

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	4 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 Combat Engineering in Vietnam 1966 slideshow (CH) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	5 Election Day 10:00a Transportation to Vote (LO) 2:00p Sit & Stich (FA) 3:30p STEM ³ Discussion (GR) *No Tuesday Night Entertainment*	6 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) 7:00p Dan Hudak- Film Lecturer (CH)	7 1:00p Quilts of Valor (FA) 1:30p RHSAC Round Table (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	1 7:45a First Friday Breakfast (CH) 10:00a Enter to Win 1 of 3 Quilts of Valor (WA) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR)	2 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
10 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	11 Veteran's Day 10:00a Monday Morning Music (CP) 11:00a Veteran's Day Celebration (CH) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 5:00p Dinner w/ Live Music by Eden Justice-Harpist (OV) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	12 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Viva La Cello (CH)	13 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:30p Bible Study (CP) 5:30p Hombre de Lagrima: LVL's Effigy Burning Event (East Atrium Courtyard)	14 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 2:00p Group Guided Sound Bath Meditation (CH) 7:00p Canasta Group (CC)	15 9:15a Resident Association Meeting (CH) 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)	16 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
17 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	18 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)	19 9:00a Hearing Aid Maintenance (CH) 2:00p Sit & Stich (FA) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: Kevin Pollock & JJ Jones (CH)	20 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) 6:30p Special Speakers (CH)	21 10:00a Quarterly Memorial Service (CP) 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 3:00p OASIS Talk (CH) 5:20p Evening w/ John Garth (CH) 7:00p Thursday Night Entertainment: Chris Shaw (NV-CR) 7:00p Canasta Group (CC)	22 10:30a Grief Support Group (CP) 10:45a Lunch on the Town- Sunnyside Up (LO) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 1:00p *NEW* Origami Paper Folding Class (NV-CA) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)	23 10:00a LVL Arts & Crafts Fair (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
24 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	25 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 1:30p Embracing Grief and Joy in Remembrance & Discussion (CP) 2:00p New Mexico Veteran's Memorial Guided Walking Tour (LO) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	26 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Paul Pino & The Tone Daddies (CH)	27 10:00a Catholic Communion (CP) 10:00a Walgreen's shopping (TO) 1:00p Walgreen's shopping (TO) 2:00p Group Guided Sound Bath Meditation (CH) 3:30p Bible Study (CP)	28 Thanksgiving 	29 12:30p Poker (GR) 4:00p Happy Hour w/ The Dirt Cheap Band (CH) 7:00p Movie (NV-CR)	30 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (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



UPCOMING EVENTS

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

Week 1: November 1-2

11/1 Friday 7:45a First Friday Breakfast: "From Uxmal to Tulum: A Lifetime of Archaeological Tourism" presented by Sharon Moynahan (CH)
 10:00a Enter to win 1 of 3 Quilts of Valor! (WA) *Sign-up starts November 1st and ends the 10th. Quilts will be awarded at the Veteran's Day Celebration in Carter Hall*

Week 2: November 3-9

11/4 Monday 2:00p-3:00p "Combat Engineering in Vietnam, 1966" Slide Show- 60th anniversary of the Gulf of Tonkin Resolution, which committed US troops to the Vietnam War presented by Larry Blair (CH)
 11/5 Tuesday 10:00a Transportation to Vote *Sign-up at the Main Desk or Call x3000* (LO)
 11/6 Wednesday 7:00p-8:00p Dan Hudak, Film Lecturer: Presentation on Presidential Hollywood (CH)
 11/7 Thursday 1:30p Resident Health Services Advisory Committee (RHSAC) Round Table: Ed Harwood, RN (ISS Director) will introduce himself, share his ideas/ plans for Independent Support Services, and more! (CH)
 11/9 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)
 12:50p-3:30p Casa San Ysidro Outing *Sign up at the Main Desk or call x 3000*
 3:00p Art Exhibit Reception for "Things that Fly" (EA)

Week 3: November 10-16

11/11 Monday 11:00a-12:00p Veteran's Day Celebration: presented by Chaplain Tom, Eldorado JROTC Color Guard and the Shriner's Band (CH)
 5:00p-6:30p Dinner with Live Music by Eden Justice-Harpist (OV)
 11/12 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Viva La Cello-Cellist Group (CH)
 11/13 Wednesday 5:30p Hombre de Lagrima-LVL's Effigy Burning Event -Come join us for NM refreshments, light snacks, margaritas, Live Mariachi Band and the burning of LVL's own Effigy (East Atrium Courtyard)
 11/14 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)
 11/15 Friday 9:15am Residents Association Meeting: Affirming the
 2:30p-3:30p Health Education Series: Health Benefits of Birding & Birdsong presented by Holly Merker (CH)

Week 4: November 17-23

11/19 Tuesday 7:00p-8:00p Kevin Pollock & JJ Jones- Motown and Soul (CH)
 11/20 Wednesday 2:00p-3:30p LVL Indoor Putting Event * Everyone is Welcome!* (CH)
 6:30p-7:30p Special Speaker: New Mexico's Contributions to Space Travel presented by Lorretta Hall (CH)
 11/21 Thursday 10:00a Quarterly Memorial Service- Join us to remember our LVL residents who have passed away from July 2024 to Present (CP)
 7:00p-8:00p Thursday Night Live Entertainment: Chris Shaw- Classical Guitarist (NV-CR)
 3:00p-4:30p Oasis Talk: The Texan Pirates Are Coming! Presented by Robert Torrez (CH)
 11/22 Friday 11:15a Lunch on the Town- Sunnyside Up *Sign up at the Main Desk or call x 3000* (LO)
 1:00p *New* Origami Paper Folding Class *Sign up at the Main Desk or call x 3000* (NV-CA)
 2:30p-3:30p Science & Tech Talk: "The Psychology of Chat GPT" presented by Randy Fry (CH)
 11/23 Saturday 10:00a-12:00p LVL Arts and Crafts Fair (CH)

Week 5: November 24-30

11/25 Monday 2.00 pm New Mexico Veteran's Memorial Guided Walking Tour *Sign up at the Main Desk or call x 3000* (LO)
 1:30p-2:30p Embracing Grief and Joy in Remembrance Presentation & Discussion led by Ron Annan, First Unitarian Intern * Everyone is Welcome!* (CP)
 11/26 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Paul Pino and The Tone Daddies-upbeat, classical rock & some Spanish (CH)
 11/27 Wednesday 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)

November 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/ Renee (NV-Pool)	9:00a-10:00a Cardio / Strength / Balance w/ Nancy (M-Fitness)	9:00a-10:00a Water Fitness w/ Renee (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)	10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)
10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)	11:00a-12:00p Cardio/ Strength/ Balance w/ Yvonne (AV-CR)	10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)	10:00a-11:00a Balance w/ Yvonne (M-Fitness)	1:00p-2:00p Circuit Training w/ Yvonne (M-Fitness Center)
10:30a-11:30a Low Intensity Cardio/Strength/ Balance w/ Yvonne (M-Fitness)	1:00p-2:00p 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)	1:30p-2:30p Chair Yoga w/ Andrea (M-Fitness)
12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)	1:00p-2:00p Chair Yoga Sculpt w/ Andrea (M-Fitness)		2:00p-2:45p Walking Group (Yvonne and LES Staff) (M-Lobby)	
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



Movies of the Month

11/1 Friday 7:00p "Searching for Bobby Fisher" (NV-CR)
 11/2 Saturday 6:00p "Let the Right One In" (CH)
 11/8 Friday 7:00p "Mr. Roberts" (NV-CR)
 11/9 Saturday 6:00p "Meet Joe Black" (CH)
 11/15 Friday 7:00p "A Few Good Men" (NV-CR)
 11/16 Saturday 6:00p "A Few Good Men" (CH)
 11/22 Friday 7:00p "Legends of the Fall" (NV-CR)
 11/23 Saturday 6:00p "Legends of the Fall" (CH)
 11/29 Friday 7:00p "The Devil Wears Prada" (NV-CR)
 11/30 Saturday 6:00p "Interstellar" (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)