

# December 2024

# Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:15p 'The King and I' Performance (LO) 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) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CH) 7:00p Monday Movie (NV-CR)	<b>3</b> 2:00p Sit & Stich (FA) 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: Subito Woodwind Trio (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) 2:30p Contemporary Issues (CH) 3:30p Bible Study (CP)	<b>5</b> 1:00p Quilts of Valor (FA) 1:30p Book Van (EA) 5:20p Evening w/ John Garth (CH) 5:30p Albuquerque River of Lights Outing (LO) 7:00p Canasta Group (CC)	<b>6</b> 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social (EA) 5:45p Shabbat Dinner (DR) 7:00p Movie (NV-CR)	<b>7</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>8</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>9</b> 2:00p Ping Pong (GR) 3:00p Holiday Sing-Along (CH) 5:00p Dinner w/ Live Music by Quinn Boyack-Cellist (OV) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>10</b> 2:00p Sit & Stich (FA) 2:00p Licensed Area Tour (ML) 7:00p Tuesday Night Entertainment: Holiday Sing-Along (CH)	<b>11</b> 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:00p Reception for Featured Artist (CH) 3:30p Bible Study (CP) 5:30p Holiday Lights Tour (LO)	<b>12</b> 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (GR) 1:00p Quilts of Valor (FA) 1:00p Yak & Yarn (A&C) *** Resident Holiday Banquet (Time TBD)*** Please see back of calendar for more info 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>13</b> 10:00a Costco Shopping (TO) 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) 1:00p Shades of Grey Photo Show (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>15</b> 12:15p NM Gay Men's Chorus Outing (LO) 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>16</b> 10:00a Monday Morning Music (CP) 2:00p Ping Pong (GR) 3:00p Piano Recital (CH) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>17</b> 9:00a Eyeglass Maintenance Service (CH) 2:00p Sit & Stich (FA) 2:00p Merry Fitmas Party (CH) 3:30p STEM³ Discussion (GR) 7:00p Tuesday Night Entertainment: Enchantment Handbell Ensemble (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 LVL Indoor Putting Event (CH) 2:00p Low Vision Support Group (LS) 3:30p Bible Study (CP)	<b>19</b> 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:30p Program on "How do we discover our own personal truths along our life journey" (CP) 3:00p OASIS Talk (CH) 5:20p Evening w/ John Garth (CH) 7:00p Thursday Night Entertainment: John Martinez (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 Science & Tech Talk (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) 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 Open Carol Sing (CP) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>24</b> *No Tuesday Night Entertainment* 	<b>25 Christmas Day</b> 	<b>26</b> 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 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 Origami Paper Folding Class (NV-CR) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)	<b>28</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 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> 1:30p Embracing Grief and Joy in Remembrance & Discussion (CP) 2:00p Ping Pong (GR) 7:00p Monday Movie (NV-CR)	<b>31</b> 2:00p Sit & Stich (FA) 7:00p New Year's Eve Party (CH)				

**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  
**CC:** Corner Cafe  
**CH:** Carter Hall  
**CS:** Ceramics Studio

**CP:** Chapel  
**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



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

**Week 1: December 1-7**

12/1	Sunday	1:15p-5:40p	'The King and I' Performance at Rodey Theatre (LO)
12/3	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Subito Woodwind Trio-flute, clarinet & bassoon (CH)
12/4	Wednesday	2:30p-4:00p	Contemporary Issues: Brown v. Board of Education 70th Anniversary presented by Alfred Dennis Mathewson, JD Retired Dean of the UNM Law School (CH)
12/5	Thursday	5:30p	Albuquerque River of Lights Outing (LO)
12/6	Friday	7:45a-9:00a	First Friday Breakfast: "Saranam" presented by Tracy Weaver (CH)
		5:45p	Shabbat Dinner <b>*Please see Chaplain Tom for More Details*</b> (
12/7	Saturday	11:30-12:30p	Teeniors: Tech help from teens! 1st session (CH)
		12:30-1:30p	Teeniors: Tech help from teens! 2nd session (CH)

**Week 2: December 8-14**

12/9	Monday	3:00p-4:00p	Holiday Sing-Along: "Songs of Good Cheer to End the Year <b>*All are Welcome!*</b> (CH)
		5:00p-6:30p	Dinner with Live Music by Quinn Boyack-Cellist (OV)
12/10	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Holiday Sing-Along: "Songs of Good Cheer to End the Year" <b>* All are Welcome!*</b> (CH)
12/11	Wednesday	3:00p	Reception for Featured Artist, Cathy Philips (CH)
		5:30p	Holiday Lights Tour <b>*Sign up at the Main Desk or Call x3000* (LO)</b>
12/12	Thursday	(Time TBD)	Resident Holiday Banquet <b>***Specific Times will be announced by Dining Services and Communication will be sent out***</b>
12/14	Saturday	1:00p-3:30p	Shades of Grey Photo Show at Expo New Mexico <b>*Sign up at the Main Desk or Call x3000* (LO)</b>
12/15	Sunday	12:15p-4:00p	NM Gay Men's Chorus Outing <b>*Sign up at the Main Desk or Call x3000* (LO)</b>

**Week 3: December 15-21**

12/16	Monday	3:00p-4:00p	Piano Recital- One Hour of Music by Beethoven, Grieg, Tchaikovsky, Bach and Traditional Christmas Music performed by Zeke Reading, Hazel Reading, Enzo Reading and Benita Greenberg (CH)
12/17	Tuesday	2:00p-3:00p	Merry Fitmas Party: Join us for games, music and fun exercises (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Enchantment Handbell Ensemble (CH)
12/18	Wednesday	2:00p-3:30p	LVL Indoor Putting Event <b>* Everyone is Welcome!*</b> (CH)
12/19	Thursday	1:30p-2:30p	Program on "How do we discover our own personal truths along our life journey?" presented by Ben Ahnen, First Unitarian Intern <b>*All are Welcome!*</b> (CP)
		3:00p-4:30p	Oasis Talk: Exploring World Music: Jamaica presented by Frank Leto (CH)
		7:00p-8:00p	Thursday Night Live Entertainment: John Martinez-guitarist (NV-CR)
12/20	Friday	2:30p-3:30p	Science & Tech Talk: "Spacewalks Expose Astronauts to Carbon Monoxide" presented by Gene Bruce (CH)

**Week 4: December 22-28**

12/26	Thursday	2:00p-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)
12/27	Friday	1:00p-3:00p	Origami Paper Folding Class <b>*Sign up at the Main Desk or Call x3000* (NV-CR)</b>

**Week 5: December 29-31**

12/31	Tuesday	7:00p-9:00p	New Year's Eve Party: Live music by the Bobcats, hors' d'oeuvres, dancing and fun! (CH)
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*Happy Holidays!*

**December 2024 Fitness Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00a-10:00a Cardio / Strength / Balance w/ Yvonne (M-Fitness)</p> <p>10:00a-11:00a Water Fitness w/ Renee (M-Pool)</p> <p>10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)</p> <p>10:30a-11:30a Low Intensity Cardio/Strength/ Balance w/ Yvonne (M-Fitness)</p> <p>12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)</p> <p>1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)</p> <p>6:30p-7:30p Line Dancing Class w/ Karen (M-Carter Hall)</p>	<p>9:00a-10:00a Water Fitness w/ Renee (NV-Pool)</p> <p>10:00a-10:45a Balance w/ Yvonne (M-Fitness)</p> <p>11:00a-12:00p Cardio/ Strength/ Balance w/ Yvonne (AV-CR)</p> <p>1:00p-2:00p Circuit Training w/ Yvonne (NV-Fitness Center)</p> <p>1:00p-2:00p Chair Yoga Sculpt w/ Andrea (M-Fitness)</p>	<p>9:00a-10:00a Cardio / Strength / Balance w/ Nancy (M-Fitness)</p> <p>10:00a-11:00a Water Fitness w/ Renee (M-Pool)</p> <p>10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)</p> <p>1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)</p>	<p>9:00a-10:00a Water Fitness w/ Renee (NV-Pool)</p> <p>9:00a-9:45a Cardio / Strength / Balance w/ Yvonne (M-Fitness)</p> <p>10:00a-11:00a Balance w/ Yvonne (M-Fitness)</p> <p>11:00a-12:00p Fitness Center Orientation w/ Yvonne (M-Fitness)</p> <p>2:00p-2:45p Walking Group (Yvonne and LES Staff) (M-Lobby)</p>	<p>9:00a-10:00a Cardio / Strength / Balance w/ Yvonne (M-Fitness)</p> <p>10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)</p> <p>1:00p-2:00p Circuit Training w/ Yvonne (M-Fitness Center)</p> <p>1:30p-2:30p Chair Yoga w/ Andrea (M-Fitness)</p>

**\*NO CLASSES IN OBSERVATION OF CHRISTMAS DAY\***

**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**



**Movies of the Month**

12/6	Friday	7:00p	"Defending your Life" (NV-CR)	
12/7	Saturday	6:00p	"Defending your Life" (CH)	
12/13	Friday	7:00p	"The Bridges of Madison County" (NV-CR)	
12/14	Saturday	6:00p	"The Bridges of Madison County" (CH)	
12/20	Friday	7:00p	"The Miracle Club" (NV-CR)	
12/21	Saturday	6:00p	"The Shop Around the Corner" (CH)	
12/27	Friday	7:00p	"The Holdovers" (NV-CR)	
12/28	Saturday	6:00p	"On Golden Pond" (CH)	
1/3	Friday	7:00p	"Judy" (NV-CR)	
1/4	Saturday	6:00p	"Damn Yankees" (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)