

# REPRIORMENT PROGRAMS

*Every day Splendido offers an array of stimulating social events, fitness classes, and educational programs targeted to the unique styles, tastes, and interests of residents.*

*Below is a sample of the types of offerings that residents can choose from.*

## **First Friday**

All are encouraged to join our evening with new and old Splendido friends. The Granada bar will also be offering a \$4 Splendido wine special during this event so please come and enjoy!

## **Monthly Discussion and Writing Group**

In search of a few folks who welcome controversy, dissent, and stimulating examination to explore monthly contemporary challenges and controversies.

## **UA Science Lecture Series**

Bringing together educators and researchers from inside the University of Arizona College of Science, this series has been enjoyed by various audiences since 2006. UA Science has provided an annual lecture series on a wide range of science topics that impact our community. Topics have included cosmology, neuroscience, transformative science, life science, evolution, and climate change. Each lecture series is streamed for viewing at Splendido.

## **University of Arizona Spring Concert Series**

We are proud to continue our University of Arizona School of Music, UA Music at Splendido concert season! This concert season at Splendido will bring inspiring performances by the UA's world-renowned faculty and student artists right to your doorstep. Back by popular demand, this month will be a feature performance by the UA Harp Duo.

## **The Truth about Betsy Ross**



Everyone has heard the story of how Betsy Ross sewed our country's flag. But, how many know that she lost two husbands in the Revolutionary War, raised six daughters, and was one of the few women of her time who enjoyed

the right to vote? The US History Association gives Ross credit: "Betsy Ross sewed the first American flag. When we view the flag, we think of liberty, freedom, pride, and Betsy Ross. The American flag flies on the moon, sits atop Mount Everest, is hurtling out in space. The flag is how America signs her name. It is no surprise that Betsy Ross has become one of the most cherished figures of American History." Join us as Susan Gallerito from Chautauqua Programs turns to the past and performs as Betsy Ross in Colonial America.

## **Stargazing Nights**

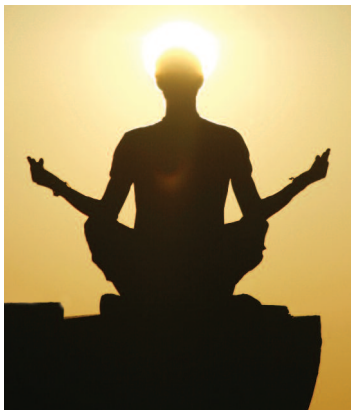
Explore the night skies with astronomer Michael Terenzoni of Kitt Peak and the 90-inch University of Arizona "Bok" telescope. With Michael's guidance, we'll look through high-quality telescopes and giant binoculars for clear looks at sights like the bright gas giant Jupiter, star patterns, and constellations.

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## REPRIORMENT PROGRAMS *Continued*

### Meditation Series



Tucson Community Meditation Center is committed to providing a community that nurtures and supports the teaching and continuing practice of meditation and mindfulness in daily life. TCMC provides

opportunities for anyone to learn and practice meditation. They are a non-sectarian organization and anyone with an interest in meditation is welcome. Join TCMC instructors Jordan Wiley-Hill and Shelly Hubman for our meditation series at Splendido. Jordan is rooted firmly in his own mindfulness practice. His approach has been guided by the latest scientific research in mindfulness education and shaped by his training to teach adult meditation and youth mindfulness. As a Spanish translator, certified yoga instructor, and trained meditation teacher, Shelly has the ability to provide anyone with highly effective techniques for tuning into and working with their minds, bodies, and hearts.

### Putting Tournament

Join us for a beautiful morning of putting! Pick your partner or we will pair you up. You don't have to be a golfer to join us, all beginners are welcome! Extra putters are available as well. Join us after the game for refreshments and the announcement of the winners in the Granada bar.

### iPad 101

Join our resident-led iPad class at Splendido. Our instructor has experience teaching iPad lessons and will be using that experience to help you learn about using your iPad. The lessons in iPad 101 are targeted at the new user who needs help doing the basics. Get an overview of the iPad settings and how to use your iPad. Basic knowledge of the iPad is suggested. Please bring a pencil and paper to take notes. It is suggested that you know your Apple ID and password when attending the class. When signing up, please be sure to include your e-mail address. **Limit 10. Please bring your iPad to class.**



### Tucson Symphony

Join us in welcoming back the Tucson Symphony Orchestra to Splendido. Come listen to the beautiful, professionally performed music in Alonzo's Tucson Grille. This month's performance features TSO's string quartet. Celebrate the variety of sounds and styles that composers have created for the string quartet.

### Ballroom Dance

Try our resident-led ballroom dance lessons. Research suggests that dance lessons are one of the best forms of exercise for not only our bodies but also for our minds! There has been considerable research pointing to the benefits of ballroom dancing for delaying the onset of dementia and slowing the progress of Alzheimer's. Come with a partner or we'll pair you up!

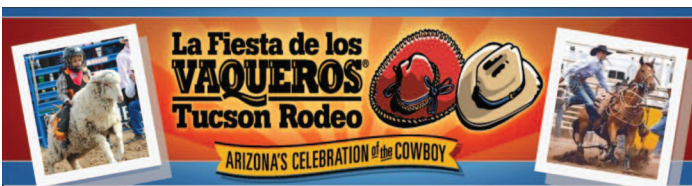
# OUT & ABOUT TRIPS

## Taliesin West Tour



Frank Lloyd Wright began building the Taliesin West desert masterpiece in 1937 as his winter home, studio, and architectural campus. It's located in the foothills of the McDowell Mountains in northeast Scottsdale. Join us as we take the 90-minute Insights Tour, which includes insider access to private spaces enjoyed by the Wrights. You'll be drawn closer into Frank Lloyd Wright's world with special trips into his living quarters, and the gracious Taliesin West "Garden Room." You'll feel the beauty and peace of the spaces in which Frank Lloyd Wright welcomed the many famous guests he entertained at his desert home. Taliesin West is a National Historic Landmark built between 1937 and 1959.

## La Fiesta de los Vaqueros Tucson Rodeo



Every year since 1925, the Tucson Rodeo attracts hundreds of thousands of locals and visitors from all over the world to the Tucson Rodeo Grounds. Schools close on the Thursday and Friday of rodeo week so families can enjoy the festive parade and

rodeo traditions. As one of the top 25 rodeos on the Professional Rodeo Cowboys Association (PRCA) calendar, the Tucson Rodeo attracts the sport's current and former world champions, all vying for a share of tens of thousands of dollars in prize money. Splendido will be providing transportation.

## Tubac Festival of the Arts



Join us as we spend the day at the 57th annual Tubac Festival of the Arts, Arizona's longest running festival. Admission is free! A juried show, the Tubac Festival of the Arts features 175 art booths with artists from

around the country. The festival features a range of artwork from fine painting and sculpture to fun and functional ceramics, skillfully crafted wood and leatherworks, and shimmering glass. Visitors will also see photography, unique jewelry, artful clothing, and mixed media works. Throughout the festival, free trolley service takes visitors around Tubac village. The horse-drawn carriages delight attendees of all ages. The food court offers a variety of ethnic and regional foods including Greek, BBQ, and Southwestern cuisine. Also on hand will be festival favorites and fresh squeezed lemonade. Visitors can take home treats including handmade caramel apples, spices, salsas, honey, roasted nuts, garlic specialties, jams, and jellies. Tubac is a haven for art, history, and nature lovers. The Tubac Festival of the Arts is presented by the Tubac Chamber of Commerce. Enjoy two and half hours for lunch and shopping.

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## OUT & ABOUT TRIPS *Continued*

### Reid Park Zoo: Behind the Scenes Tour



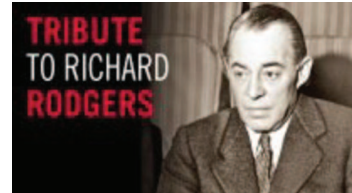
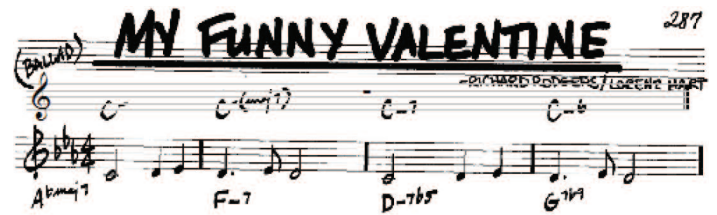
Journey behind the scenes at Reid Park Zoo and discover the rewards and challenges of caring

for over 300 exotic animals every day. You'll visit the zoo kitchen and an animal night house, and even get to meet an animal up close! This one-hour tour will give you a whole new perspective on what it takes to keep the zoo's animal residents healthy and active on exhibit. After the tour, take your new perspective out into the zoo and explore for as long as you like. Join us after the zoo for a delicious lunch at Claim Jumper.

### Oro Valley Public Art Tour

Discover public art in Oro Valley! Oro Valley is proud of the public art that adorns entryways, trails, and buildings in our community. Splendido has arranged for a private art tour which will take residents from spot to spot, narrating background information about the pieces along the way. The tour takes approximately two hours.

### My Funny Valentine



Richard Rodgers is recognized as one of the greatest composers of the twentieth century, having written more

than 900 songs and 40 musicals during his career. We'll pay tribute to this musical master with an evening of song that includes selections from a small sample of his Broadway hits including *Oklahoma*, *The Sound of Music*, and *South Pacific*. And no salute to Rodgers would be complete without soul-stirring favorites like "You'll Never Walk Alone," "Blue Moon," "Do You Hear a Waltz," and of course "My Funny Valentine."

In addition to transportation for scheduled trips, Splendido offers residents free shuttle service for Tucson errands, including grocery shopping, entertainment, and more.

# GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
7:30 a.m. Walking Club	7:00 a.m. Bocce Ball	7:30 a.m. Walking Club
9:00 a.m. Meditation	9:00 a.m. Worth the Weight	9:00 a.m. Perfect Posture
9:30 a.m. Gentle H2O	10:30 a.m. Gentle Yoga	9:30 a.m. Gentle H2O
10:30 a.m. Aquamotion	1:00 p.m. Better Balance	10:30 a.m. Aquamotion
11:15 a.m. Fit for Life	2:00 p.m. Line Dancing	11:15 Fit for Life
1:00 p.m. Circuit Training	3:00 p.m. Gestures of Joy	1:00 p.m. Circuit Training
2:00 p.m. Sit 'n' Be Fit	3:00 p.m. Pool Volleyball	2:00 p.m. Sit 'n' Be Fit
3:00 p.m. Table Tennis		3:00 p.m. Volleyball

THURSDAY	FRIDAY	SATURDAY
7:00 a.m. Bocce Ball	7:30 a.m. Walking Club	8:30 a.m. Line Dancing
9:00 a.m. Worth the Weight	9:30 a.m. Gentle H2O	10:30 a.m. Volleyball
10:30 a.m. Gentle Yoga	10:30 a.m. Aquamotion	11:15 a.m. Fit for Life
12:00 p.m. Line Dancing	11:15 a.m. Fit for Life	3:00 p.m. Pool Volleyball
1:00 p.m. Better Balance	1:00 p.m. Circuit Training	3:00 p.m. Table Tennis
3:00 p.m. Table Tennis	2:00 p.m. Sit 'n' Be Fit	

SUNDAY	CLUBS
2:00 p.m. Ballroom Dancing	<i>Golfing Club – 1st Tuesday and 3rd Thursday of the month</i>
3:30 p.m. Table Tennis	<i>Hiking Club – 2nd and 4th Tuesday of the month</i>