

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>Sandia Center Hours Mon-Fri 6:00am-7:00pm Sat-Sun 7:00am-6:00pm</p>		<p>1  Amenity Center Closed</p>	<p>2 Intermediate Yoga (BG) 7:30 Regular Yoga (TC) 9:15 ARC 9:30 Pickleball (Coed) 10:00 Gentle Yoga (TC) 10:30 Bridge 12:30 Mexican Train 12:30 Tennis 1:00 Bible Study 2:00</p>	<p>3 Women's Double Tennis 9:00 Walking Group 10:00 Pickleball (Men's) 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>4 Pickleball (Coed) 10:00 German Group 10:00 Scrabble 11:00 Bridge 12:30 Poker 12:30 Private Party 4:00</p>
<p>5 Running Group & Walk-to-Jog 9:00 Pickleball (Women's) 10:00 Hand & Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>6 Pickleball (Men's) 10:00 Restorative Yoga ** (10:00) Writer's Group 10:00 (Zoom) Tai Chi Interest Group 11:20 Ladies' Poker 12:30 Men's Poker 12:30 Bridge 12:30 Line Dancing 12:30 Neighborhood Association Mtg 1:00 Pinochle 4:00</p>	<p>7 Intermediate Yoga (BG) 7:30 Regular Yoga (CC) 9:15 Pickleball (Women's) 10:00 Walking Group 10:00 MGB Board Mtg 10:00 Conservative Interest Group 10:00 Christian Community 10:00 Gentle Yoga (CC) 10:30 Tennis 1:00 Euchre 1:00 Buddhist Meditation 1:30 MGB Garden Tour Mtg 2:00 Chinese Mah Jongg 5:00</p>	<p>8 Running Group/ Walk to Jog 9:00 LTC 9:00 Collage Group 10:00 Pickleball (Coed) 10:00 Tai Chi Chih 10:00 (JKR) Jewish Group 11:00 American Mah Jongg 12:30 Poker 12:30 Craft Beer 1:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>9 Intermediate Yoga (BG) 7:30 Shooting Sports 9:00 Regular Yoga (RF) 9:15 Pickleball (Coed) 10:00 N4N 10:00 Gentle Yoga (RF) 10:30 Fitness Eqpt. Orientation 101 11:30 Bridge 12:30 Mexican Train 12:30</p>	<p>10 Women's Double Tennis 9:00 Walking Group 10:00 Pickleball (Men's) 10:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Retirement Interest Group 2:00 Chess 1:00 Happy Hour 4:30</p>	<p>11 Vitalant Blood Drive 8:00 Neighborhood Watch 9:00 Pickleball (Coed) 10:00 German Group 10:00 Scrabble 11:00 Poker 12:30</p>
<p>12 Running Group/ Walk-to-Jog 9:00 Pickleball (Women's) 10:00 Hand & Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>13 MIIT (T) 8:45 Restorative Yoga ** 10:00 Pickleball (Men's) 10:00 Presentation: Bird Alliance 10:00 Tai Chi Interest Group 11:20 Ladies' Poker 12:30 Men's Poker 12:30 Line Dancing 12:30 Bridge 12:30 RT1 2:00 RT2 3:00 Pinochle 4:00</p>	<p>14 Intermediate Yoga (BG) 7:30 Regular Yoga (RF) 9:15 Walking Group 10:00 Pickleball (Women's) 10:00 Gentle Yoga (RF) 10:30 Bridge 12:30 Tennis 1:00 Euchre 1:00 Buddhist Meditation 1:30 RT-3 3:16 Petroglyph Performers 4:00 Chinese Mah Jongg 5:00</p>	<p>15 Zumba Gold (T) 8:45 Running Group/ Walk to Jog 9:00 Collage Group 10:00 Pickleball (Coed) 10:00 Tai Chi Chih 10:00 (JKR) American Mah Jongg 12:30 Poker 12:30 Retirement Investment Group 1:00 RT1 2:00 RT2 3:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>FITNESS INSTRUCTORS</p> <p>Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Barbara Garcia (BG) Intermediate Yoga Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Judy Kistler-Robinson (JKR) T'ai Chi Chih Carl Cerco (CC) Yoga Sub</p> <p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis**</p>		



EVENTS, PRESENTATIONS, & FITNESS CALENDAR

January 2025 (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>Sandia Center Hours Mon-Fri 6:00am-7:00pm Sat-Sun 7:00am-6:00pm</p>	<p>FITNESS INSTRUCTORS Roberta Forester (RF) Restorative Yoga, Regular Yoga, Gentle Yoga Barbara Garcia (BG) Intermediate Yoga Star Tierra (ST) Line Dancing Tonya Conklin (TC) Restorative Yoga Cheri Koinis (CK) Restorative Yoga Judy Kistler-Robinson (JKR) T'ai Chi Chih Carl Cerco (CC) Yoga Sub</p>		<p>16 Intermediate Yoga (BG) 7:30 Tennis 9:30 ARC 9:30 Pickleball (Coed) 10:00 ARTWORKS 10:00 MGB Board Mtg 11:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 RT-3 3:15</p>	<p>17 Stability Ball (T) 8:45 Women's Double Tennis 9:00 Pickleball (Men's) 10:00 Walking Group 10:00 Hand & Foot 12:30 Chess 1:00 Bluegrass Jam 1:00 Birthday Celebration Happy Hour 4:30</p>	<p>18 Pickleball (Coed) 10:00 German Group 10:00 Scrabble 11:00 Poker 12:30</p>
<p>**Restorative Yoga is taught by Roberta Forester, Tonya Conklin or Cheri Koinis</p>						
<p>19 Running Group/ Walk-to -Jog 9:00 Pickleball (Women's) 10:00 Hand & Foot 12:30 Acoustic Jam 1:00 Golf 1:00 Tee Time at Ladera Golf Course</p>	<p>20 MIIT (T) 8:45 Pickleball (Men's) 10:00 Restorative Tai Chi Interest Group 11:20 Yoga**10:00 Lunch & Learn w/Neptune 11:30 Line Dancing 12:30 Ladies' Poker 12:30 Bridge 12:30 Men's Poker 12:30 RT1 2:00 RT2 3:00 Pinochle 4:00 Book Club 5:30</p>	<p>21 Intermediate Yoga (BG) 7:30 Regular Yoga (RF) 9:15 Men's Breakfast 9:30 Tennis 9:30 Pickleball (Women's) 10:00 Walking Group 10:00 Gentle Yoga (RF) 10:30 Tennis 1:00 Euchre 1:00 Buddhist Meditation 1:30 RT-3 3:15 Chinese Mah Jongg 5:00</p>	<p>22 Zumba Gold (T) 8:45 Running Group/ Walk to Jog 9:00 Bern County Court Tour 9:00 Collage Group 10:00 Pickleball (Coed) 10:00 Tai Chi Chih 10:00 (JKR) American Mah Jongg 12:30 Poker 12:30 RT1 2:00 RT2 3:00 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>23 Intermediate Yoga (BG) 7:30 Regular Yoga (TC) 9:15 Tennis 9:30 Pickleball (Coed) 10:00 Gentle Yoga (TC) 10:30 Ladies Lunch 11:30 Fitness Eqpt. Orientation 102 11:30 Bridge 12:30 Mexican Train 12:30 Bible Study 2:00 RT-3 3:15 Debate Society 3:45</p>	<p>24 Stability Ball (T) 8:45 Women's Double Tennis 9:00 Pickleball (Men's) 10:00 Walking Group 10:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Happy Hour 4:30</p>	<p>25 Pickleball (Coed) 10:00 German Group 10:00 Scrabble 11:00 Poker 12:30 MGB Meet the Charities 4:30</p>
<p>26 Running Group/ Walk-to -Jog 9:00 Pickleball (Women's) 9:00 Hand & Foot 12:30 Golf 1:00 Tee Time at Ladera Golf Course LGBTQ Happy Hour 4:00</p>	<p>27 MIIT (T) 8:45 Pickleball (Men's) 9:00 Restorative Yoga ** (10:00) Writer's Group 10:00 (Zoom) Tai Chi Interest Group 11:20 Ladies' Poker 12:30 Men's Poker 12:30 Line Dancing 12:30 Bridge 12:30 Finance Comm 1:00 Pinochle 4:00 Bucket Buddies 4:30</p>	<p>28 Intermediate Yoga (BG) 7:30 Pickleball (Women's) 9:00 Tennis 9:30 Walking Group 10:00 Wheels Museum 10:00 Gentle Yoga (RF) 10:30 Tennis 1:00 Euchre 1:00 Buddhist Meditation 1:30 Petroglyph Performers 4:00 Chinese Mah Jongg 5:00</p>	<p>29 Zumba Gold (T) 8:45 Running Group/ Walk to Jog 9:00 Collage Group 10:00 Pickleball (Coed) 10:00 Tai Chi Chih 10:00 (JKR) American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 3:00 Rummikub 5:00</p>	<p>30 Intermediate Yoga (BG) 7:30 Board Regular Session 9:00 Regular Yoga (TC) 9:15 Tennis 9:30 Pickleball (Coed) 10:00 Gentle Yoga (TC) 10:30 Bridge 12:30 Mexican Train 12:30</p>	<p>31 Stability Ball (T) 8:45 Women's Double Tennis 9:00 Pickleball (Men's) 10:00 Walking Group 10:00 Hand & Foot 12:30 Bluegrass Jam 1:00 Happy Hour 4:30</p>	