

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 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)	<b>2</b> 1:00p Quilts of Valor (FA) 7:00p Canasta Group (CC)	<b>3</b> 7:45a First Friday Breakfast (CH) 10:30a Caregiver Peer Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 7:00p Movie (NV-CR)	<b>4</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>5</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>6</b> 9:00a Recycling Pick-Up (WA) 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)	<b>7</b> 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Mungo Jerry (CH)	<b>8</b> 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>9</b> 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>10</b> 10:00a Costco Shopping (TO) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	<b>11</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) 3:00p Art Exhibit Reception (EA) 6:00p Dinner & Movie (CH)
<b>12</b> <u>Mother's Day</u> 1:00p Mother's Day Event-Ice Cream Social (Back of Sandia DR) 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>13</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 Eden-Harpist (OV) 7:00p Monday Movie (NV-CR)	<b>14</b> 2:00p Licensed Area Tour (ML) 7:00p Tuesday Night Entertainment: The Muldawers (CH)	<b>15</b> 9:45a Rancho de Chimayo Drive & Lunch (LO) 10:00a Catholic Communion (CP) 10:00a Trader Joe's (CP) 10:00a Painting w/Shirl (A&C) 1:00p Trader Joe's (TO) 2:00p Low Vision Support Group (LS) 3:30p Bible Study (CP) 6:30p Special Speakers: LVL Resident Association current past presidents 2011-2023 (CH)	<b>16</b> 1:00p Quilts of Valor (FA) 3:00p OASIS Talk (CH) 5:30p Evening w/ John Garth (CH) 6:00p Concert under the Stars w/ Bo Whittaker (NV patio) 7:00p Canasta Group (CC)	<b>17</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 (CC) 7:00p Movie (NV-CR)	<b>18</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>19</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>20</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 2:00p Showing of the film 'Origin' (CH) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>21</b> 9:00a Hearing Aid Maintenance Service (CH) 10:00a Aurora Borealis Glassworks Tour (LO) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: JJ Jones and Kevin Pollock (CH)	<b>22</b> 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 3:30p Bible Study (CP)	<b>23</b> 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 2:00p Group Guided Sound Bath Meditation (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>24</b> 10:00a Grief Support Group (CP) 12:30p Poker (GR) 12:30p Quilts & Queries (CH) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by 'The Starlighters' (CH) 7:00p Movie (NV-CR)	<b>25</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>26</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>27</b> <u>Memorial Day</u> 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Memorial Day performance by The Shriners (CH) 7:00p Monday Movie (NV-CR)	<b>28</b> 7:00p Tuesday Night Entertainment: Flambeaux (CH)	<b>29</b> 10:00a Catholic Communion (CP) 10:00a Target shopping (TO) 1:00p Target shopping (TO) 3:30p Bible Study (CP)	<b>30</b> 1:30p Book Van (EA) 2:00p Talent and Variety Show (CH) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>31</b> 12:30p Poker (GR) 7:00p Movie (NV-CR)	

**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

**CC:** Corner Café  
**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: May 1-4

5/3	Friday	7:45a	First Friday Breakfast: "The History of the Purple Heart Medal-The Medal That Nobody Wants" presented by Larry Blair (CH)
5/4	Saturday	9:45a-12:00p	Wild Flower Walk *Sign-up at Main Desk or call ext.3000* (LO)

### Week 2: May 5-11

5/7	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Mungo Jerry--classic soft rock (CH)
5/8	Wednesday	4:00p-5:15p	Spanish Speaking Group "Para Charlar Grupo" Join us for Spanish games, discussions, singing Spanish Oldies and more (LS)
5/11	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)
		3:00p	Art Exhibit Reception for art exhibit "Americana" (EA)

### Week 3: May 12-18

5/12	Sunday	1:00p-3:00p	Mother's Day Event-Ice Cream Social (Back of Sandia DR)
5/13	Monday	5:00p-6:30p	Dinner with Live Music by Eden-Harpist (OV)
5/14	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: The Muldawers-Tin Pan Alley (CH)
5/15	Wednesday	9:45a-2:45p	Rancho de Chimayo Drive and Lunch *Sign-up at Main Desk or call ext.3000* (LO)
		6:30p-7:30	Special Speaker presents: LVL Resident Association current past presidents 2011-2023 (CH)
5/16	Thursday	3:00p-4:30p	OASIS Talk: Mass Extinctions: Past and Present presented by Maya Elrick (CH)
		6:00p-7:00p	Concert under the stars with Bo Whittaker-Big Band Music (NV Patio)
5/17	Friday	2:30p-3:30p	Health Education Series: Addressing Health Care Costs presented by Mary Feldblum Ph.D., Executive Director, Health Security for New Mexicans Campaign (CH)

### Week 4: May 19-25

5/20	Monday	2:00p	Showing of film 'Origin' followed by a discussion (CH)
5/21	Tuesday	10:00a	Aurora Borealis Glassworks Tour *Sign-up at Main Desk or call ext.3000* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: JJ Jones and Kevin Pollock-- Motown & Soul (CH)
5/23	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)
5/24	Friday	10:00a-11:30a	Grief Support Group hosted by Chaplain Tom (CP)
		2:30p-3:30p	Science and Tech Talk: "What is a Cepheid?-and what are they good for?" presented by Charlie Needham (CH)

### Week 5: May 26-31

5/27	Monday	3:00p-4:00p	Memorial Day performance by The Shriners Band (CH)
5/28	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Flambeaux-New Orleans Jazz Quartet (CH)
5/30	Thursday	2:00p-3:30p	Talent and Variety Show-- Join us for fun skits, quirky performances and talented entertainers by our very own LVL residents and employees (CH)

## May 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)	10:15a-10:30a 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

5/3	Friday	7:00p (NV-CR)	"The English Patient" 
5/4	Saturday	6:00p (CH)	"The English Patient"
5/10	Friday	7:00p (NV-CR)	"The Guernsey Literary & Potato Peel Society"
5/11	Saturday	6:00p (CH)	"American Fiction" 
5/17	Friday	7:00p (NV-CR)	"Milagro Beanfield War"
5/18	Saturday	6:00p (CH)	"Milagro Beanfield War"
5/24	Friday	7:00p (NV-CR)	"The King and I (1956)"
5/25	Saturday	6:00p (CH)	"Kramer vs Kramer" 
5/31	Friday	7:00p (NV-CR)	"Poor Things"
6/1	Saturday	6:00p (CH)	"Poor things"