

## Game Calendar

Sierra Pointe sponsored games will be held on the following days and times.

Games	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bingo (AR)			7:30 p.m.			
Blackjack (CB)		1:30 p.m. 3:30 p.m.		1:30 p.m. 3:30 p.m.		
Canasta (GR)		7:15 p.m.		7:15 p.m.		
Hand & Foot Canasta (GR)		7:00 p.m.		7:00 p.m.		
Mexican Train Dominoes (GL)						1:00 p.m.
Poker (KK)		7:00 p.m.		7:00 p.m.		
Social Bridge (GR)			1:30 p.m.			1:30 p.m.

Please be sure to sign up for activities so that the appropriate amount of supplies and staffing can be supplied and set up.

## Did You Know?



- ✓ As a reminder, when ordering room service, please be prepared with your entire order including any condiments.
- ✓ Fellow resident Mary Fijan collects used greeting cards to donate to a local elementary school for various projects. Please bring any cards and put them in the box in the Activity Room.
- ✓ Sierra Pointe Striders will resume when the weather cools down!

## Calling All Bridge Players!

We have sponsored Bridge games detailed above, but I have had many requests from residents looking for more players for individual games. If you are a Bridge player, please sign your name and contact information in the book in the (GR) so you can form your own games at times most convenient for you.

In addition there is also a sign up sheet for residents interested in **learning** to play Bridge.

## Aqua Aerobics Class

Beginning the first Tuesday of May, Nancy will be restarting our aqua aerobics and balance classes. Every Tuesday at 10:05 a.m. and Thursday at 9:55 a.m. we will meet at the pool for a 45 minute class.

Aqua aerobics has proven to be one of the best means of exercise for aching joints or other ailments that may prevent you from doing other forms of exercise. Nancy is water aerobics certified and also carries endorsements from the National Arthritis Foundation.

A few things to remember for water classes as well as recreational pool use:

1. Have a swim buddy with you.
2. Wear the appropriate attire around the building before and after pool use, i.e., a robe or cover-up.
3. Wear non-slip footwear.
- 4.. Wear protection, such as sunglasses and hats, when using the pool or anytime you are in the sun.

Please remember when using the pool to keep the gate secured at all times.

If you notice any problems with the lock or latch please notify the front desk.



# Sierra Pointe's Monthly Highlights

May 2012

## Outings

Saturday, 5/12/12, 1:30 p.m.

*Hale Theater - "Harvey"*

Sunday, 5/20/12, 3:00 (TBD).

*Dinner and Movie—"Studio Movie Grill"*

Saturday, 5/26/12, 2:30 p.m.

*Scenic Drive—Saguaro Spotting*

Sunday, 5/27/12, 12:30 p.m.

*Phoenix Symphony - "Cirque De La Symphonie"*

## In-House Shopping Events

Wednesday, 5/1/12,

10:00 a.m.-2:00 p.m. (CB)

*Paula's Handbags & More*

Tuesday, 5/8/12,

10:00 a.m.-2:00 p.m. (CB)

*Rococco Rocks*

Wednesday, 5/9/12,

11:00 a.m.—3:00 p.m. (CB)

*Women's Fashion Apparel*

Tuesday 5/15/12,

10:00 a.m. - 2:00 p.m. (CB)

*Paul Johnson Jewelry "Clinic"*

## Socials &

## Performances

Saturday, 5/5/12, 4:00 p.m. (CB)

*Social: Nostalgia Live!*

Sunday, 5/6/12, 4:00 p.m. (CB)

*Performance: Lynn Haeseler (pianist)*

Sunday, 5/13/12, 10:30 -1:30p.m.

(PDR)

*Mary Stuart pianist during Mother's Day Brunch*

Wednesday, 5/16/12, 3:00 p.m. (CB)

*Happy Hour with Staff  
Featuring Mint Juleps*

Saturday, 5/19/12, 4:00 p.m. (CB)

*Social: Fiesta Flamenca*

## Resident Activity Spotlight

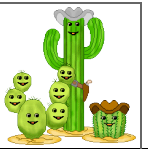
Wednesday, 5/23/12, 3:30 p.m.

*"Life: A Poet's View"*

*Gerson Fabe shares his original works of poetry and the stories behind them.*

# Sierra Pointe Event Calendar -- May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Location Key</b> (PDR) Pinnacle Dining Room (L) Main Lobby 1st Floor (SL) South Lobby 1st Floor (KK) Kreative Korner 2nd Floor (CC) Computer Center 2nd Floor (GL) Game Lobby 2nd Floor (WC) Wellness Center 2nd Floor (AR) Activity Room 3rd Floor (GR) Game Room 3rd Floor (EX) Exercise Studio 3rd Floor (LB) Library 3rd Floor (GL-3) Game Lobby 3rd Floor (CB) Camelback Bistro 3rd Floor (TH) Theatre 3rd Floor ❖ = Activities Outside Our Community * = Sign up in the Activity Room for Event Outing Codes: (E) Easy (S) Standing (W) Walking (X) Extensive Walking		<b>1</b> 9:30 Clay Carving & Sculpting (KK) 9:45 Catholic Communion (GR) 10:05 Water Aerobics* (P) 11:05 Seated Yoga* (AR) <b>10:00—2:00 Paula's Handbags and More (CB)</b> 2:00 Movie (TH) 2:30 Inspirational Bible Hour (KK) <b>3:30 Laughter Yoga* (AR)</b> 7:30 Movie (TH)	<b>2</b> ❖9:00 MUSTANG LIBRARY*(L) ❖10:00 WALMART*(X) (SL) 11:00 Total Body Conditioning* (AR) 1:30 Wii Bowling League* (AR) 1:30 Learn to Play Mahjong* (KK) 2:00 Movie (TH) 7:30 Movie (TH) 7:30 Bingo* (AR)	<b>3</b> 8:00 Dr. Levey (WC) ❖9:00 SAFEWAY*(SL) (W) 9:00 Tai Chi (AR) 9:55 Water Strength & Balance* (P) 11:00 Jewish Services (GR) 1:30 Wii Bowling League* (AR) 2:00 Alterations w/Lupe* (WC) 2:00 Movie (TH) 7:30 Movie (TH)	<b>4</b> 10:00 Computer Lab* (CC) 11:00 Total Body Conditioning *(AR) 2:00 Movie (TH) <b>3:00-4:30 Happy Hour (CB)</b> ❖5:30 Temple Beth Israel* (L) ❖6:15 Temple Kol Ami* (L) 7:30 Movie (TH)	<b>5</b> 10:30-1:15 Pinnacle Brunch - (PDR) 1:00 Wii Bowling* (AR) 2:00 Movie (TH) <b>4:00 Social (CB): Nostalgia Live</b> 7:30 Movie (TH)
<b>6</b> ❖7:30-12:00 Church Transp.* (L) 10:30-1:15 Pinnacle Brunch - (PDR) 2:00 Movie (TH) 4:00 <b>Performance (CB): Lynn Haeseler—Pianist</b> 7:30 Movie (TH)	<b>7</b> ❖9:00 FRY'S/BOA/CHASE*(W) (SL) 11:00 Total Body Conditioning* (AR) ❖1:30 TRADER JOE'S * (W) (SL) 1:30 Wii Game Shows * (AR) 2:00 Movie (TH) 7:30 Movie (TH)	<b>8</b> 9:45 Catholic Communion (GR) <b>10:00 -2:00 Rococco Rocks Jewelry (CB)</b> 10:05 Water Aerobics* (P) 11:05 Seated Yoga* (AR) 11:00 ROMEOS & JULIETS: Coffee & Current Events* (KK) 2:00 Movie (TH) 2:30 Inspirational Bible Hour (KK) 3:00 Hendrickson Hearing * (AR) 7:30 Movie (TH)	<b>9</b> 9:00 Dr. Roth, DDS (WC) 9:30 Art w/ Larry Charles (KK) <b>10:00 - 2 :00 p.m. Women's Fashion Apparel (CB)</b> 11:00 Total Body Conditioning* (AR) 1:30 Wii Bowling League* (AR) ❖1:30 99 CENT STORE*(W) (SL) 2:00 Movie (TH) 7:30 Movie (TH) 7:30 Bingo* (AR)	<b>10</b> ❖9:00 SAFEWAY*(SL) (W) 9:00 Tai Chi (AR) 9:55 Water Strength & Balance* (P) 9:00 Tai Chi (AR) 11:00 Book Club (PDR) 1:30 Wii Bowling League* (AR) 2:00 Alterations w/Lupe *(WC) 2:00 Movie (TH) 7:30 Movie (TH)	<b>11</b> 10:00 Computer Lab* (CC) 11:00 Total Body Conditioning *(AR) 2:00 Movie (TH) <b>3:00-4:30 Happy Hour (CB)</b> ❖5:30 Temple Beth Israel* (L) ❖6:15 Temple Kol Ami* (L) ❖7:00 Kehillah Community* (L) <b>7:30 Performance: "16 Bars" (CB)</b> 7:30 Movie (TH)	<b>12</b> 10:30-1:15 Pinnacle Brunch (PDR) 1:00 Wii Bowling* (AR) <b>1:30 Depart for Hale Theatre - "Harvey"* (SL)</b> 2:00 Movie (TH) 7:30 Movie (TH)
<b>Mother's Day 13</b> ❖7:30-12:00 Church Transp.* (L) <b>10:30- 1:15 Pinnacle Brunch (PDR): Mary Stuart - pianist</b> <b>3:30 Sunday Sundaes—Build Your Own! (CB)</b> 2:00 Movie (TH) 7:30 Movie (TH)	<b>14</b> ❖9:00 FRY'S/BOA/CHASE*(W) (SL) 11:00 Total Body Conditioning *(AR) ❖11:30 FASHION SQUARE * (X) (SL) 1:30 Wii Game Shows* (AR) 2:00 Movie (TH) <b>3:30 SPEAKER (AR): Kitty Nagy "Hollywood's Revenge Lite"</b> 7:30 Movie (TH)	<b>15</b> 9:30 Clay Carving & Sculpting (KK) 9:45 Catholic Communion (GR) 10:05 Water Aerobics* (P) 11:05 Seated Yoga* (AR) 2:00 Movie (TH) 2:30 Inspirational Bible Hour (KK) 7:30 Movie (TH)	<b>16</b> ❖9:00 MUSTANG LIBRARY*(L) 11:00 Total Body Conditioning* (AR) 1:30 Wii Bowling League* (AR) 1:30 Learn to Play Mahjong* (KK) ❖1:30 Kohl's/Whole Foods *(W) (SL) 2:00 Movie (TH) <b>3:00 Happy Hour w/Staff (CB)</b> 7:30 Movie (TH) 7:30 Bingo* (AR)	<b>17</b> 8:00 Roanne/Dr. Levey (WC) ❖9:00 SAFEWAY*(SL) (W) 9:00 Tai Chi (AR) 9:55 Water Strength & Balance* (P) 1:30 Wii Bowling League* (AR) 2:00 Alterations w/Lupe* (WC) 2:00 Movie (TH) <b>3:30 SPEAKER (AR): Dr. Shane Martin -"Is Robotic Surgery Right for You?"</b> 7:30 Movie (TH)	<b>18</b> 10:00 Computer Lab* (CC) 11:00 Total Body Conditioning *(AR) 2:00 Movie (TH) <b>3:00-4:30 Happy Hour (CB)</b> ❖ 5:30 Temple Beth Israel* (L) ❖ 6:15 Temple Kol Ami* (L) 7:30 Movie (TH)	<b>19</b> 10:30-1:15 Pinnacle Brunch (PDR) 1:00 Wii Bowling* (AR) 2:00 Movie (TH) <b>4:00 SOCIAL (CB): Fiesta Flamenca</b> 7:30 Movie (TH)
<b>20</b> ❖7:30-12:00 Church Transp.* (L) 10:30- 1:15 Pinnacle Brunch (PDR) 2:00 Movie (TH) <b>3:00 Dinner and a movie—Studio Movie Grill* (SL)</b> 7:30 Movie (TH)	<b>21</b> ❖9:00 FRY'S/BOA/CHASE*(W) (SL) 11:00 Total Body Conditioning* (AR) 1:30 Wii Game Shows* (AR) ❖1:30 WALMART*(X) (SL) 2:00 Movie (TH) <b>3:30 SPEAKER (AR) :Phoenix Art Museum -"The Hive and the School Of Paris"</b> 7:30 Movie (TH)	<b>22</b> 9:45 Catholic Communion (GR) 10:05 Water Aerobics* (P) 11:05 Seated Yoga* (AR) 11:00 ROMEOS & JULIETS: Coffee & Current Events* (KK) 2:00 Movie (TH) 2:30 Inspirational Bible Hour (KK) 7:30 Movie (TH)	<b>23</b> 9:30 Art w/ Larry Charles (KK) 11:00 Total Body Conditioning* (AR) 1:30 Wii Bowling League* (AR) ❖1:30 DRAPER & DAMON* (W)(SL) 2:00 Movie (TH) <b>3:30 SPEAKER (AR): Gerson Fabe "Life: A Poet's View"</b> 7:30 Movie (TH) 7:30 Bingo* (AR)	<b>24</b> ❖ 9:00 SAFEWAY*(SL) (W) 9:00 Tai Chi (AR) 9:55 Water Strength & Balance *(P) 11:00 Book Club (PDR) 1:30 Wii Bowling League* (AR) 2:00 Movie (TH) 2:00 Alterations w/Lupe* (WC) <b>3:00 Smile on Seniors - Shavuot Holiday Program * (AR)</b> 7:30 Movie (TH)	<b>25</b> 10:00 Computer Lab* (CC) <b>11:00 CASINO ARIZONA - at Talking Stick * (W) (SL)</b> 11:00 Total Body Conditioning *(AR) 2:00 Movie (TH) <b>3:00-4:30 Happy Hour (CB)</b> 3:30 Knitting Club* (KK) ❖5:30 Temple Beth Israel* (L) ❖6:15 Temple Kol Ami* (L) 7:30 Movie (TH)	<b>26</b> 10:30-1:15 Pinnacle Brunch (PDR) 1:00 Wii Bowling* (AR) 2:00 Movie (TH) <b>2:30 Scenic Drive-"Saguaro Spotting"* (SL)</b> 7:30 Movie (TH)
<b>27</b> ❖7:30-12:00 Church Transp.* (L) 10:30-1:15 Pinnacle Brunch (PDR) <b>12:30 Phoenix Symphony - Cirque de la Symphonie * (SL)</b> 2:00 Movie (TH) 7:30 Movie (TH)	<b>Memorial Day 28</b> 11:00 Total Body Conditioning* (AR) 1:30 Wii Game Shows* (AR) 2:00 Movie (TH) 7:30 Movie (TH)	<b>29</b> 9:45 Catholic Communion (GR) 10:05 Water Aerobics* (P) 11:05 Seated Yoga* (AR) 2:00 Movie (TH) 2:30 Inspirational Bible Hour (KK) <b>3:30 SPEAKER (AR): Aspire /Dr. Jordi Livi -Secrets of the East, healing traditions from Chinese, Japanese and Indian Medicine</b> 7:30 Movie (TH)	<b>30</b> 10:00 Newcomer's Meet & Greet *(CB) 11:00 Total Body Conditioning* (AR) 1:30 Wii Bowling League* (AR) 2:00 Movie (TH) 7:30 Movie (TH) 7:30 Bingo* (AR)	<b>31</b> ❖9:00 SAFEWAY*(SL) (W) 9:00 Tai Chi (AR) 9:55 Water Strength & Balance* (P) 1:30 Wii Bowling League* (AR) 2:00 Alterations w/Lupe *(WC) 2:00 Movie (TH) 7:30 Movie (TH)	<b>Wellness Center</b> Aspire will be available in the Wellness Center for Doctor referrals, blood pressure screening and to discuss concerns on: Tuesday 10 a.m.- 12 p.m. Friday 10 a.m.- 12 p.m. Dr. Roth DDS, 480-948-2273 Call for appt. date and time Dr. Cheney, 602-955-3338 Call for appt. date and time Dr. Talluri, 480-298-9951 Call for appt. date and time DirectMD, 602-258-3696 Call for appt. date and time Dr. Levey, 480-998-3990 Call for appt. date and time Associate Roanne Parker A.N.P-C will be here on the 3rd Thursday.	



Please view Channel 22 for the latest activities information. For your convenience, monitors are located on every floor. Sign up books are located in the Activity Room.