


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 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 (AL) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)</p>	<p>2 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: Charles McDaniel (CH)</p>	<p>3 10:00a Catholic Mass (CP) 10:00a Smith's Shopping (TO) 10:00a Painting w/Shirl (A&C) 1:00p Smith's Shopping (TO) 1:00p Patriotic Floral Arrangement Event (CH) 3:30p Bible Study (CP) 6:00p United Soccer Game w/Fireworks (LO)</p>	<p>4 Independence Day 6:00p Independence Day Performance by Alchemie (CH)</p>	<p>5 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social 1st & 3rd (EA) 7:00p Movie (NV-CR)</p>	<p>6 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)</p>	
<p>7 3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>8 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (Healthcare) 5:00p Dinner w/ Live Music by Sam Barrett- Cellist (OV) 7:00p Monday Movie (NV-CR)</p>	<p>9 9:15a Albuquerque Museum Outing (LO) 2:00p Licensed Area Tour (ML) 7:00p Tuesday Night Entertainment: Dan Hudak- Film Lecturer (CH)</p>	<p>10 10:00a Catholic Communion (CP) 10:00a Walmart Market (CP) 1:00p Walmart Market (TO) 2:00p LVL FAC Round Table Meeting (CH) 3:30p Bible Study (CP)</p>	<p>11 10:00a Protestant Communion (CP) 1:00p Yak & Yarn (A&C) 5:30p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)</p>	<p>12 10:00a Costco Shopping (TO) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)</p>	<p>13 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)</p>
<p>14 10:45p LVL Movie Outing- 'Fly Me To The Moon' (LO) 3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>15 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>16 9:00a Hearing Aid Maintenance Service (CH) 10:30a History Education Class (GR) 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: 3 on a Match (CH)</p>	<p>17 10:00a Catholic Communion (CP) 10:00a Painting w/Shirl (A&C) 10:00a Trader Joe's (TO) 1:00p Trader Joe's (TO) 3:30p Bible Study (CP)</p>	<p>18 10:00a Quarterly Memorial Service (CP) 11:00a Music Appreciation Class (CH) 3:00p OASIS Talk (CH) 5:30p Evening w/ John Garth (CH) 7:00p Summer Patio Concert w/ The Peralta Playboys (NV-CR) 7:00p Canasta Group (CC)</p>	<p>19 10:00a Albertson's shopping (TO) 11:00a Lunch on the Town- Il Vicino (LO) 4:00p Happy Hour Social 1st & 3rd (EA) 6:00p Bingo (CC) 6:20p Santa Fe Opera- La Traviata performance (LO)</p>	<p>20 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 2:00p Pool Party (NV-P) 6:00p Dinner & Movie (CH)</p>
<p>21 3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>22 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)</p>	<p>23 7:00p Tuesday Night Entertainment: Michael Pirko (CH)</p>	<p>24 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 1:00p Making Suncatchers Event (CH) 3:30p Bible Study (CP)</p>	<p>25 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) 7:00p Canasta Group (CC)</p>	<p>26 10:30a Grief Support Group (CP) 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) 5:50p Landmark Musicals Present: You're a Good Man, Charlie Brown (LO)</p>	<p>27 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)</p>
<p>28 3:00p Train Room Open House (TR) 4:00p Vespers (CH)</p>	<p>29 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)</p>	<p>30 7:00p Tuesday Night Entertainment: Larry Freedman (CH)</p>				



<p>AA/EA: Art/ East Atrium Room A&C: Arts & Crafts Room AL: Assisted Living AV-AR: Alta Vista Art Room</p>	<p>AV-CR: Alta Vista Community Room CH: Carter Hall CS: Ceramics Studio CP: Chapel</p>	<p>CC: Corner Café DR: Main Dining Room FA: Fiber Arts Room FR: Furniture Room</p>	<p>GR: Game Room ISS: Independent Support Services LO: All Lobbies LS: La Sala Room</p>	<p>ML: Main Lobby MP: Main Pool NV-CR: Nueva Vista Community Room NV-CA: Nueva Vista Creative Arts Room</p>	<p>NV-P: Nueva Vista Pool OV: Overlook SG: Sculpture Garden TC: Treasure Chest</p>	<p>TR: Train Room TO: Transportation Office WA: Mail/ West Atrium</p>
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UPCOMING EVENTS

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

Week 1: July 1-6

7/2	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Charles McDaniel– Classical Pianist (CH)
7/3	Wednesday	1:00p-2:45p	Patriotic Floral Arrangement Event *Sign-up at Main Desk or call x3000* (LO)
		6:00p	United Soccer Game w/ Fireworks *Sign-up at Main Desk or call x3000* (LO)
7/4	Thursday	6:00p-7:00p	Independence Day Performance by Alchemie *Following the Performance there will be Ice Cream Treats and Sparklers given on the Assisted Living Patio from 8:00p-9:00p*(CH)
7/5	Friday	7:45a	First Friday Breakfast: "Different Adventures Hunting Cacti in Mexico" presented by David Finley CH)

Week 2: July 7-13

7/8	Monday	5:00p-6:30p	Dinner with Live Music by Sam Barrett - Cellist (OV)
7/9	Tuesday	9:15a	Albuquerque Museum Outing:" Making American Artists: Stories from the Pennsylvania Academy of the Fine Arts, 1776-1976 *Sign-up at Main Desk or call x3000* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Dan Hudak-Film Lecturer "Dynamics of Film History's Greatest Screen Duo" (CH)
7/10	Wednesday	2:00p	LVL FAC Round Table Meeting *All Residents are Welcome!* (CH)

Week 3: July 14-20

7/14	Sunday	10:45a	LVL Movie Outing- 'Fly Me To The Moon' *Sign-up at Main Desk or call x3000* (LO)
7/16	Tuesday	10:30a-11:30a	History Education Class: America's Highway Act with History by Peter Fisk (GR)
		7:00p-8:00p	Tuesday Night Live Entertainment: 3 on a Match-Cabaret music ensemble (CH)
7/18	Thursday	11:00a-12:00p	Music Appreciation Class with Peter Fisk (CH)
		3:00p-4:30p	OASIS Talk: Everyone Knows it's Windy presented by Deirdre Kann (CH)
		7:00p-8:00p	Summer Patio Concert with The Peralta Playboys-Duo performing Western/ Country Along with Folk and American Music (NV Patio)
7/19	Friday	11:15a	Lunch on the Town– Il Vicino Wood Oven Pizza *Sign-up at Main Desk or call x3000* (LO)
		6:20p	Santa Fe Opera– La Traviata performance (LO)
7/20	Saturday	8:15a-11:00a	ABQ Bio Park/ Aquarium Outing *Sign-up at Main Desk or call x3000* (LO)
		2:00p-4:00p	Pool Party: Paddle Boards, Volleyball, Games and Yummy Snacks! (NV-P)

Week 4: July 21-27

7/23	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Michael Pirko– guitarist, classical rock (CH)
7/24	Wednesday	1:00p-3:00p	Making Suncatchers class: Join us to make your very own suncatcher! *Sign-up at Main Desk or call x3000* (CH)
7/25	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)
7/26	Friday	2:30p-3:30p	Science and tech Talk: "Today's EVs, or 'Why You Can't Get There From Here'" presented by Roland Penttila (CH)
		5:50p	Landmark Musicals presents: "You're a good Man, Charlie Brown" *Tickets \$22.69 + \$5 Transportation Fee– Signup begins July 12th,Sign-up at Main Desk or call x3000* (LO)

Week 5: July 28-31

7/30	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Larry Freedman-Pianist, Classical Hits (CH)
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July 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)	**NO CLASSES ON THURSDAY, JULY 4TH**	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



7/5	Friday	6:00p	"The Tree of Life: (NV-CR)
7/6	Saturday	7:00p	"The Tree of Life" (CH)
7/12	Friday	7:00p	"Master & Commander" (NV-CR)
7/13	Saturday	6:00p	"Master & Commander" (CH)
7/19	Friday	7:00p	"Woman in Gold" (NV-CR)
7/20	Saturday	6:00p	"The King and I" (CH)
7/26	Friday	7:00p	"Dark Waters" (NV-CR)
7/27	Saturday	6:00p	"Women in Gold" (CH)
8/2	Friday	7:00p	"Jackie" (NV-CR)
8/3	Saturday	6:00p	"Jackie" (CH)

SUBJECT TO CHANGE