


February 2025

Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:30a Off-site Pickleball Event (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
2 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	3 9:00a Recycling Pick-Up (WA) 10:00a Monday Morning Music (CP) 10:15a Page Turners (GR) 1:30p Bib & Tucker (CH) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	4 2:00p Sit & Stich (FA) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: Last Call (CH)	5 10:00a Catholic Mass (CP) 10:00a Smith's Shopping (TO) 10:00a Painting w/Shirl (A&C) 10:00a Contemporary Issues (LS) 1:00p Smith's Shopping (TO) 3:30p Bible Study (CP)	6 10:00a Quilt, Craft and Sewing Festival (LO) 11:00a Music Appreciation Class (GR) 1:00p Quilts of Valor (FA) 1:00p Yak & Yam (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)	7 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 1:00a Craft Time (A&C) 4:00p Happy Hour Social (EA) 7:00p Movie (NV-CR)	8 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:30a Off-site Pickleball Event (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
9 Super Bowl 3:00p Train Room Open House (TR) 4:00p Vespers (CH) 4:00p Super Bowl Get Together (GR)	10 10:00a Monday Morning Music (CP) 1:00p Showing of the film 'SHIRLEY' (CH) 1:30p Bib & Tucker (CH) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (HC) 5:00p Dinner w/Live Music by Claire-violinist (OV) 7:00p Monday Movie (NV-CR)	11 2:00p Sit & Stich (FA) 2:00p Licensed Area Tour (ML) 2:00p Reception for Art Exhibit (EA) 7:00p Tuesday Night Entertainment: Mungo Jerry (CH)	12 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 2:30p The Story of Psyche and Cupid (CH) 3:30p Bible Study (CP)	13 10:00a Protestant Communion (CP) 10:00a Facility Services Round Table (CH) 11:00a Music Appreciation Class (GR) 1:00p Valentine's Day Cookie Decorating Event (CH) 7:00p Canasta Group (CC)	14 Valentine's Day 10:00a Costco Shopping (TO) 12:30p Poker (GR) 1:00a Craft Time (A&C) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	15 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:30a Off-site Pickleball Event (LO) 11:30a Teeniors: 1st Session (CH) 12:30p Teeniors: 2nd Session (CH) 12:30p Turquoise Museum Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
16 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	17 President's Day 10:00a Monday Morning Music (CP) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	18 9:00a Eyeglass Maintenance Service (CH) 2:00p Sit & Stich (FA) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: ChamberCHOPS (CH)	19 10:00a Catholic Communion (CP) 10:00a Trader Joe's (TO) 10:00a Painting w/Shirl (A&C) 1:00p Trader Joe's (TO) 2:00p LVL Indoor Putting Event (CH) 3:30p Bible Study (CP) 6:30p Special Speakers (CH)	20 10:00a Quarterly Memorial Service (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yam (A&C) 1:00p Quilts of Valor (FA) 1:30p Together in Exploration Program (CP) 3:00p OASIS Talk (CH) 5:20p Evening w/ John Garth (CH) 7:00p Thursday Night Entertainment: Amy Faithe (NV-CR)	21 9:30a Resident Council Meeting (CH) 10:00a Albertson's shopping (TO) 11:00a Lunch on the Town: P.F. Chang's (LO) 12:30p Poker (GR) 1:00a Craft Time (A&C) 2:30p Health Education Series (CH) 4:00p Happy Hour Social (EA) 6:00p Bingo (CC)	22 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 10:30a Off-site Pickleball Event (LO) 12:00p Volcano Hike Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
23 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	24 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (CH) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	25 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Long Drink of Water (CH)	26 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 3:30p Bible Study (CP)	27 11:00a Music Appreciation Class (CH) 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)	28 10:30a Grief Support Group (CP) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 1:00p Origami Paper Folding Class (NV-CR) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)	<div style="text-align: center;">  <p>"Though February is short, it is filled with lots of love and sweet surprises." - Charmain J. Forde</p> </div>

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	NVP: Nueva Vista Pool OV: Overlook SG: Sculpture Garden TC: Treasure Chest	TR: Train Room TO: Transportation Office WA: Mail/ West Atrium	
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Week 1: February 1

2/1 Saturday 10:30-12:00p Off-site Pickleball Event at Canoan Village *Sign up at the Main Desk or Call x3000* (LO)

Week 2: February 2-8

2/4 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Last Call-jazz, blues and R&B (CH)
 2/6 Thursday 10:00a-12:30p Quilt, Craft and Sewing Festival @ NM Expo State Fair Grounds *Sign up at the Main Desk or Call x3000* (LO)
 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)
 2/7 Friday 7:45a First Friday Breakfast: "A Safari Sampler" presented by Earl Godwin (CH)
 2/8 Saturday 10:30-12:00p Off-site Pickleball Event at Canoan Village *Sign up at the Main Desk or Call x3000* (LO)

Week 3: February 9-15

2/9 Sunday 4:00p-8:30p 59th Super Bowl Get Together: Kansas City Chiefs vs. Philadelphia Eagles (GR)
 2/10 Monday 1:00p Showing of the film **SHIRLEY**— a 2024 biographical drama film about Shirley Chisholm, the first Black Woman to run for president on a major party's ticket (CH)
 5:00p-6:30p Dinner with Live Music by Claire-violinist (OV)
 2/11 Tuesday 2:00p Reception for Art Exhibit "Outside the Box" (EA)
 2/12 Wednesday 2:20p The Story of Psyche and Cupid presented by Randy Fry (CH)
 7:00p-8:00p Tuesday Night Live Entertainment: Mungo Jerry-classic soft rock love songs (CH)
 2/13 Thursday 10:00a Facility Services Roundtable-*Questions should be turned in to the hospitality desk by Wednesday, February 12th at 4pm* (CH)
 1:00p-3:00p Valentine's Day Cookie Decorating Event *Sign up at the Main Desk or Call x3000* (CH)
 2/15 Saturday 10:30-12:00p Off-site Pickleball Event at Canoan Village *Sign up at the Main Desk or Call x3000* (LO)
 11:30-12:30p Teeniors: Tech help from teens! 1st session (CH)
 12:30-1:30p Teeniors: Tech help from teens! 2nd session (CH)
 12:30p-3:30p Turquoise Museum Outing *Sign up at the Main Desk or Call x3000* (LO)


Week 4: February 16-22

2/18 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: ChamberCHOPS-classical music (CH)
 2/19 Wednesday 2:00p-3:30p LVL Indoor Putting Event * Everyone is Welcome!* (CH)
 6:30p-7:30p Special Speakers: Jim Eckles will discuss Robert Oppenheimer and the first atomic bomb at New Mexico's Trinity Site on July 16,1945 and more! (CH)
 2/20 Thursday 10:00a Quarterly Memorial Service: Join us in remembering all of the wonderful residents who have passed away from November 2024-February 2025 (CP)
 1:30p-2:30p Together in Exploration program: "Forgiveness" presented by Ron Ahnen, Intern Minister from First Unitarian Church of Albuquerque *All are Welcome!* (CP)
 11:00a-12:00p Showing of a local play "Homecoming" by Peter Fisk, who is our music appreciation presenter (CH)
 3:00p-4:30p OASIS Talk: Generation to Generation: What's the Difference? presented by Scott Sharp (CH)
 7:00p-8:00p Thursday Night Live Entertainment: Amy Faithe— jazz/blues vocalist (NV-CR)
 2/21 Friday 11:00a Lunch on the Town: P.F. Chang's *Sign up at the Main Desk or Call x3000* (LO)
 1:00p-3:00p Origami Paper Folding Class *Sign up at the Main Desk or Call x3000* (NV-CR)
 2:30p-3:30p Health Education Series "Mortality Movies: Films to start end-of-life conversations" presented by Gail Rubin, Certified Thanatologist (CH)
 2/22 Saturday 10:30a-12:00p Off-site Pickleball Event at Canoan Village *Sign up at the Main Desk or Call x3000* (LO)
 12:00p-4:00p Volcano Hike Outing *Sign up at the Main Desk or Call x3000* (LO)

Week 5: February 23-28

2/25 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Long Drink of Water-American Standard (CH)
 2/28 Friday 2:30p-3:30p Science & Tech Talk: "Fossil Reefs, Caverns, Cowboys and Oil Fields— The Guadalupe Mountains of New Mexico & West Texas" presented by Laurel and Jack Babcock (CH)

February 2025 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-2:30p Walking Group (Yvonne) (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

New residents, please complete an orientation session before using the gym equipment or attending fitness classes.

Residents may also schedule a session to familiarize themselves with the fitness areas & equipment.

To Schedule either session, please contact Yvonne at Ex: 9241 or Email: YHerrera@Lavidallena.com

Movies of the Month


 2/1 Saturday 7:00p "Captain Phillips" (CH)
 2/7 Friday 6:00p "Groundhog Day" (NV-CR)
 2/8 Saturday 6:00p "13 going on 30" (CH)
 2/14 Friday 7:00p "The Founder" (NV-CR)
 2/15 Saturday 6:00p "The Devil Wears Prada" (NV-CR)
 2/21 Friday 7:00p "Gigi" (CH)
 2/22 Saturday 6:00p "Chinatown" (CH)
 2/28 Friday 7:00p "Argo" (NV-CR)
 3/1 Saturday 6:00p "The Notebook" (CH)



Subject To Change

Recycling: Mondays 1p-3p Room 111:Pick up shipping packaging or drop off items to be recycled. Need your recycling picked 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 Questions, call Gerhard Salinger EXT.3460

Treasure Chest: Mondays 2p-3:30p, Wednesdays 2p-3:30p, Saturdays 11a-12p, and Sundays 2p-3:30p. Questions, call Dalva Hailstone EXT.3446

Furniture Room Sale: Tuesdays 3:30p-5:00p, Thursdays 10:00a-11:30a and Saturdays After Coffee Hour-12:00p. Questions, call Tamara Kodis EXT . 3150

Blood Pressure Clinic: 2nd and 4th Wednesday of every month.

- **Main:** 9:00a-10:30a (ISS Alcove on the 1st floor)
- **Nueva Vista :** 11:00a-12:00p (Nueva Vista library)
- **Alta Vista :** 1:00p-2:00p (Overlook Library)