

Schedule of Activities

Aerobics—9 a.m. Monday, Tuesday, Wednesday and Friday

Birthday Party—2 p.m. the 2nd Wednesday of the month

Blood Pressure—2-4 p.m. Wednesday by a nurse (or any other time without a nurse)

Book Club—1 p.m. the last Wednesday of the month

Cards—Anytime

Chess—Anytime

Coloring, Adult—Any time. Pages and pencils/pens provided through donations

Computer class—Noon Wednesdays except the 2nd Wednesday when it's held at Eastern New Mexico University-Roswell

Dance—Beginning line dance—9 a.m. Thursdays

Ballroom dance—2 p.m. Thursdays

Diabetes Support Group—10 a.m. 4th Thursday

Dominoes—Anytime

"42" — 1:30 p.m. Tuesday

Healthsense—11:30 a.m. 1st and 3rd Friday of the month

Lunch—11 a.m. Tuesday at rotating restaurants at own expense

Mahjong—1 p.m. Tuesday

Movie—1:30 p.m. Monday

Singin' Seniors—10:30 a.m. Tuesday rehearsals

Stamping—9:30 a.m. Wednesday

Stitching—2 p.m. Thursday

Strong Bones—10 a.m. Monday, Wednesday and Friday

Tai Chi—11:30 a.m. Tuesday and 1 p.m. Thursday

Therapy dogs—Tango or Jetta, 10:30 a.m. Wednesday; Marshal or Ellie Mae and or Vadil 10:30 a.m. Friday

Yoga (chair)—1 p.m. Wednesday

Yoga (advanced)- 11 a.m. Wednesday

Consider volunteering: Your brain may benefit!

November Movies

"Blade Runner" was nominated for 4 Oscars, sound mixing and editing, production design and visual effects. I don't understand it, but it takes place in the future and Harrison Ford is in it and we're showing it **Monday, November 5**. It's rated R for violence and brief nudity. It runs 117 minutes.

This Disney movie has a stellar cast and a fun story. A high-school-aged girl is transported on an adventure through time and space with her younger brother and a friend to rescue her father, a gifted scientist, from the evil forces that hold him prisoner on another planet. **"A Wrinkle in Time"** stars Oprah Winfrey, Reese Witherspoon, Mindy Kaling and Chris Pine. Come see it **Monday, November 12**. It's rated PG for thematic elements and some peril. It runs 115 minutes.

"Ocean's 8" boasts another outstanding cast—Sandra Bullock, Cate Blanchett, Anne Hathaway, Mindy Kaling, Rihanna and Helena Bonham Carter. Bullock takes nearly 6 years to concoct a great heist at the Met Gala. We're showing this **Monday, November 20**. It is rated PG-13 for language, drug use and some suggestive content. It runs 110 minutes.

Another Marvel movie, but this one is called "the best!" **"Guardians of the Galaxy"** features another good cast, but I don't understand the premise. Doesn't matter when you have Chris Pratt, Vin Diesel and Bradley Cooper! We're showing it **Monday, November 26**. It's rated PG-13 for intense sequences of sci-fi violence and action and for some language. It runs 121 minutes.