

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	6 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 (CH) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	7 2:00p Sit & Stich (FA) 3:30p STEM ³ Discussion (GR) 7:00p Tuesday Night Entertainment: Michael Pirko (CH)	1 New Year's Day	2 10:00a Smith's shopping (TO) 11:00a Music Appreciation Class (GR) 1:00p Smith's shopping (TO) 1:00p Quilts of Valor (FA) 7:00p Canasta Group (CC)	3 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social (EA) 7:00p Movie (NV-CR)	4 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:15p Petroglyph National Monument Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
12 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	13 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (CH) 2:00p Ping Pong (GR) 2:30p Contemporary Issues (CH) 3:00p Strum 'n' Sing (CH) 5:30p Dinner w/Live Music by Allan Esquivel (OV) 7:00p Monday Movie (NV-CR)	14 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Olde & In The Way (CH)	8 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 10:00a Painting w/Shirl (A&C) 1:00p Walmart Market (TO) 3:30p Bible Study (CP)	9 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:00p Yak & Yarn (A&C) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	10 10:00a Costco Shopping (TO) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	11 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:30a Teeniors: 1st Session (CH) 12:00p Lunch on the Town: Royal Hyderabad (LO) 12:30p Teeniors: 2nd Session (CH) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
19 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	20 Martin Luther King Jr Day 10:00a Monday Morning Music (CP) 2:00p Ping Pong (GR) 2:30p MLK Day Presentation (CH) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	21 10:00a Dining Services Round Table (CH) 1:00p Buddhism Presentation (CH) 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Larry Freedman (CH)	15 10:00a Catholic Communion (CP) 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)	16 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:30p Book Van (EA) 7:00p Thursday Night Entertainment: Lenny Pena (NV-CR) 7:00p Canasta Group (CC)	17 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)	18 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:00p Free Arts & Crafts Supplies Art swap (CH) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
26 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	27 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)	28 9:00a Hearing Aid Maintenance Service (CH) 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Fred Sturm (CH)	22 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 10:00a Painting w/Shirl (A&C) 1:00p Walgreens shopping (TO) 2:30p Science & Tech Talk (CH) 3:30p Bible Study (CP)	23 1:00p Yak & Yarn (A&C) 1:00p Quilts of Valor (FA) 2:00p Group Guided Sound Bath Meditation (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	24 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)	25 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
			29 10:00a Catholic Communion (CP) 10:00a Target shopping (TO) 1:00p Target shopping (TO) 3:00p OASIS Talk (CH) 3:30p Bible Study (CP)	30 1:00p Quilts of Valor (FA) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	31 12:30p Poker (GR) 4:00p Happy Hour with Music by "The Dirt Cheap Band" (CH) 7:00p 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
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: January 1-4**
- 1/3 Friday 7:45a-9:00a First Friday Breakfast: "Embracing Golden Years: Vision of Hope and Possibility" presented by Barry Singleton, LVL Interim Administrator for Health Services (CH)
 - 1/4 Saturday 12:15p-4:00p Petroglyph National Monument-Piedras Mercadas Canyon Outing *Sign up at the Main Desk or Call x3000* (LO)

- Week 2: January 5-11**
- 1/7 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Michael Pirko-Singer/Guitarist playing classic soft rock hits (CH)
 - 1/11 Saturday 11:30-12:30p Teeniors: Tech help from teens! 1st session (CH)
 - 12:00p-2:30p Lunch on the Town: Royal Hyderabad *Sign up at the Main Desk or Call x3000* (LO)
 - 12:30-1:30p Teeniors: Tech help from teens! 2nd session (CH)

- Week 3: January 12-18**
- 1/13 Monday 2:30p-4:00p Contemporary Issues: LVL IT/DC Services Status: Where are we NOW? What is the FUTURE plan? Presented by Chris Dana, Chief information Officer, PRS, with Konrad van Baalen, Executive Director, LVL, & Dee Skinner, PRS (CH)
 - 5:00-6:30p Dinner with Live Music by Allan Esquivel-Guitarist (OV)
 - 1/14 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Olde in In The Way-60s & 70s popular music (CH)
 - 1/15 Wednesday 2:00p-3:30p LVL Indoor Putting Event * Everyone is Welcome!* (CH)
 - 6:30p-7:30p Special Speakers: Rebecca Ulrich, Senior Historian, Sandia National Laboratories (CH)
 - 1/16 Thursday 7:00p-8:00p Thursday Night Live Entertainment: Lenny Pena-Songs of Yesterday (Fats Domino & Freddy Fender) sing & play piano (NV-CR)
 - 1/17 Friday 2:30p-3:30p Health Education Series: Prevention & Treatment of Alzheimer's and Dementia Presented by Dr. Janice Knoefel (CH)
 - 1/18 Saturday 12:00p-3:00p Free Arts & Crafts Supplies Art Swap (CH)

- Week 4: January 19-25**
- 1/20 Monday 2:30p-4:00p MLK Day Presentation: presented by Dr. Karissa Culbreath, from UNM and Tricore (CH)
 - 1/21 Tuesday 10:00a Dining Services Round Table (CH)
 - 1:00p-2:30p Buddhism Presentation presented by Jeong Ji, from the Albuquerque Zen Center (CH)
 - 7:00p-8:00p Tuesday Night Live Entertainment: Larry Freedman-comedy/pianist (CH)
 - 1/22 Wednesday 2:30p-3:30p Science & Tech Talk: "The Impact of AI on Higher Education" presented Leo Lo, Dean of Libraries at UNM
 - 1/23 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)
 - 1/24 Friday 1:00p-3:00p Origami Paper Folding Class *Sign up at the Main Desk or Call x3000* (NV-CR)

- Week 5: January 26-31**
- 1/28 Tuesday 7:00p-8:00p Tuesday Night Live Entertainment: Fred Sturm-classical pianist (CH)
 - 1/29 Wednesday 3:00p-4:30p OASIS Talk: A Physical Therapist's Take on Balance presented by Leslie Herman (CH)



January 2025 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-2:30p 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>
<p>**No classes January 1st in observation of New Year's**</p>			<p>For assessments and personal training appointments, please call Yvonne Herrera, Senior Fitness Specialist & Personal Trainer</p> <p>Extension :9241</p> 	
<p>M:Main</p> <p>AV: Alta Vista</p> <p>NV: Nueva Vista</p>				

Movies of the Month

- 1/3 Friday 7:00p "Judy" (NV-CR)
- 1/4 Saturday 6:00p "Damn Yankees" (CH)
- 1/10 Friday 7:00p "Air" (NV-CR)
- 1/11 Saturday 6:00p "The Fall Guy" (CH)
- 1/17 Friday 7:00p "TBD" (NV-CR)
- 1/18 Saturday 6:00p "TBD" (CH)
- 1/24 Friday 7:00p "TBD" (NV-CR)
- 1/25 Saturday 6:00p "Forrest Gump" (CH)
- 1/31 Friday 7:00p "TBD" (NV-CR)
- 2/1 Saturday 6:00p "Captain Phillips" (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)