

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>4</p> <p>3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>5</p> <p>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) 2:00p Group Guided Sound Bath Meditation (CH) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)</p>	<p>6</p> <p>9:30a Collage 101 w/Shirl Brainard (A&C) 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: Olde and In The Way (CH)</p>	<p>7</p> <p>10:00a Catholic Mass (CP) 10:00a Painting w/Shirl (A&C) 10:00a Smith's Shopping (TO) 1:00p Smith's Shopping (TO) 3:30p Bible Study (CP)</p>	<p>1</p> <p>1:00p Quilts of Valor (FA) 11:00a Music Appreciation Class (CH) 2:00p Piano Performance by Alison Cheroff (CH) 1:30p Book Van (EA) 7:00p Canasta Group (CC)</p>	<p>2</p> <p>7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 4:00p Finance Presentation (CH) 7:00p Movie (NV-CR)</p>	<p>3</p> <p>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)</p>
<p>11</p> <p>3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>12</p> <p>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 Claire – Violinist (OV) 7:00p Monday Movie (NV-CR)</p>	<p>13</p> <p>9:30a Collage 101 w/Shirl Brainard (A&C) 10:30a History Education Class (GR) 2:00p Licensed Area Tour (ML) 7:00p Tuesday Night Entertainment: Duke City Sound (CH)</p>	<p>14</p> <p>10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:30p Bible Study (CP)</p>	<p>8</p> <p>10:00a Protestant Communion (CP) 1:00p Yak & Yarn (A&C) 3:00p Encore Performance Beethoven's 5th Symphony (CH) 7:00p Canasta Group (CC)</p>	<p>9</p> <p>10:00a Costco Shopping (TO) 10:00a Resident Health Fair (CH) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 5:15p Isotopes Baseball Game (LO) 7:00p Movie (NV-CR)</p>	<p>10</p> <p>10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:15p NM Museum of Natural History Outing (LO) 2:00p Mexican Train (GR) 3:00p Art Exhibit Reception (AA/EA) 6:00p Dinner & Movie (CH)</p>
<p>18</p> <p>3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>9:00a Eyeglass Maintenance (CH) 9:30a Collage 101 w/Shirl Brainard (A&C) 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: Mother Road (CH)</p>	<p>21</p> <p>10:00a Catholic Communion (CP) 10:00a Painting w/Shirl (A&C) 10:00a Trader Joe's shopping (TO) 1:00p Trader Joe's shopping (TO) 2:00p Indoor Fun Putting Tournament (CH) 3:30p Bible Study (CP) 6:30p Special Speaker: David Ryan (CH)</p>	<p>15</p> <p>11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:00p Chile Enchantment (AL Patio) 3:00p OASIS Talk (CH) 5:30p Evening w/ John Garth (CH) 7:00p Summer Patio Concert with Mungo Jerry (NV-CR)</p>	<p>16</p> <p>10:00a Albertson's shopping (TO) 11:30a Lunch on the Town– Seasons 52 (LO) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 6:00p Bingo (CC) 7:00p Movie (NV-CR)</p>	<p>17</p> <p>10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 3:45p Corrales Bosque Gallery (LO) 6:00p Dinner & Movie (CH)</p>
<p>25</p> <p>3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>26</p> <p>10:00a Monday Morning Music (CP) 11:00a Isotopes Tour (LO) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)</p>	<p>27</p> <p>7:00p Tuesday Night Entertainment: The Muldawers (CH)</p>	<p>28</p> <p>10:00a Catholic Communion (CP) 10:00a Walgreen's shopping (TO) 1:00p Walgreen's shopping (TO) 3:30p Bible Study (CP)</p>	<p>22</p> <p>1:00p Quilts of Valor (FA) 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 2:00p Group Guided Sound Bath Meditation (CH) 5:30p Evening w/ John Garth (CH) 5:50p Santa Fe Opera– Elixir of Love 7:00p Canasta Group (CC)</p>	<p>23</p> <p>10:30a Grief Support Group (CP) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)</p>	<p>24</p> <p>10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:15a Concert & Wheel Museum Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)</p>
<p>31</p> <p>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)</p>						

Life is a Journey

Not a Destination

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	TR: Train Room
A&C: Arts & Crafts Room	CH: Carter Hall	DR: Main Dining Room	ISS: Independent Support Services	MP: Main Pool	OV: Overlook	TO: Transportation Office
AL: Assisted Living	CS: Ceramics Studio	FA: Fiber Arts Room	LO: All Lobbies	NV-CR: Nueva Vista Community Room	SG: Sculpture Garden	WA: Mail/ West Atrium
AV-AR: Alta Vista Art Room	CP: Chapel	FR: Furniture Room	LS: La Sala Room		TC: Treasure Chest	



UPCOMING EVENTS

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


Week 1: August 1-3			
8/1	Thursday	11:00a-12:00p 2:00p-3:00p	Music Appreciation Class with Peter Fisk (CH) Piano Performance by Alison Cheroff (CH)
8/2	Friday	7:45a	First Friday Breakfast: "Anesthetic Adventures Here, in a Zoo, and in Albania" presented by Earl Godwin (CH)
8/3	Saturday	4:00p-5:00p 11:30a-12:30p 12:30p-1:30p	Presentation on new billing system presented by Jennifer Martinez (CH) Teeniors: Tech help from teens!-1st session (CH) Teeniors: Tech help from teens!-2nd session (CH)
Week 2: August 4-10			
8/5	Monday	2:00p-3:00p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in combination with a guided meditation by Christine Michel (CH)
8/6	Tuesday	9:30a 7:00p-8:00p	Collage 101 w/Shirl Brainard *Sign-up at Main Desk or call x3000* (A&C) Tuesday Night Live Entertainment: Olde and in the Way-Variety of 1970s Music (CH)
8/8	Thursday	3:00p-4:00p	Encore Performance: Beethoven's 5th Symphony-transcribed one piano four hands Performed by Isa Chou and Benita Greenberg (CH)
8/9	Friday	10:00a-1:00p 5:15p	Resident Health Fair (CH) Isotopes Baseball Game against Sacramento Rivercats *Sign-up at Main Desk or call x3000* (LO)
8/10	Saturday	12:15p-3:20p 3:00p	NM Museum of Natural History Outing featuring "Blue Whales in 3D at Dynavision" *Sign-up at Main Desk or call Art Exhibit Reception for LVL Artists (AA/EA)
Week 3: August 11-17			
8/12	Monday	5:00p-6:30p	Dinner with Live Music by Claire - Violinist (OV)
8/13	Tuesday	9:30a 7:00p-8:00p	Collage 101 w/Shirl Brainard *Sign-up at Main Desk or call x3000* (A&C) Tuesday Night Live Entertainment: Duke City Sound-Barber Shop Quartet (CH)
8/15	Thursday	11:00a-12:00p 1:00p-4:00p 3:00p-4:30p 7:00p-8:00p	Music Appreciation Class with Peter Fisk (CH) Chile Enchantment--Roasting Green Chile-Assisted Living Patio *See flyer for more details* Oasis Talk: Paris as a Center of Art, Architecture and Learning presented by Charlie Steen (CH) Summer Patio Concert with Mungo Jerry-Rock & Roll Guitarist (NV Patio)
8/16	Friday	11:30a	Lunch on the Town--Seasons 52 *Sign-up at Main Desk or call x3000* (LO)
8/17	Saturday	3:45p	Corrales Bosque Galley: 30th Anniversary Art Reception *Sign-up at Main Desk or call x3000*
Week 4: August 18-24			
8/20	Tuesday	9:30a 7:00p-8:00p	Collage 101 w/Shirl Brainard *Sign-up at Main Desk or call x3000* (A&C) Tuesday Night Live Entertainment: Mother Road-Motown (CH)
8/21	Wednesday	2:00p 6:30p-7:30p	Indoor Fun Putting Tournament - Putting on special putting mats (CH) Special Speaker: "Do you think you know New Mexico?" presented by David Ryan (CH)
8/22	Thursday	2:00p-3:00p 5:50p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in combination with a guided meditation presented by Christine Michel (CH) Santa Fe Opera--Elixir of Love performance (LO)
8/24	Saturday	10:15a-1:30p	Concert & Wheels Museum-Kristy Hines-Jazz *Sign-up at Main Desk or call x3000* (LO)
Week 5: August 25-31			
8/26	Monday	11:00a	Isotopes Baseball Stadium Tour (LO)
8/27	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: The Muldawers-Tin Pan Alley (CH)
8/29	Thursday	3:00p-4:30p	Linda Given's Farewell Party: Enjoy hors d'oeuvres, beverages, live entertainment and help us in giving her a sweet send off (CH)
8/31	Saturday	11:30a-12:30p 12:30p-1:30p	Teeniors: Tech help from teens!-1st session (CH) Teeniors: Tech help from teens!-2nd session (CH)

August 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

8/2	Friday	7:00p	"Jackie" (NV-CR)
8/3	Saturday	6:00p	"Jackie" (CH)
8/9	Friday	6:00p	"The Upside" (NV-CR)
8/10	Saturday	7:00p	"The Upside" (CH)
8/16	Friday	6:00p	"Remember Me" (NV-CR)
8/17	Saturday	7:00p	"Remember Me" (CH)
8/23	Friday	6:00p	"Mama Mia" (NV-CR)
8/24	Saturday	7:00p	"Mama Mia" (CH)
8/30	Friday	6:00p	"A Simple Favor" (NV-CR)
8/31	Saturday	7:00p	"A Simple Favor" (CH)

SUBJECT TO CHANGE