

# September 2024

# Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>2</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 Resident Sing-along (CH) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>3</b> 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Resident Sing-along (CH)	<b>4</b> 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)	<b>5</b> 1:00p Quilts of Valor (FA) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>6</b> 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour Social (EA) 6:00p Tribute to "The Greatest Showman Performance (LO) 7:00p Movie (NV-CR)	<b>7</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>8</b> <b>Grandparents' Day</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>9</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 5:00p Dinner w/ Live Music by Allan Esquivel- guitarist (OV) 7:00p Monday Movie (NV-CR)	<b>10</b> 2:00p Licensed Area Tour (ML) 3:00p Group Guided Sound Bath Meditation (CH) 7:00p Tuesday Night Entertainment: Chamber Chops (CH)	<b>11</b> 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 2:00p LVL Budget Presentation (CH) 3:30p Bible Study (CP) 5:00p Isotopes Baseball Game (LO)	<b>12</b> 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (GR) 1:30p Book Van (EA) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>13</b> 10:00a Costco Shopping (TO) 10:00a Plant Ops Services Roundtable (CH) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	<b>14</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:30p Coronado Historic Site Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>15</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>16</b> 1:30p Bib & Tucker (FA) 2:00p Fall Fest (CH) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>17</b> 7:45a Origami in the Garden Outing (LO) 9:00a Hearing Aid Maintenance Service (CH) 3:00p Featured Artist Reception (CH) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Last Call (CH)	<b>18</b> 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 Low Vision Support Group (LS) 2:00p LVL Indoor Putting Event (CH) 3:30p Bible Study (CP) 6:30p Special Speakers (CH)	<b>19</b> 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:00p Yak & Yarn (A&C) 3:00p OASIS Talk (CH) 5:20p Evening w/ John Garth (CH) 7:00p Thursday Night Entertainment: Larry Freedman (NV-CR) 7:00p Canasta Group (CC)	<b>20</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 (EA) 6:00p Bingo (CC) 7:00p Movie (NV-CR)	<b>21</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:45a Lunch on the Town: Route 66 Diner (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>22</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>23</b> 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)	<b>24</b> 9:15a American Society of Radiologic Technologists Tour (LO) 1:00p Fall Prevention Seminar (CH) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Flambeaux (CH)	<b>25</b> 10:00a Catholic Communion (CP) 10:00a Walgreen's shopping (TO) 1:00p Walgreen's shopping (TO) 2:00p Pronoun & Gender Neutral Workshop presented by Adrien Lawyer (CH) 3:30p Bible Study (CP)	<b>26</b> 2:00p Group Guided Sound Bath Meditation (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>27</b> 10:30a Grief Support Group (CP) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 1:00p Showing of Film "Bless Me Ultima" (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Landmark Musicals presents: "Give 'em Hell, Harry" (LO)	<b>28</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>29</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>30</b> 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)					

**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



# UPCOMING EVENTS

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

## Week 1: September 1-7

9/2	Monday	3:00p-4:00p	Resident Sing-Along "Songs of Work & Play for Labor Day" *All residents are welcome!* (CH)
9/3	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Resident Sing-along "Songs of Work & Play for Labor Day" (CH)
9/6	Friday	7:45a	First Friday Breakfast: "Early Days in Digital Computing" presented by Don Tolmie (CH)
		6:00p	Tribute to the "The Greatest Showman" Performance at the National Hispanic Cultural Center (LO)
		2:30p-3:30p	Science & Tech Talk: "The Day an Atomic Bomb Was Dropped on Albuquerque ....and other military aviation accidents" presented by Roland Panttila (CH)

## Week 2: September 8-14

9/9	Monday	9:30a	NM State Fair-Senior Day Outing *Sign up at the Main Desk or call x3000* (LO)
		5:00p-6:30p	Dinner with Live Music by Allan Esquivel-Guitarist (OV)
9/10	Tuesday	3:00p-4:00p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in combination with a guided meditation presented by Christine Michel (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Chamber Chops- Classical Music (CH)
9/11	Wednesday	2:00p	LVL Budget Presentation presented by Konrad van Baalen, Executive Director (CH)
		5:00p	Isotopes Baseball Game against Las Vegas Aviators *Sign up at the Main Desk or call x3000* (LO)
9/13	Friday	10:00a	Plant Ops Services Roundtable (CH)
9/14	Saturday	12:30p-3:30p	Coronado Historic Site Outing *Sign up at the Main Desk or call x3000* (LO)

## Week 3: September 15-21

9/16	Monday	2:00p-4:00p	LVL Fall Fest -sponsored by LVL Residents" Association (CH)
9/17	Tuesday	7:45a	Origami in the Garden Outing-Metal Sculpture Exhibit *Sign up at the Main Desk or call x3000* (LO)
		3:00p	Featured Exhibit "Fabric Art" Reception (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Last Call- Jazz, Blues, R&B (CH)
9/18	Wednesday	2:00p-3:30p	LVL Indoor Putting Event * Everyone is Welcome!*( CH)
		6:30p-7:30p	Special Speaker: History of the Albuquerque Balloon Fiesta presented by Tom Garrity (CH)
9/19	Thursday	3:00p-4:30p	Oasis Talk: Gut Instincts: Understanding the Gut/Brain Relationship presented by Renee Euler (CH)
		7:00p-8:00p	Thursday Night Live Entertainment: Larry Freedman-Pianist/Comedy (NV-CR)
9/20	Friday	2:30p-3:30p	Health Education Series: Is Getting Older More Chaotic? "Decisions in Care" can be of help Presented by Susan Stuart, Founder and Principal of Decisions in Care (CH)
9/21	Saturday	11:45a-2:15p	Lunch on the Town: Route 66 Diner *Sign up at the Main Desk or call x3000* (LO)

## Week 4: September 22-28

9/24	Tuesday	9:15a	American Society of Radiologic Technologists Tour *Sign up at the Main Desk or call x3000* (LO)
		1:00p	Fall Prevention Seminar: presented by ISS, Synchrony Physical Therapy, Worth Hearing and Facilities (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Flambeaux-Upbeat Jazz/Ragtime (CH)
9/25	Wednesday	2:00p-3:30p	Pronoun & Gender Neutral Workshop : presented by Adrien Lawyer, Director of Education & Co-Founder of Transgender Resource Center of New Mexico (CH)
9/26	Thursday	2:00-3:00p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in combination with a guided meditation presented by Christine Michel (CH)
9/27	Friday	1:00p	Showing of the film "Bless Me Ultima" (CH)
		6:00p	Landmark Musicals presents : "Give 'em Hell, Harry"-Play follows the life of the 33rd President, Harry Truman, from his early days growing up in Missouri through his political career. *Sign up at the Main Desk or call x3000* (LO)
9/28	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: September 29-30

# September 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)	12:30p-1:30p Circuit Training w/ Yvonne (NV-Fitness Center)	1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)	11:00a-12:00p Fitness Center Orientation w/ Yvonne (M-Fitness)	1:00p-2:00p Circuit Training w/ Yvonne (M-Fitness Center)
12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)	1:00p-2:00p Chair Yoga Sculpt w/ Andrea (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)				

**\* No Classes Monday, Sept 2nd In observation of Labor Day\***

**M:Main  
AV: Alta Vista  
NV: Nueva**

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

**Extension :9241**



## Movies of the Month

9/6	Friday	7:00p	"Chariots of Fire" (NV-CR)
9/7	Saturday	6:00p	"A Simple Favor" (CH)
9/13	Friday	6:00p	"Ordinary People" (NV-CR)
9/14	Saturday	7:00p	"Ordinary People" (CH)
9/20	Friday	6:00p	"Sully" (NV-CR)
9/21	Saturday	7:00p	"The Boys in the Boat" (CH)
9/27	Friday	6:00p	"The Wife" (NV-CR)
9/28	Saturday	7:00p	"The Wife" (CH)
10/4	Friday	6:00p	"Philomena" (NV-CR)
10/5	Saturday	7:00p	"Memory" (CH)



\*SUBJECT TO CHANGE\*

**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)