



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00a Recycling Pick-Up (WA) 10:00a Monday Morning Music (CP) 10:15a Page Turners (GR) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	<b>2</b> 12:30p Cacti and Succulent Tour Outing (LO) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Dan Hudak (CH)	<b>3</b> 10:00a Catholic Mass (CP) 10:15a Contemporary Issues (AV-CR) 10:00a Smith's shopping (TO) 10:00a Painting w/Shirl (A&C) 1:00p Smith's shopping (TO) 2:00p Contemporary Issues (CH) 3:30p Bible Study (CP)	<b>4</b> 1:00p Quilts of Valor (FA) 7:00p Canasta Group (Corner Café)	<b>5</b> 7:45a First Friday Breakfast (CH) 10:30a Caregiver Peer Support Group (CP) 12:30p Poker (GR) 4:00p Shabbat Service (CP) 4:00p Happy Hour Social 1st & 3rd (EA) 7:00p Movie (NV-CR)	<b>6</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:15a Chocolate & Coffee Fest (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
	<b>7</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH) 6:00p Hoover Middle School "Intrinsic Vigor" Performance (CH)	<b>8</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 5:00p Dinner w/Live Music by Sam Barrett-Cellist (OV) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>9</b> 2:00p Licensed Area Tour (ML) 2:00p Arts & Culture w/ Kay Young (CH) 7:00p Tuesday Night Entertainment: Peralta Playboys (CH)	<b>10</b> 9:00a NM Rail Runner Trip to Santa Fe Outing and Lunch (LO) 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:30p Bible Study (CP) 4:00p Spanish Speaking Group (LS)	<b>11</b> 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (Corner Café)	<b>12</b> 10:00a Costco Shopping (TO) 12:30p Poker (GR) 2:00p Showing of film "The Eternal Memory" (CH) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)
<b>14</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>15</b> 10:00a Monday Morning Music (CP) 10:00a AAOU Book Exchange (EA) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CH) 7:00p Monday Movie (NV-CR)	<b>16</b> 9:00a Eyeglass Maintenance Service (CH) 9:15a Jericho Nursery Outing (LO) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Charles McDaniel (CH)	<b>17</b> 10:00a Catholic Communion (CP) 10:00a Trader Joe's (CP) 10:00a Painting w/Shirl (A&C) 1:00p Trader Joe's (TO) 3:00p "Take aways for Seniors from the 2024 NM Legislative Session" presentation (CH) 3:30p Bible Study (CP) 6:30p Special speakers present: LVL History: Told by Resident Council Past Presidents (CH)	<b>18</b> 10:00a Quarterly Memorial Service (CP) 1:00p Quilts of Valor (FA) 1:30p Book Van (EA) 3:00p OASIS Talk (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (Corner Café) 7:00p Thursday Night Entertainment: Michael Pirko (NV-CR)	<b>19</b> 9:30a Resident Council Meeting (CH) 10:00a Albertson's shopping (TO) 12:30p Poker (GR) 2:30p Health Education Series (CH) 4:00p Happy Hour Social 1st & 3rd (EA) 6:00p Bingo (Corner Café) 7:00p Movie (NV-CR)	<b>20</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>21</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>22</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Resident Sing-along (CH) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>23</b> 1:00p Tye Dye Shirt Event (CH) 7:00p Tuesday Night Entertainment: Resident Sing-Along (CH)	<b>24</b> 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 3:30p Bible Study (CP)	<b>25</b> 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 2:00p Group Guided Sound Bath Mediation (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (Corner Café)	<b>26</b> 10:00a Gathering of Nations Pow Wow (LO) 11:00a Lunch on the Town: Viet Pho Vietnamese Restaurant (LO) 12:30p Poker (GR) 12:30p Quilts & Queries (CH) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by	<b>27</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:30a Teeniors: 1st session (CH) 12:30p Teeniors: 2nd session (CH) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>28</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>29</b> 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 7:00p Monday Movie (NV-CR)	<b>30</b> 7:00p Tuesday Night Entertainment: Celtic Coyotes (CH)				

**AA/EA:** Art/ East Atrium Room  
**A&C:** Arts & Crafts Room  
**AL:** Assisted Living  
**AV-AR:** Alta Vista Art Room

**AV-CR:** Alta Vista Community Room  
**CH:** Carter Hall  
**CS:** Ceramics Studio  
**CP:** Chapel

**DR:** Main Dining Room  
**FA:** Fiber Arts Room  
**FR:** Furniture Room  
**GR:** Game Room

**ISS:** Independent Support Services  
**LO:** All Lobbies  
**LS:** La Sala Room  
**ML:** Main Lobby

**MP:** Main Pool  
**NV-CR:** Nueva Vista Community Room  
**NV-CA:** Nueva Vista Creative Arts Room  
**NV-P:** Nueva Vista Pool

**OV:** Overlook  
**SG:** Sculpture Garden  
**TC:** Treasure Chest  
**TR:** Train Room

**TO:** Transportation Office  
**WA:** Mail/ West Atrium



**For Movie Listings please see other side.**

# UPCOMING EVENTS

More information about upcoming events is posted weekly on the Activity Boards

## Week 1: April 1-6

4/2	Tuesday	12:00p-2:45p	Cacti and Succulent Tour Outing (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Dan Hudak-“Hall of Fame Comedians” Film Lecturer (CH)
4/3	Wednesday	10:15a-11:45a	Contemporary Issues: The State of IT at LVL in the PRS era presented by Dee Skinner, IT Director (AV-CR)
4/5	Friday	7:45a	First Friday Breakfast: “What AI Taught Me About Myself” presented by Randy Fry (CH)
4/6	Saturday	12:15p-3:30p	Chocolate & Coffee Fest outing <b>*Sign-up at the Main Desk or call x3000*</b>

## Week 2: April 7-13

4/7	Sunday	6:00p-7:00p	Hoover Middle School “Intrinsic Vigor” performance (CH)
4/8	Monday	5:00p-6:30p	Dinner with Live Music by Sam Barrett-Cellist (OV)
4/9	Tuesday	2:00p	Arts & Culture with Kay Young- ‘Sicily in Antiquity’ (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Peralta Playboys– Country (CH)
4/10	Wednesday	9:00a	NM Rail Runner Trip to Santa Fe and Lunch <b>*Sign-up at Main Desk or call x3000* (LO)</b>
		4:00p-5:15p	Spanish Speaking Group “Para Charlar Grupo” -Join us for Spanish games, discussions, singing Spanish Oldies and more. (LS)
4/12	Friday	2:00p	Showing of the film “The Eternal Memory” (CH)
4/13	Saturday	8:15a	Tingley Beach Art Walk <b>*Sign-up at the Main Desk or call x3000* (LO)</b>

## Week 3: April 14-20

4/15	Monday	10:00a	American Association of University Woman Book Exchange: Stop by & bring a book to exchange for another book (EA)
4/16	Tuesday	9:15am	Jericho Nursery Outing <b>*Sign-up at the Main Desk or call x3000* (LO)</b>
		7:00p-8:00p	Tuesday Night Live Entertainment: Charles McDaniel– Pianist (CH)
4/17	Wednesday	3:00p-4:30p	“Take aways for Seniors from the 2024 NM Legislative Session– Q & A with our State Representative , Pamela Herndon (CH)
		6:30p-7:30p	Special Speakers presents: LVL History: Told by Resident Council Past Presidents (CH)
4/18	Thursday	10:00a	Quarterly Memorial Service (CP)
		3:00p-4:30p	OASIS Talk: Everything You Want to Know about CBD presented by Kelly Butterman (CH)
		7:00p-8:00p	Thursday Night Live Entertainment: Michael Pirko-Singer/Guitarist-Easy listening music (NV)
4/19	Friday	1:00p-3:00p	Learn to make Suncatchers this Spring! <b>*Sign-up at the Main Desk or call x3000* (A&amp;C)</b>
		2:30-3:30p	Health Education Series: “Staying Independent-Tools and Tips To Keep you Self-Sufficient” presented by Terri Lohnes, Physical Therapist Director and Joan Pearson, Occupational Therapist (CH)

## Week 4: April 21-27

4/22	Monday	3:00p-4:00p	Resident Sing-Along: “A Salute to the Colors” All residents are welcome (CH)
4/23	Tuesday	1:00p-3:00p	Tie Dye T-Shirt Event: Have some fun & make your own Tie Dye Shirt! (CH)
		7:00p-8:00p	Resident Sing-Along: “A Salute to the Colors” All residents are welcome (CH)
4/25	Thursday	2:00p-3:00p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in Combination with a guided meditation for a relaxing and healing experience-presented by Christine Michel (CH)
4/26	Friday	10:00a-12:30p	Gathering of Nations Pow Wow <b>*Sign-up at the Main Desk or call x3000* ((LO)</b>
		11:00a	Lunch on the Town: Viet Pho Vietnamese Restaurant <b>*Sign-up at Main Desk or call x3000* (LO)</b>
		2:30p-3:30p	Science and Tech Talk: “Electric Vehicles: The Savior-Bane of Society” presented by Bob Anderson of the Albuquerque Academy (CH)
4/27	Saturday	11:30a-12:30p	Teeniors: Tech help from teens! 1st session (CH)
		12:30p-1:30p	Teeniors: Tech help from teens! 2nd session (CH)

## Week 5: April 28-30

4/30	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Celtic Coyotes-Irish Folk (CH)
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## April 2024 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a-10:00a Cardio / Strength / Balance w/ Yvonne (M-Fitness)	9:00a-10:00a Water Fitness w/ Diana (NV-Pool)	9:00a-10:00a Cardio / Strength / Balance w/ Nancy (M-Fitness)	9:00a-10:00a Water Fitness w/ Diana (NV-Pool)	9:00a-10:00a Cardio / Strength / Balance w/ Yvonne (M-Fitness)
10:00a-11:00a Water Fitness w/ Renee (M-Pool)	10:00a-10:45a Balance w/ Yvonne (M-Fitness)	10:00a-11:00a Water Fitness w/ Renee (M-Pool)	9:00a-9:45a Cardio / Strength / Balance w/ Yvonne (M-Fitness)	10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)
10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)	11:00a-12:00p Strength / Stretch w/ Yvonne (AV-CR)	10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)	10:00a-11:00a Balance w/ Yvonne (M-Fitness)	1:30p-2:30p Chair Yoga w/ Andrea (M-Fitness)
10:30a-11:30a Low Intensity Cardio/Strength/ Balance w/ Yvonne (M-Fitness)	1:00p-2:00p Chair Yoga Sculpt w/ Andrea (M-Fitness)	1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)	2:00p-2:30p Walking Group (Yvonne and LES Staff) (M-Lobby)	
1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)				
6:30p-7:30p Line Dancing Class w/ Karen (M-Carter Hall)				

M:Main

AV: Alta Vista

NV: Nueva Vista

For assessments and personal training appointments, please call Yvonne Herrera, Senior Fitness Specialist & Personal Trainer



Extension :9241

**Recycling:** Mondays 1p-3p , Room 111, For Pick-Up call Olen Thompson EXT. 3248 or Tamara Kodis EXT. 3150. Questions, call Glyndon EXT . 3313

**Wood Shop:** Mondays 10a– 11a , Thursdays 1:30p-2:30p

**Treasure Chest:** Mondays 2p-3:30p, Wednesdays 2p-3:30p, Saturdays 11a-12p, and Sundays 2p-3:30p

**Furniture Room Sale:** Last Thursday and Friday of every month. Thursdays 8:30a-4:00p & Fridays 8:30a-12:00p

**Blood Pressure Clinic:** 2nd and 4th Wednesday of every month.

**Main:** 9:00a-10:30a ( Located in the ISS Alcove on the 1st floor)

**Nueva Vista :** 11:00a-12:00p (Located in Nueva Vista library)

**Alta Vista :** 1:00p-2:00p (Located in the Overlook Library)

## Movies of the Month

4/5	Friday	7:00p (NV-CR) ‘The Great Gatsby’	
4/6	Saturday	6:00p (CH) ) ‘The Great Gatsby’	
4/12	Friday	7:00p (NV-CR) ‘Nyad’	
4/13	Saturday	6:00p (CH) ‘Nyad’	
4/19	Friday	7:00p (NV-CR) ‘The Sting’	
4/20	Saturday	6:00p (CH) ‘The French Lieutenant’s Woman’	
4/26	Friday	7:00p (NV-CR) ‘Blazing Saddles’	
4/27	Saturday	6:00p (CH) ‘Blazing Saddles’	
5/3	Friday	7:00p (NV-CR) ‘The English Patient’	
5/4	Saturday	6:00p (CH) ‘The English Patient’	

\*Subject to Change\*