





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   						1 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:30a Teeniors: 1st session (CH) 11:45a Lunch on the Town: Annapurna's (LO) 12:30p Teeniors: 2nd session (CH) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
2 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	3 9:00a Recycling Pick-Up (WA) 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	4 10:00a Transportation to Vote (LO) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: Viva La Cello (CH)	5 10:00a Catholic Mass (CP) 10:00a Smith's Shopping (TO) 10:00a Painting w/Shirl (A&C) 1:00p Smith's Shopping (TO) 3:30p Bible Study (CP)	6 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	7 7:45a First Friday Breakfast (CH) 10:00a Costco Shopping (TO) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 7:00p Movie (NV-CR)	8 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
9 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	10 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 Anna Hamrick-Cellist (OV) 7:00p Monday Movie (NV-CR)	11 2:00p Licensed Area Tour (ML) 7:00p Tuesday Night Entertainment: Fred Sturm (CH)	12 10:00a Catholic Communion (CP) 10:00a Walmart Market (CP) 1:00p Walmart Market (TO) 2:00p Low Vision Support Group (LS) 3:30p Bible Study (CP)	13 1:00p Yak & Yarn (A&C) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	14 10:00a Albertson's shopping (TO) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	15 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:30a Father's Day Carnival Event (Outside of Main Entrance) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
16 <u>Father's Day</u> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	17 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	18 9:00a Eyeglass Maintenance Service (CH) 2:00p Jewish High Holy Days Presentation (CH) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: Standard Deviation (CH)	19 10:00a Catholic Communion (CP) 10:00a Painting w/Shirl (A&C) 10:00a Trader Joe's (TO) 1:00p Trader Joe's (TO) 2:30p Health Education Series (CH) 3:30p Bible Study (CP) 6:30p Special Speakers: A Train Ride Across New Mexico 1943 (CH)	20 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:30p Book Van (EA) 3:00p OASIS Talk (CH) 7:00p Summer Patio Concert w/ Kevin Whitcombe (NV-CR) 7:00p Canasta Group (CC)	21 10:30a Grief Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 6:00p Bingo (CC) 7:00p Movie (NV-CR)	22 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
23 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	24 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	25 2:00p PRIDE Event (CH) 7:00p Tuesday Night Entertainment: Chemystrio (CH)	26 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 1:00p Showing of film- "A Time Machine Story" (CH) 3:30p Bible Study (CP)	27 1:00p Yak & Yarn (A&C) 1:00p Quilts of Valor (FA) 2:00p Group Guided Sound Bath Meditation (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	28 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)	29 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
30 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	AA/EA: Art/ East Atrium Room AV-CR: Alta Vista Community Room CC: Corner Café GR: Game Room ML: Main Lobby NV-P: Nueva Vista Pool A&C: Arts & Crafts Room CH: Carter Hall DR: Main Dining Room ISS: Independent Support Services MP: Main Pool OV: Overlook AL: Assisted Living CS: Ceramics Studio FA: Fiber Arts Room LO: All Lobbies NV-CR: Nueva Vista Community Room SG: Sculpture Garden AV-AR: Alta Vista Art Room CP: Chapel FR: Furniture Room LS: La Sala Room NV-CA: Nueva Vista Creative Arts Room TC: Treasure Chest TR: Train Room TO: Transportation Office WA: Mail/ West Atrium					

UPCOMING EVENTS

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

Week 1: June 1

6/1	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)
		11:45a-2:00p	Lunch on the Town: Annapurna's *Sign-up at Main Desk or call ext.3000* (LO)

Week 2: June 2-8

6/4	Tuesday	10:00a	Transportation to Vote *Sign-up at Main Desk or Call Transportation at x3593* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Viva La Cello- Cellists (CH)
6/6	Thursday	11:00p-12:00p	Music Appreciation Class (CH)
6/7	Friday	7:45a	First Friday Breakfast: "Climbing Kilimanjaro" presented by Virginia Seiser CH)

Week 3: June 9-15

6/10	Monday	5:00p-6:30p	Dinner with Live Music by Anna Hamrick- Harpist (OV)
6/11	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Fred Sturm- Pianist (CH)
6/15	Saturday	10:30a-1:30a	Father's Day Carnival Event-Join us for fun carnival games, a barbeque, ice cream truck and live music! (Outside of Main Entrance)

Week 4: June 16-22

6/18	Tuesday	2:00p-3:30p	Jewish High Holy Days Presentation- Presented by Rabbi Brin (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Standard Deviation- Jazz vocal ensemble (CH)
6/19	Wednesday	2:30p-3:30p	Health Education Series: What is Low Vision and how can I see better? presented by Dr. Dulce Walker (CH)
		6:30p-7:30	Special Speaker presents: A Train Ride Across New Mexico in 1943 presented by John Taylor (CH)
6/20	Thursday	11:00a-12:00p	Music Appreciation Class (CH)
		3:00p-4:30p	OASIS Talk: School on the Bluff presented by John Taylor (CH)
		7:00p-8:00p	Summer Patio Concert with Kevin Whitcombe (NV Patio)
6/21	Friday	10:30a	Grief Support Group hosted by Chaplain Tom (CP)

Week 5: June 23-29

6/25	Tuesday	2:00p-3:30p	PRIDE Event- From Silence to Pride, LGBTQ+ through the decades (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Chemystrio-Instrumental music w/ guitar, bass guitar & drums (CH)
6/26	Wednesday	1:00p-3:00p	Showing of film "A Time Machine Story"- This film was written & directed an Albuquerque resident Julian Gowdy, as well as local actors and actresses. (CH)
6/27	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)
6/28	Friday	2:30p-3:30p	Science and Tech Talk: "What is a Cepheid?-and what are they good for?" Presented by Charlie Needham *Re-Scheduled Talk from May* (CH)

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June 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)	10:00a-10:30a Walking Group (Yvonne and LES Staff) (M-Lobby)
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)	10:30a-11:30a Cardio / Strength / Balance w/ Bettina (NV-CR)
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)		1:30p-2:30p Chair Yoga w/ Andrea (M-Fitness)
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 9:00a-3:00p & Fridays 9:00a-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

- 6/1 Saturday 6:00p (CH) "Poor Things" 
- 6/7 Friday 7:00p (NV-CR) "Places in the Heart"
- 6/8 Saturday 6:00p (CH) "Queen Bees"
- 6/14 Friday 7:00p (NV-CR) "Remember Me"
- 6/15 Saturday 6:00p (CH) "Remember Me"
- 6/21 Friday 7:00p (NV-CR) "The King and I" (1956)
- 6/22 Saturday 6:00p (CH) "Waking Ned Devine"
- 6/28 Friday 7:00p (NV-CR) "Darkest Hour"
- 6/29 Saturday 6:00p (CH) "The Lunch Box"
- 7/5 Friday 6:00p (NV-CR) "The Tree of Life"
- 7/6 Saturday 7:00p (CH) "The Tree of Life"

