



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Canada Day 10:30 Sunday Brunch (LP Dining) 10:30 Sunday Brunch (LV Dining) 1:00 Ponytail Canasta (LP Mojave) LV 2:10 CPAC Patriotic Concert BUS TRIP 	2 8:30 Farmer's Market (The Shoppes) 9:00 Coffee Klatch (PAV Patio) 9:00 Monday Art (LV #226) 12:30 Duplicate Bridge (LP El Dorado) 1:00 Social Bridge (LV Acacia) 2:00 Pinochle (LP Pima)	3 9:00 The Inn Artists (LV #226) 9:00 Wellness Clinic (LV Lantana) 10:00 La Posada Hats & Wraps (LP Mojave) 12:30 Social Bridge (LP El Dorado) 1:00 Mahjongg (LP Pima)	4 Independence Day NO Lifestyles STAFF 10:00 Devices?? (PAV Enlightenment) 10:00 Ecumenical Bible Study (LP Game Rm) 12:00 Duplicate Bridge (LV Madera) 1:00 Circulo De Espanol (LV Acacia) 1:00 Ponytail Canasta (LP Apache/Mojave) 1:30 DHLC Bible Study (LP Zuni) 2:00 La Posada Singers (La Joya Celebration) 6:30 Rummikub (LP Pima)	5 9:00 Wellness Clinic (LP Day Spa) 9:30 Rummikub (LV Lantana) 10:00 Clay Studio (LV #224) 10:00 Hand & Foot (LV Acacia) 12:30 Social Bridge (LP El Dorado) 1:00 Cribbage (LV Acacia) 2:00 Chess Club (LP Pima)	6 9:00 Wellness Clinic (LV Lantana) 9:00 Oil Painting Group (LV #226) LP 10:30 Desert Diamond Casino BUS TRIP 12:30 Duplicate Bridge (Rec Center) 1:30 Spiritual Exploration (La Joya Copper)	7 9:00 Basic Bridge (Rec Center) 2:00 Poker Club (LP Game Room)
8 10:30 Sunday Brunch (LV Dining) 10:30 Sunday Brunch (LP Dining) 1:00 Ponytail Canasta (LP Mojave)	9 8:30 Farmer's Market (The Shoppes) 9:00 Coffee Klatch (PAV Patio) 9:00 Monday Art (LV #226) LV 9:25 Park Place Mall BUS TRIP 10:00 Bonsai Class / Workshop (Rec Center) 12:30 Duplicate Bridge (LP El Dorado) 1:00 Social Bridge (LV Acacia) 2:00 Pinochle (LP Pima)	10 9:00 The Inn Artists (LV #226) 9:00 Wellness Clinic (LV Lantana) 10:00 La Posada Hats & Wraps (LP Mojave) 12:30 Social Bridge (LP El Dorado) 1:00 Mahjongg (LP Pima) 1:30 Ice Cream Social (LV Madera)	11 10:00 Devices?? (PAV Enlightenment) 10:00 Ecumenical Bible Study (LP Game Rm) 12:00 Duplicate Bridge (LV Madera) 1:00 Ponytail Canasta (LP Apache/Mojave) 2:00 La Posada Singers (La Joya Celebration) LP 3:25 HaPPY Hour Elvira's /Tubac BUS TRIP 5:00 Coffee House (Posada Java) 6:30 Rummikub (LP Pima)	12 9:00 Wellness Clinic (LP Day Spa) 9:30 Rummikub (LV Lantana) 10:00 Clay Studio (LV #224) 10:00 Hand & Foot (LV Acacia) NO Residents Council (Rec Center) 12:30 Social Bridge (LP El Dorado) 1:00 Cribbage (LV Acacia) 2:00 Chess Club (LP Pima) 5:30 Birthday Dinner (LV Madera)	13 9:00 Wellness Clinic (LV Lantana) 9:00 Oil Painting Group (LV #226) 10:30 Memory Caregiver Group (Enlightenment) 12:30 Duplicate Bridge (Rec Center) 2:00 Transitioning Through Loss Group (PAV Enlightenment)	14 9:00 Basic Bridge (Rec Center) 2:00 Poker Club (LP Game Room)
15 10:30 Sunday Brunch (LP Dining) 10:30 Sunday Brunch (LV Dining) 1:00 Ponytail Canasta (LP Mojave)	16 8:30 Farmer's Market (The Shoppes) 9:00 Coffee Klatch (PAV Patio) 9:00 Monday Art (LV #226) LV 10:30 PF Chang's BUS TRIP 12:30 Duplicate Bridge (LP El Dorado) 1:00 Social Bridge (LV Acacia) 2:00 Pinochle (LP Pima)	17 9:00 The Inn Artists (LV #226) 9:00 Wellness Clinic (LV Lantana) 10:00 La Posada Hats & Wraps (LP Mojave) 12:30 Social Bridge (LP El Dorado) 1:00 Mahjongg (LP Pima) 1:30 MOVIE "The Martian" (LV Madera)	18 10:00 Devices?? (PAV Enlightenment) 10:00 Ecumenical Bible Study (LP Game Rm) 12:00 Duplicate Bridge (LV Madera) 1:00 Circulo De Espanol (LV Acacia) 1:00 Ponytail Canasta (LP Apache/Mojave) 2:00 La Posada Singers (La Joya Celebration) LP 6:20 Fox Theatre "ABBA" BUS TRIP 6:30 Rummikub (LP Pima)	19 9:00 Wellness Clinic (LP Day Spa) 9:30 Rummikub (LV Lantana) 9:30 Sit & Sip (LP Lobby) 10:00 Clay Studio (LV #224) 10:00 Hand & Foot (LV Acacia) 12:30 Social Bridge (LP El Dorado) 1:00 Cribbage (LV Acacia) 2:00 Chess Club (LP Pima)	20 9:00 Wellness Clinic (LV Lantana) 9:00 Oil Painting Group (LV #226) 12:30 Duplicate Bridge (Rec Center) 1:30 Spiritual Exploration (La Joya Copper) 4:30 Social Hour (LV Madera; LP El Dorado)	21 9:00 Basic Bridge (Rec Center) 2:00 Poker Club (LP Game Room) 3:00 Open Mic (The Shoppes)
22 10:30 Sunday Brunch (LV Dining) 10:30 Sunday Brunch (LP Dining) 1:00 Ponytail Canasta (LP Mojave)	23 8:30 Farmer's Market (The Shoppes) 9:00 Coffee Klatch (PAV Patio) 9:00 Monday Art (LV #226) 12:30 Duplicate Bridge (LP El Dorado) 1:00 Social Bridge (LV Acacia) 2:00 Pinochle (LP Pima)	24 9:00 The Inn Artists (LV #226) 9:00 Wellness Clinic (LV Lantana) 10:00 La Posada Hats & Wraps (LP Mojave) 12:30 Social Bridge (LP El Dorado) 1:00 Mahjongg (LP Pima) 1:30 BINGO! (LV Madera)	25 10:00 Devices?? (PAV Enlightenment) 10:00 Ecumenical Bible Study (LP Game Rm) 12:00 Duplicate Bridge (LV Madera) 1:00 Ponytail Canasta (LP Apache/Mojave) 2:00 La Posada Singers (La Joya Celebration) 6:30 Rummikub (LP Pima)	26 9:00 Wellness Clinic (LP Day Spa) 9:30 Rummikub (LV Lantana) 10:00 Clay Studio (LV #224) 10:00 Hand & Foot (LV Acacia) LV 12:00 Desert Sky Cinema BUS TRIP 12:30 Social Bridge (LP El Dorado) 1:00 Cribbage (LV Acacia) 2:00 Chess Club (LP Pima)	27 9:00 Wellness Clinic (LV Lantana) 9:00 Oil Painting Group (LV #226) 10:30 Memory Caregiver Group (Enlightenment) 12:30 Duplicate Bridge (Rec Center) 2:00 Transitioning Through Loss Group (PAV) LP 6:15 Bug Night Madera Canyon BUS TRIP	28 9:00 Basic Bridge (Rec Center) 2:00 Poker Club (LP Game Room)
29 10:30 Sunday Brunch (LP Dining) 10:30 Sunday Brunch (LV Dining) 1:00 Ponytail Canasta (LP Mojave)	30 8:30 Farmer's Market (The Shoppes) 9:00 Coffee Klatch (PAV Patio) 9:00 Monday Art (LV #226) 12:30 Duplicate Bridge (LP El Dorado) 1:00 Social Bridge (LV Acacia) 2:00 Pinochle (LP Pima)	31 9:00 The Inn Artists (LV #226) 9:00 Wellness Clinic (LV Lantana) 10:00 La Posada Hats & Wraps (LP Mojave) 12:30 Social Bridge (LP El Dorado) 1:00 Mahjongg (LP Pima) 3:00 Beer & Banter (LV Madera)				

Fitness Flash

~ 2018 ~				
Mon	Tue	Wed	Thu	Fri
2 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 9:15 Balance Level 2 (Asana) 10:00 BackHab Plus (PAV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana)	3 8:00 Deep H2O (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Aquacise Too! (LV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Brain Savers (Asana)	4 Independence Day No Classes 	5 8:00 Ai Chi (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Ai Chi (LV Pool) 9:15 Zumba Gold (Asana) 10:00 Tai Chi Qigong (Spirit) 10:15 Sit & Be Fit (Asana) 11:15 Brain Savers (Asana)	6 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana) 11:15 Balance Level 2 (Spirit)
9 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 9:15 Balance Level 2 (Asana) 10:00 BackHab Plus (PAV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana)	10 8:00 Deep H2O (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Aquacise Too! (LV Pool) 10:15 Sit & Be Fit (Asana) 1:00 Tibetan Bowls (Enlightenment)	11 Tricycle Maintenance 8:00 Aquacise (PAVPool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 9:15 Zumba Gold (Asana) 10:15 Sit & Be Fit (Asana) 10:30 Gentle HathaYoga (Spirit) 11:00 Balance Level 3 (Asana) 1:00 Beg Line Dance (Asana) 1:30 Line Dance (Asana)	12 8:00 Ai Chi (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Ai Chi (LV Pool) 9:15 Zumba Gold (Asana) 10:00 Tai Chi Qigong (Spirit) 10:15 Sit & Be Fit (Asana)	13 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana) 11:15 Balance Level 2 (Spirit)
16 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 9:15 Balance Level 2 (Asana) 10:00 BackHab Plus (PAV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana)	17 8:00 Deep H2O (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Aquacise Too! (LV Pool) 10:15 Sit & Be Fit (Asana)	18 8:00 Aquacise (PAVPool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 9:15 Zumba Gold (Asana) 10:15 Sit & Be Fit (Asana) 10:30 Gentle HathaYoga (Spirit) 11:00 Balance Level 3 (Asana) 1:00 Beg Line Dance (Asana) 1:30 Line Dance (Asana)	19 8:00 Ai Chi (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Ai Chi (LV Pool) 9:15 Zumba Gold (Asana) 10:00 Tai Chi Qigong (Spirit) 10:15 Sit & Be Fit (Asana)	20 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana) 11:15 Balance Level 2 (Spirit)
23 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 9:15 Balance Level 2 (Asana) 10:00 BackHab Plus (PAV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana)	24 8:00 Deep H2O (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Aquacise Too! (LV Pool) 10:15 Sit & Be Fit (Asana) 1:00 Tibetan Bowls (Enlightenment)	25 8:00 <i>Aquacise</i> (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 9:15 Zumba Gold (Asana) 10:15 Sit & Be Fit (Asana) 10:30 Restorative Yoga (Spirit) 11:00 Balance Level 3 (Asana) 1:00 Beg Line Dance (Asana) 1:30 Line Dance (Asana)	26 8:00 Ai Chi (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Ai Chi (LV Pool) 9:15 Zumba Gold (Asana) 10:00 Tai Chi Qigong (Spirit) 10:15 Sit & Be Fit (Asana)	27 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 8:00 Bocce Ball (Bocce Courts) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana) 11:15 Balance Level 2 (Spirit)
30 8:00 Aquacise (PAV Pool) 8:00 Cardio Strength (Asana) 9:00 Aquacise Too! (PAV Pool) 9:15 Balance Level 2 (Asana) 10:00 BackHab Plus (PAV Pool) 10:15 Sit & Be Fit (Asana) 11:15 Balance Level 1 (Asana)	31 8:00 Deep H2O (PAV Pool) 8:00 Mat Pilates (Asana) 8:00 Cardio Strength (Spirit) 8:30 Shuffleboard (SB Court) 9:00 Aquacise Too! (LV Pool) 10:15 Sit & Be Fit (Asana)	 POOL LAP HOURS Monday-Saturday, 6-8 am Tuesday and Friday, 3-4 pm Mon, Wed, Sat, 5-6 pm Water walkers, aquatic exercisers, and guests are welcome to use the pool anytime other than during scheduled hours. Pool cleaned daily 6:00am - 7:00am. Schedule Appointments, 4245 Fitness Assessments Personal Training Reiki Massage Therapists Jean Cerny 520-399-2490 Jennifer Stromski 414-380-6827 Shuffleboard Tues & Thurs, 8:30 am Eric Gough, 8358 Bocce Ball Wed & Fri, 8 am Don Berard, 6567		

Ai Chi (Aquatic), *Taught by Kimberly Murphy* - East meets West. Total body strengthening & relaxation progression. Integrates mental, physical, & spiritual energy. The progression moves from simple breathing to the incorporation of upper-extremity, trunk, lower-extremity, & finally total body involvement.

Aquacise and Aquacise Too!, *Taught by Kimberly Murphy, Christi Kari* - Exercises for Life. Cardio, strength, posture, core, balance, range of motion, flexibility.

BackHab (Aquatic), *Taught by Kimberly Murphy, Christi Kari* - The Water Way to Mobility and Pain Free Living BackHab Basic: 12-week aquatic walking program to strengthen whole body, with focus on the back. BackHab Plus: Continue strengthening the back through aquatic core work.

Balance Level 1, *Taught by Jocelyn Leigh, Michelle Cadeña, Kimberly Murphy* – Stationary movements while sitting or standing with support.
Balance Level 2, *Taught by Jocelyn Leigh, Michelle Cadeña, Kimberly Murphy* – Stationary stances, standing or sitting while moving through all planes.
Balance Level 3, *Taught by Kimberly Murphy, Michelle Cadeña, Jocelyn Leigh* – Standing and moving through all planes of movement.

Brain Savers, *Taught by Michelle Cadeña, Christi Kari, Veronica Johnson* – Based on the new science of the aging brain, this fun and engaging Brain+Body Fitness Program helps maintain healthy minds, reduces the impact of age-related memory impairments and the risk of Alzheimer’s disease. (Watch for our next session.)

Cardio Strength, *Taught by Michelle Cadeña, Jocelyn Leigh* - 20 to 30 minutes of aerobics, then balance & stretching.

DeepH2O (Aquatic), *Taught by Kimberly Murphy* - Zero impact-100% resistance! Tones muscles, builds endurance and full range of motion. Flotation equipment is used and provided.

Line Dance and Beginner Line Dance, *Taught by Veronica Johnson* - Strengthens the heart, lessens the risk of osteoporosis, and helps lower blood pressure. Also beneficial for balance and coordination.

Mat Pilates, *Taught by Heidi Tompkins* - Improves flexibility, strength, body awareness, core muscles, breathing, posture and back strength. The exercises involve sitting and lying on the floor on your back and stomach. Bring your own mat or use one of ours.

Positive Posture, *Taught by Valerie Davenport* – Proper alignment of the joints and ligaments may help reduce pain, improve balance and stability. [Seasonal]

Sit and Be Fit, *Taught by Kimberly Murphy, Michelle Cadeña, Jocelyn Leigh* - Breath work, stress reduction, balance, strengthens the immune system. Sitting and/or standing. Instructors are certified by the Arthritis Foundation.

Tai Chi Qigong, *Taught by Kat Strandlie, Donald Polling* – Designed specifically for LP residents. Work on clearing blockages from inflammation & injuries, restoring health & balance; improve clarity and calm anxieties. Seated, standing and walking exercises.

Tibetan Bowls, *Taught by Michael Beale* - Enhance and sustain a peaceful state of mind – **2nd and 4th Tuesdays of the month.**

Yoga is a centuries-old discipline of connecting the mind and body through various physical, mental and spiritual practices. It increases strength, improves flexibility, mind clarity and fine-tunes your focus.

Chair Yoga, *Taught by Valerie Davenport, Kathy Edds, Cynthia* – Explore moving the body through *your* full range of motion. Focus on combining breath and movement. Standing poses build strength and stability in lower body and core. Upper body work to open the chest and arms. [Seasonal]

Gentle Hatha Yoga, *Taught by Valerie Davenport, Kathy Edds, Cynthia* – An exploration of yoga postures and the breath at a gentle pace. This class includes standing, sitting and lying poses. Strength-building movements, joint stabilization and self-massage techniques.

Restorative Yoga, *Taught by Valerie Davenport, Kathy Edds, Cynthia* – **Last Wednesday of every month.**

Zumba Gold, *Taught by Michelle Cadeña* – Cardio featuring lower-body strengthening and balance with Latin-infused music.