Cerco (CC) Yoga Sub</p> </div> |   |  |  <p>Be sure and double check for fall time changes for interest groups!</p>  |   |
| <p align="center">**Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>  |   |  |   |   |  |   |   |

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|    | <p><b>Manzano Room</b><br/>Cottonwood Room<br/>Movement Room<br/>Sports Court<br/>Fitness Room/<br/>Gym<br/>Patio<br/>Off-site or Zoom</p>  | <p>Sandia Center<br/><b>Winter Hours</b><br/>10/13/24-<br/>4/15/25</p> <p>Mon-Fri<br/>6:00am-7:00pm</p> <p>Sat-Sun<br/>7:00am-6:00pm</p>  | <p>16</p> <p>Running Group/Walk-to-Jog 9:00<br/>Pickleball (Coed) 9:00<br/>Zumba Gold 9:00<br/>Men's Breakfast 9:30<br/>Tai Chi Chih 10:00<br/>Coffee &amp; Skulls 10:00<br/>Collage Group 10:00<br/>ARC 11:30<br/>American Mah Jongg 12:30<br/>Poker 12:30<br/>Retirement Investment Group 1:00<br/>Fiber Crafts 3:00<br/>Rummikub 5:00</p>               | <p>17</p> <p>Pickleball (Coed) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>ArtWorks 10:00<br/>Gentle Yoga (RF) 10:30<br/>Cornhole 10:30<br/>Bridge 12:30<br/>Mexican Train 12:30<br/>Bible Study 2:00<br/>StrongBodies 3:00<br/>Full Moon<br/>Pickleball Happy Hour (private event) 6:00</p> | <p>18</p> <p>Pickleball (Men's) 9:00<br/>Walking Group 9:00<br/>Bocce Ball 9:30<br/>MIIT (T) 9:00<br/>Women's Double Tennis 9:00<br/>Hand &amp; Foot 12:30<br/>Chess 1:00<br/>Bluegrass Jam 1:00<br/>Birthday Celebration<br/>Happy Hour with Food Truck 4:30</p> | <p>19</p> <p>Pickleball (Coed) 9:00<br/>Rinconada Hike 9:00<br/>German Group 10:00<br/>Scrabble 11:00<br/>Poker 12:30</p>         |
| <p>20</p> <p>Running Group/Walk-to -Jog 9:00<br/>Pickleball (Women's) 9:00<br/>Golf 9:00 Tee Time<br/>at Ladera Golf Course<br/>Acoustic Jam 1:00<br/>Geezer Olympics 2:00</p>   | <p>21</p> <p>Pickleball (Men's) 9:00<br/>Walking Group 9:00<br/>Bocce Ball 9:30<br/>MIIT (T) 9:00<br/>Restorative Yoga**10:00<br/>Finance Comm 10:00<br/>Line Dancing 12:30<br/>Ladies' Poker 12:30<br/>Bridge 12:30<br/>Men's Poker 12:30<br/>Strong Bodies 2:00<br/>Strong Bodies 3:00<br/>Pinochle 4:00<br/>Book Club 5:30<br/>Intmd/Advanced Pickleball Lessons 6pm (register on Interest Group page on website)</p>  | <p>22</p> <p>Pickleball (Women's) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Amazon Tour 9:30<br/>Gentle Yoga (RF) 10:30<br/>Bridge 12:30<br/>Euchre 1:00<br/>Buddhist Meditation 2:00<br/>Chinese Mah Jongg 5:00</p>                            | <p>23</p> <p>Running Group/Walk-to-Jog 9:00<br/>Pickleball (Coed) 9:00<br/>Zumba Gold 9:00<br/>Board Regular Session 9:00<br/>Collage Group 10:00<br/>Executive Mtg 10:30 (M-East)<br/>Ladies Lunch 11:30-1:30<br/>Dance Lesson 11:30-1:30<br/>American Mah Jongg 12:30<br/>Poker 12:30<br/>Strong Bodies 2:00<br/>Fiber Crafts 3:00<br/>Rummikub 5:00</p> | <p>24</p> <p>Pickleball (Coed) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Gentle Yoga (RF) 10:30<br/>Cornhole 10:30<br/>Bridge 12:30<br/>Mexican Train 12:30<br/>Bible Study 2:00<br/>Strong Bodies 3:00</p>  | <p>25</p> <p>Walking Group 9:00<br/>Pickleball (Men's) 9:00<br/>Bocce Ball 9:30<br/>MIIT (T) 9:00<br/>Women's Double Tennis 9:00<br/>Hand &amp; Foot 12:30<br/>Chess 1:00<br/>Bluegrass Jam 1:00<br/>Happy Hour 4:30</p>  | <p>26</p> <p>Pickleball (Coed) 9:00<br/>Private Event 9-12<br/>German Group 10:00<br/>Pop-Up Zumba Gold 10:00<br/>Poker 12:30</p> |
| <p>27</p> <p>Running Group/Walk-to -Jog 9:00<br/>Pickleball (Women's) 9:00<br/>Golf 9:00 Tee Time at Ladera Golf Course<br/>Bocce Ball Brunch 10:00<br/>Hand &amp; Foot 12:30<br/>2:00 Spanish LGBTQ Happy Hour 4:00</p> | <p>28</p> <p>Pickleball (Men's) 9:00<br/>Walking Group 9:00<br/>Bocce Ball 9:30<br/>MIIT (T) 9:00<br/>Restorative Yoga ** (10:00)<br/>Writers Group 10:00<br/>Bucket Buddies 10:00<br/>Ladies' Poker 12:30<br/>Men's Poker 12:30<br/>Line Dancing 12:30<br/>Bridge 12:30<br/>Strong Bodies 2:00<br/>Strong Bodies 3:00<br/>Pinochle 4:00<br/>Benefits of Music Presentation 4:00<br/>Intmd/Advanced Pickleball Lessons 6pm (register on Interest Group page on website)</p> | <p>29</p> <p>Pickleball (Women's) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Lunch &amp; Learn with Viking Cruises 10:00<br/>Gentle Yoga (RF) 10:30<br/>Bridge 12:30<br/>Euchre 1:00<br/>Buddhist Meditation 2:00<br/>Chinese Mah Jongg 5:00</p> | <p>30</p> <p>Running Group/Walk-to-Jog 9:00<br/>Zumba Gold 9:00<br/>Pickleball (Coed) 9:00<br/>Fact, Fiction, &amp; the Fall Election Presentation 10:00<br/>Collage Group 10:00<br/>American Mah Jongg 12:30<br/>Poker 12:30<br/>Strong Bodies 2:00<br/>Fiber Crafts 3:00<br/>Rummikub 5:00</p>   | <p>31</p> <p>Pickleball (Coed) 9:00<br/>Regular Yoga (RF) 9:15<br/>Tennis 9:30<br/>Gentle Yoga (RF) 10:30<br/>Cornhole 10:30<br/>Bridge 12:30<br/>Mexican Train 12:30<br/>Bible Study 2:00<br/>Strong Bodies 3:00</p>  |    |   |