



Activities subject to change without notice due to unexpected circumstances and weather permitting. All outings are on a FIRST COME FIRST SERVE BASIS outing unless noted.

ADULT & FAMILY SERVICES with a limit of 9 people per outing unless noted.						
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	
1		2	3	4	5	
Inhouse- Wii Robics Inhouse Art & crafts	Inhouse Board Games Inhouse Bingo	Inhouse Goals & Objectives Civitan Meeing : Speaker		Inhouse Arts & Craft	Inhouse Karaoke Inhouse Green Thumb	
Good Will 9:45am-1:45pm - \$5	Mariposa Park 9:45am-1.45pm- Free	ABQ Museum 9:45am-1:45pm - Free		Activities @ A Park Above 9:45am-1:45pm - Free	Aquarium 9:45am-1:45pm - \$3.00	
Bowling @ Silva Lanes 10am-1:45pm - \$2.25 per game/person	Basketball & Library 9:45am-1:45pm - Free	NM Natural History Museum 9:45am-1:45pm - \$8		Erna Fergusson Public Library 9:45am-1:45pm- Free	Balloon Museum 9:45am-1:45pm - Free	
Inhouse- Chair Yoga	Inhouse Virtual Tour Nature Walk	Inhouse Bowling Gentle Exersice		Inhouse Backyard Sports Inhouse Zumba	Inhouse - Chair Yoga	
8	3	9	10	11	12	
Inhouse Bingo Inhouse Green Thumb	Inhouse Backyard sports Inhouse Zumba	Inhouse Goals & Objectives Civitan Meeing : Advocacy/Bus.		Inhouse- Wii Robics Inhouse Art & Craft	Presentation : 10:30am - 11:30am	
Activities @ Taylor Ranch 9:45am-1:45pm - Free	Bio Park 9:45am-1:45pm - \$3.00	Unser & Central Public Library 9:45am-1:45pm- Free		Bowling @ Silva Lanes 10am-1:45pm - \$2.25 per game/person	Arts Connections	
Activities @ A Park Above 9:45am- 1:45pm - Free	Dollar Tree 9:45am-1:45pm - \$5	Activities @ A Park Above 9:45am- 1:45pm - Free		Zoo 9:45am-1:45pm - \$3.00		
Play Loteria Inhouse Bowling	Inhouse Virtual Tour Nature Walk	Inhouse- Chair Yoga		Inhouse Bowling Gentle Exersice		
15	·	16	17	18	19	
Inhouse- Wii Robics Inhouse Art & Craft	Inhouse Arts & Craft Inhouse Green Thumb	Inhouse Goals & Objectives Civitan Meeing : Music		Inhouse- Wii Robics Inhouse Karoke	Inhouse Backyard Sports Inhouse Green Thumb	
Planetarium @ NMNHM 11am-12pm - \$7	Bowling @ Silva Lanes 10am-1:45pm - \$2.25 per game/person	Mariposa Park 9:45am-1.45pm- Free		Aquarium 9:45am-1:45pm - \$3.00	Activities @ Taylor Ranch 9:45am-1:45pm - Free	
Activities @ SouthValley 9:45am-1:45pm - Free	Activities @ A Park Above 9:45am- 1:45pm - Free	Activities @ SouthValley 9:45am-1:45pm - Free		Activities @ Barelas 9:45am-1:45pm - Free	Sunport Serenade 11am - 1pm - Free	
Inhouse Bowling Gentle Exersice	Chair Yoga-Inhouse Inhouse- Arts & Crafts	SPUR OF THE MOMENT		Chair Yoga-Inhouse Inhouse- Arts & Crafts	Inhouse Virtual Tour Nature Walk	
22		23	24	25	26	
Inhouse- Wii Robics Inhouse Karoke	Inhouse Backyard Sports Inhouse Green Thumb	Inhouse Goals & Objectives Civitan Meeing : Nutrition		Inhouse Board Games Inhouse Bingo	Inhouse Karaoke Inhouse Green Thumb	
Mariposa Park 9:45am-1.45pm- Free	Activities @ SouthValley 9:45am-1:45pm - Free	Activities @ Barelas 9:45am-1:45pm - Free		Dynatheater @ NMMHM 11am-12pm - \$7	Open Space Visitor Center 9:45am-1:45pm - Free	
South Broadway Public Library 9:45am-1:45pm	Bio Park 9:45am-1:45pm - \$3.00	Activities @Unser Library 9:45am-1:45pm - Free		Sunport Serenade 11am-1pm- Free	Thinker Town 10.00am-1:45pm - \$ 3.00	
Inhouse Zumba	Inhouse Virtual Tour Nature Walk	Inhouse- Chair Yoga		Play Loteria Inhouse Bowling	Inhouse Virtual Tour Nature Walk	
29	;	30				
Inhouse Karaoke	Inhouse Backyard Sports Inhouse Green Thumb					
Activities @ Taylor Ranch 9:45-1:45 pm	Dollar Tree 9:45am-1:45pm - \$5.00			De Contraction		
Activities @ Barelas 9:45am - 1:45pm- Free	Aquarium 9:45am-1:45pm - \$3.00	·				
Inhouse -Back yard sports	Inhouse Bowling			- 78472	DAWN	

Gentle Exersice