

SAMPLE MONTH PROGRAM CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Here's a glimpse into the vibrant array of programs and activities offered at Mirabella.</p>		<p>While the following list provides a taste of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>					
	<p>1</p> <p>11am - Nutrition Group 2:30pm - Jazz Hour 3:30pm - Mirabella Chorus 4:30pm - Ukulele Practice 7:30pm - Movie Night</p>	<p>2</p> <p>1pm - Mah Jongg 4pm - Happy Hour Trivia 6pm - West Coast Swing at NRG Dance Studio</p>	<p>3</p> <p>11am - Dance Graduation 1pm - Bridge 2pm - Dementia Support 4pm - Golf Interest Group 7pm - Drama Group Performance</p>	<p>4</p> <p>1pm - Art Group 1:30pm - Sharing Writing 1:30pm - Bible Study 3:00pm - Lifelong Learning Lecture Series 7:30pm - Drama Performance</p>	<p>5</p> <p>9am - French Skills 9am - Beaded Jewelry 10am - Spanish Skills 11am - Bridge Lessons 11am - Mat Makers 12pm - Ladies Lunch 5pm - Open Door Social 5pm - Kiddush & Candles</p>	<p>6</p> <p>12:30pm - Duplicate Bridge</p>	
<p>7</p> <p>10am - Mirabella Winds & Strings 1pm - Fun & Games - Women 2:30pm - "Tribute to Puccini" at Chandler Opera 7:30pm - Sci-Fi Movie</p>	<p>8</p> <p>11am - Nutrition Grp Meeting 2:30pm - Jazz Hour 3:30pm - Mirabella Chorus 4:30pm - Ukulele Practice</p>	<p>9</p> <p>1pm - Mah Jongg 1pm - Beginning Quilting 1pm - Afternoon Art</p>	<p>10</p> <p>11am - Grief Counseling 11am - Communications Advisory Committee 1pm - Casual Bridge 1pm - Caregiver Support 1pm - Fun Bridge</p>	<p>11</p> <p>11am - Eye Support 1pm - Community Engagement 2pm - Charitable Giving Comm 2pm - Bible Study 3pm - Lifelong Lecture Series 7pm - Piano Recital</p>	<p>12</p> <p>9am - French Skills 9am - Beaded Jewelry 10am - Spanish Skills 11am - Catholic Mass 12pm - Ladies Lunch 5pm - Open Door Social 7pm - Dance Performance</p>	<p>13</p> <p>12:30pm - Duplicate Bridge</p>	
<p>14</p> <p>10am - Mirabella Winds & Strings 12pm - Flute Recital 1pm - Fun & Games - Women</p>	<p>15</p> <p>11am - Ladies Book Club 11am - Nutrition Group 3pm - Mirabella Chorus 4:30pm - Book Club 4:30pm - Ukulele Practice 7:30pm - Movie Night</p>	<p>16</p> <p>10am - Resident Town Hall 1pm - Beginning Quilting 1pm - Mah Jongg 2:30pm - Music Recital 4pm - Happy Hour Trivia 6pm - West Coast Swing</p>	<p>17</p> <p>11am - Welcome Committee 1pm - Casual Bridge 1pm - Fun Bridge 3pm - Fitness Committee 7:30pm - Music Recital</p>	<p>18</p> <p>9am - Mirabella Explorers 1pm - Afternoon Art 1pm - Bible Study 2pm - Food & Beverage Comm 3pm - Lifelong Learning Series 4pm - Bike Interest Group</p>	<p>19</p> <p>9am - French Skills 9am - Beaded Jewelry 11am - Bridge Lessons 10am - Spanish Skills 12pm - Ladies Lunch 5pm - Open Door Social 5pm - Kiddush & Candles</p>	<p>20</p> <p>12:30pm - Duplicate Bridge 1pm - Lecture: The Connection Between Music & Dance</p>	
<p>21</p> <p>10am - Mirabella Winds & Strings 1pm - Fun & Games - Women 7:30pm - La La Danse in Aria</p>	<p>22</p> <p>11am - Nutrition Group 11am - Grief Counseling 1pm - Men's Discussion Grp 2:30pm - Jazz Hour 3:30pm - Mirabella Chorus 4:30pm - Ukulele Practice 7pm - Dance Performance</p>	<p>23</p> <p>1pm - Mah Jongg 6pm - West Coast Swing at NRG Dance Studio</p>	<p>24</p> <p>1pm - Casual Bridge 1pm - Fun Bridge 6pm - KJZZ News Panel Live Stream</p>	<p>25</p> <p>10am - Celebration of Life 1pm - Afternoon Art Group 1pm - Bible Study & Coffee Social 7pm - Artist-in-Residence Collaboration</p>	<p>26</p> <p>9am - French Skills 10am - Spanish Skills 11am - Catholic Mass 12pm - Ladies Lunch 5pm - Open Door Social 5pm - Kiddush & Candles</p>	<p>27</p> <p>12:30pm - Duplicate Bridge</p>	
<p>28</p> <p>10am - Mirabella Winds & Strings 1pm - Fun & Games - Women 4:30pm - Sunday Bingo</p>	<p>29</p> <p>10:30am - Coffee with a Cop 11am - Nutrition Group 4:30pm - Ukulele Practice</p>	<p>30</p> <p>8:30am - Garden Group 11am - Mat Makers 1pm - Mah Jongg</p>					

SAMPLE MONTH FITNESS & RECREATION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Discover our diverse selection of fitness classes catering to many skill levels.</p>		<p>This schedule offers a glimpse of what's available, but we regularly evaluate what works best for our residents.</p>				
	<p>1 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>2 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch</p>	<p>3 8am - Body Conditioning 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>4 8am - Cardio Circuit 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>5 8am - Body Conditioning 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>6 7am - Strength Class 9am - Zumba Gold 9am - Aqua Fitness 10am - Total Body Conditioning 11am - Morning Stretch</p>
<p>7 7am - Strength Class 9am - Aqua Fitness 10am - Total Body Conditioning 1pm - Ping Pong</p>	<p>8 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>9 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>10 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>11 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch</p>	<p>12 7 & 8am - Body Conditioning 9am - Aqua Fitness 10:30am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>13 7am - Strength Class 9am - Zumba Gold 9am - Aqua Fitness 11am - Morning Stretch</p>
<p>14 11am - Morning Stretch 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>15 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>16 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>	<p>17 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>18 8am - Cardio Circuit 9:15am - Yoga 1pm - Meditative Stretch</p>	<p>19 8am - Body Conditioning 10am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>20 9am - Zumba Gold 10am - Total Body Conditioning 11am - Morning Stretch</p>
<p>21 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>22 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>23 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>	<p>24 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>25 8am - Cardio Circuit 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch</p>	<p>26 8am - Body Conditioning 9am - Aqua Fitness 10am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>27 7am - Strength Class 9am - Zumba Gold 10am - Total Body Conditioning</p>
<p>28 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>29 8am - Cardio Circuit 10am - Tai Chi 11am - Mat Pilates</p>	<p>30 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>				