

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Calander is subject to change. Please consult Daily Sheet for the most up to date information. Available at 4:30pm at Front Desk. | Superhero Week: Will be JULY 7th-11th Dress the Part Days Special Events | 9:30 July Facts AR 10:00 Let's Exercise! AR 10:30 MemoryCo Games AR 1:15 Ab Libs AR 1:30 Movie Matinee THR 2:00 Painting with Water Bags AR 6:30 Nightly Movie THR 1 | 9:30 Joke of the Day AR 10:00 Moving & Grooving AR 10:30 Outing/Bus Ride with Irene LBY 1:30 Movie Matinee THR 2:30 Happy Hour with musical guest Larry Freedman VC 6:30 Nightly Movie THR 2 | 10:00 Balance Builder Class with Jose AR 11:00 Trivia Challenge AR 1:15 Armchair Travel ER 1:30 Movie Matinee THR 2:00 Making 4th of July Writing Pens AR 6:30 Nightly Movie THR 3 | Independence Day 10:00 Yankee Doodle Dandy Exercise AR 10:30 Call it Macaroni Necklace AR 11:30 4th Of July Lunch on Patio 1:15 Streaming Firework Display ER 1:30 TGIF Matinee THR 2:00 Watermelon on the Patio BBQ 6:30 Nightly Movie THR 4 | 10:00 Saturday Stretch AR 10:30 Brain Buster Fun AR 1:15 Blackjack 21 BR 1:30 Movie Matinee THR 2:00 Arts & Crafts: Trash Bugs AR 6:30 Nightly Movie THR 5 |
| 10:00 Good Morning Exercise AR 10:30 Headbandz AR 10:30 Interfaith Devotionals CHP 11:00 Pick a Question AR 1:15 Gentle Tai Chi ER 1:30 Sunday Cinema THR 2:00 Ice Cream Social ICP 3:00 UNO Cards AR 6:30 Nightly Movie THR 6 | 10:00 Move & Groove AR 10:00 Our Lady of Fatima Rosary CHP 10:30 Noodle Ball with Presley the Pug AR 11:00 Trivia Time AR 1:15 Easy Yoga ER 1:30 Afternoon Matinee THR 2:00 BINGO Fun AR 6:30 Nightly Movie AR 7 | 9:30 Let's Laugh AR Funny Stories 10:00 Let's Exercise! AR 10:30 Big Parachute AR 11:00 MemoryCo Games AR 1:15 Big Checkers AR 1:30 Movie Matinee THR 2:00 The Loteria AR 6:30 Nightly Movie THR 8 | 9:00 New Mission Church with Ivan CHP 10:00 Moving & Grooving AR 10:30 Outing/Lunch Date Royal Buffet -meet in lobby 1:30 Movie Matinee THR 2:00 Culinary Meeting w/ Vida DR 2:30 Happy Hour VC 6:30 Nightly Movie THR 9 | 9:30 Word Search Race AR 10:00 Rocking Exercise AR 10:30 Noodle Ball AR 11:00 Big Ball Drumming AR 1:15 Seated Yoga ER 1:30 Movie Matinee THR 2:00 Chef's Demo/Cooking DR 3:00 UNO Cards AR 6:30 Nightly Movie THR 10 | 10:00 Move with Mo AR 10:30 Sticky Ball AR 11:00 Hot Potatoe AR 1:15 Rack Up Pool BR 1:30 TGIF Cinema THR 2:00 Jackpot BINGO AR 6:30 Nightly Movie THR 11 | 10:00 Saturday Stretch AR 10:30 Brain Buster Fun AR 1:15 Dominoes BR 1:30 Movie Matinee THR 2:00 Arts & Crafts: Make Fun Sunglasses AR 6:30 Nightly Movie THR 12 |
| 10:00 Goof Morning Exercise AT 10:30 David Jeremiah Streaming Service ER 10:30 Cornhole Toss AR 1:15 Rack Up Pool BR 1:30 Sunday Cinema THR 2:00 Ice Cream Social ICP 3:00 UNO Cards AR 6:30 Nightly Movie THR 13 | 10:00 Move & Groove AR 10:00 Our Lady of Fatima Mass CHP 10:30 Noodle Ball with Presley the Pug AR 11:00 Real or Fake? AR 1:15 Animals in the Wild ER 1:30 Afternoon Matinee THR 2:00 BINGO Fun AR 6:30 Nightly Movie AR 14 | 9:30 Laughter the best Medicine AR 10:00 Let's Exercise! AR 10:30 Cornhole AR 1:15 Ab Libs AR 1:30 Movie Matinee THR 2:00 Arts & Crafts: Cupcake/Coffee Filter Flowers AR 6:30 Nightly Movie THR 15 | 9:30 Let's Chat About It AR 10:00 Moving & Grooving AR 10:30 Outing/Bus Ride with Irene LBY 1:30 Movie Matinee THR 2:30 Happy Hour VC 6:30 Nightly Movie THR 16 | 10:00 Balance Builder Class with Jose AR 11:00 Trivia Challenge AR 1:15 Armchair Travel ER 1:30 Movie Matinee THR 2:00 Carrie Sutter/Singing and Dancing Extravaganza AR 6:30 Nightly Movie THR 17 | 10:00 Move with Mo AR 10:30 Adult Coloring Sheets AR 1:15 Jenga Blocks BR 1:30 TGIF Cinema THR 2:00 Jackpot BINGO AR 6:30 Nightly Movie THR 18 | 10:00 Saturday Stretch AR 10:30 Brain Buster Fun AR 1:15 Old Maid Cards BR 1:30 Movie Matinee THR 2:00 Arts & Crafts: Splatter Paint with Straws AR 6:30 Nightly Movie THR 19 |
| 10:00 Good Morning Exercise AR 10:30 Pick Out A Question AR 10:30 Interfaith Devotionals CHP 11:00 Get Know You Chatting AR 1:15 Gentle Tai Chi ER 1:30 Sunday Cinema THR 2:00 Ice Cream Social ICP 3:00 UNO Cards AR 6:30 Nightly Movie THR 20 | 10:00 Move & Groove AR 10:00 Our Lady of Fatima Rosary CHP 10:30 Noodle Ball with Presley the Pug AR 11:00 Trivia Time AR 1:15 Easy Yoga ER 1:30 Afternoon Matinee THR 2:00 BINGO Fun AR 6:30 Nightly Movie AR 21 | 9:30 Let's Laugh AR 10:00 Let's Exercise! AR 10:30 Volleyball Game AR 1:15 Dominoes BR 1:30 Movie Matinee THR 2:30 Monthly Staff & Directors Meeting VD 6:30 Nightly Movie THR 22 | 9:00 New Mission Church with Ivan CHP 10:00 Moving & Grooving AR 10:30 Outing/Albuquerque Museum Meet in Lobby 1:30 Movie Matinee THR 2:30 Happy Hour VC 6:30 Nightly Movie THR 23 | 9:30 Crossword Games AR 10:00 Rocking Exercise AR 10:30 Noodle Ball AR 11:00 Big Ball Drumming AR 1:15 Seated Yoga ER 1:30 Movie Matinee THR 2:00 Cook with Anita ICP Green Chili Eggrolls 6:30 Nightly Movie THR 24 | 10:00 Stretch Class with Suzy AR 10:30 Sticky Ball AR 11:00 Hot Potatoe AR 1:15 Rack Up Pool BR 1:30 TGIF Cinema THR 2:00 Jackpot BINGO AR 6:30 Nightly Movie THR 25 | 10:00 Saturday Stretch AR 10:30 Brain Buster Fun 1:15 UNO Cards BR 1:30 Movie Matinee THR 2:00 Arts & Crafts: Dried Flower Ornaments AR 6:30 Nightly Movie THR 26 |
| 10:00 Goof Morning Exercise AT 10:30 Legacy Chruch Streaming Service ER 10:30 Cornhole Toss AR 1:15 Rack Up Pool BR 1:30 Sunday Cinema THR 2:00 Ice Cream Social ICP 3:00 UNO Cards AR 6:30 Nightly Movie THR 27 | 10:00 Move & Groove AR 10:00 Our Lady of Fatima Mass CHP 10:30 Noodle Ball with Presley the Pug AR 11:00 Trivia Test AR 1:15 Armchair Travel AR 1:30 Afternoon Matinee THR 2:00 BINGO Fun AR 6:30 Nightly Movie AR 28 | 9:30 Laughter the best Medicine AR 10:00 Let's Exercise! AR 10:30 Cornhole AR 1:15 Ab Libs AR 1:30 Movie Matinee THR 2:00 Resident Council Meeting DR 6:30 Nightly Movie THR 29 | 9:30 Let's Chat About It AR 10:00 Moving & Grooving AR 10:30 Outing/Bus Ride with Irene LBY 1:30 Movie Matinee THR 2:30 Happy Hour Birthdays & Anniversaries VC 6:30 Nightly Movie THR 30 | 9:30 Word Seach Race AR 10:00 Rocking Exercise AR 10:30 Noodle Ball AR 11:00 Big Ball Drumming AR 1:15 Armchair Travel ER 1:30 Movie Matinee THR 2:00 Cooking with Anita Fruit Pizza ICP 6:30 Nightly Movie THR 31 | AC-Activity Room CHP-Chapel LIB-Library ICP-Ice Cream Parlor BR/CD- Billard's/Card VC-Vista Cafe DR-Dining Room LBY-Main Lobby BBQ-BBQ Patio | Happy Birthday: Lori M 7/2 Janis S 7/3 Lupe R 7/9 Betty M 7/13 Audrey G 7/24 Cathy McG 7/6 Charlene B 7/30 Robert F 7/30 |

July 2025

Anita Romero/Director of Celebrations

Monique Padilla Activity Coordinator

Morada Senior Living
1620 Indian School Rd
Alb, NM 98102



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| SUN | MON | TUE | WED | THUR | FRI | SAT |
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| Calander is Subject to Change | | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Move and Grove 11:30 20 Questions 1:00 Name that tune 2:30 Bingo AR 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Fun with music 11:30 Strech and Affirmations AR CR 1:00 Karaoke 2:30 Corn Hole 3:30 Refreshments in the CR AR 4:00 Triva 4:30 Body Movements 6:00 History 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Stretching with Monique CR 11:30 Fact or Fiction 1:00 Play to the beat AR CR 2:30 Mixing Party with Liz 3:30 Refreshments in the CR AR 4:00 Charades 4:30 Body Movements 6:00 Geography 7:30 Grateful Gathering CR | Independence Day 8:00 Rise and Shine Muslc 9:00 Exercise CR 9:30 Hydration Station CR 10:30 American Tribute CR 11:30 Strech and Affirmations AR CR 1:00 Music Trivia 2:30 Art AR 3:30 Refreshments in the CR AR 4:00 4th of July party 4:30 Body Movements 6:00 History- Presidents 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Bingo AR 11:30 Strech and Affirmations AR 1:00 Sing along to the oldies 2:30 Bean bag twister 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Movie memories 7:30 Grateful Gathering CR |
| Ashura 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Gardening 11:30 Strech and Affirmations AR CR 1:00 Mid-day mass 2:30 Musical Triva 3:30 Refreshments in the CR AR 4:00 Cards AR 4:30 Body Movements 6:00 Black and White Movie Mania 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Ballon Batting 11:30 Strech and Affirmations AR CR 1:00 Famous Musicians 2:30 Painting 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 The Incredibles 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Drum Line 11:30 Would you rather 1:00 History -Frank Sanatra 2:00 Cooking with Vida 3:30 Refreshments in the CR AR 4:00 Superhero Superstar's 4:30 Body Movements 6:00 Lego Batman Movie 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Music with Anita 11:30Cornhole 1:00 Affirmations 2:30 Happy Hour 3:30 Hulk Smash 4:00 Chair Yoga 4:30 Mix and Match AR 6:00 Big Hero Six 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Strech and Affirmations 11:30 Superhero trivia 1:00 Famous 50's songs 2:30 Watercolor class 3:30 Red Willow Party Hour 4:00 Karaoke 4:30 Body Movements 6:00 Despicable Me 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Garden stroll 11:30 Strech and Affirmations 1:00 Singing with the stars 2:30 Reminiscence Therapy 3:30 Refreshments in the CR AR 4:00 Name that superhero 4:30 Body Movements 6:00 Spiderman: Into the spider verse 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Nature watching 11:30 Strech and Affirmations 1:00 Name that tune 2:30 Short stories 3:30 Refreshments in the CR AR 4:00 Pow Wow Handball 4:30 Brain Games 6:00 Science CR 7:30 Grateful Gathering CR |
| 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Would you Rather 11:30 Strech and Affirmations 1:00 Mid-day mass 2:30 Art 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 History CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Memory Lane 11:30 Strech and Affirmations 1:00 Name that tune 2:30 Target Practice 3:30 Refreshments in the CR AR 4:00 Rhyme Time 4:30 Body Movements 6:00 Geography 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Move and Grove 11:30 today in History 1:00 Name that tune 2:30 Bingo AR 3:30 Refreshments in the AR CR 4:00 Brain Games 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Musical Instruments 11:30 Cornhole 1:00 Memory Lane 3:30 Word Game 2:30 Happy Hour 4:00 Brain Games 4:30 Body Movements 6:00 Broadway tribute 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Music 11:30 Strech and Affirmations AR CR 1:00 Name that tune 2:30 Dancing with Carrie 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Nature Tour CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:00 Intergenerational Hour 11:30 Strech and Affirmations 1:00 Opposites Attract 2:00 Live Music 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Top Gun CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Bean Bag Twister 11:30 Strech and Affirmations 1:00 Art 2:30 Karaoke 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 top Gun 2 CR 7:30 Grateful Gathering CR |
| 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Mass 11:30 Strech and Affirmations AR CR 1:00 Name that tune 2:30 Basketball 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Comedy Hour CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Painting 11:30 Strech and Affirmations AR CR 1:00 Price is Right 2:30 Music with Dee 3:30 Refreshments in the CR AR 4:00 Short Stories 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Moving with Liz 11:30 Name that tune 1:00 Strech and Affirmations AR CR 2:30 Paper Art 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Movie Night CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Musical Tribute 11:30 Headbandz 1:00 Strech and Affirmations AR CR 2:30 Happy Hour 3:30 Refreshments in the CR AR 4:00 Balloon Ball 4:30 Body Movements 6:00 History CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Move and Grove 11:30 Strech and Affirmations AR CR 1:00 Tell me your story 2:30 Jewelry making 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Little Rascals CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Cornhole 11:30 Strech and Affirmations AR CR 1:00 Name that tune 2:30 Horse Races 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Geography CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Cards 11:30 Strech and Affirmations AR CR 1:00 Name that tune 2:30 Golf 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR |
| 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Mass 11:30 Strech and Affirmations AR CR 1:00 Music Mania 2:30 Broom Ball 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Oldies but Goodies CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Garden Stroll 11:30 Strech and Affirmations AR CR 1:00 Art 2:30 Rodeo 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Sherily Temple CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Move to the beat 11:30 Triva 1:00 Strech and Affirmations AR CR 2:30 Bingo 3:30 Refreshments in the CR AR 4:00 Rhymes 4:30 Body Movements 6:00 Seven Brides Seven Brothers CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Fun with Music 11:30 Cornhole 1:00 Strech and Affirmations AR CR 2:30 Happy Hour 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR | 8:00 Rise and Shine Music 9:00 Exercise CR 9:30 Hydration Station CR 10:30 Musical Play a Long 11:30 Short Stories 1:00 Strech and Affirmations AR CR 2:30 Culinary Demonstration 3:30 Refreshments in the CR AR 4:00 Brain Games 4:30 Body Movements 6:00 Science CR 7:30 Grateful Gathering CR | | Happy Birthday to: Pasty G 7/1 |

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Morada Senior Living
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Albuquerque, New Mexico 87102

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Memory Care Director: Risa Vallano