

SPECIAL EVENTS FOR MARCH 2010

TUES 2 BEAR TONES CHOIR GROUP. The Bear Tones are a senior (age 55+) group. These 18 men and women will sing all your favorites. The music begins at 7:15PM in Carter Hall.

FRI 5 MEN'S BREAKFAST. March's speaker is LVL resident Art Schreiber. Mr. Schreiber will speak about his interactions with the New Mexico Legislature and his experiences as a lobbyist for various groups. This is sure to be an interesting topic. Breakfast starts at 8:00AM in Carter Hall.

FRI 5 DINING OUT AT THE OVERLOOK. Up to eight guests are invited to dine at the Overlook. We encourage residents with wheelchairs or walkers to take advantage of this experience. Transportation is provided; bus departs 4:45PM and returns 6:30PM. Sign up at the Front Desk.

SUN 7 TRIP TO MUSICAL FANTASTICKS. This musical is being performed at the North Fourth Art Center. Sign up list is full, but residents may still add their names to the waiting list. Depart 1:00PM. Sign up at the Front Desk.

MON 8 LVL PRESENTS: ALZHEIMERS TALK. The Alzheimer Project is a four part series that will cover all aspects of the disease. The fourth and final part of this series will be at 7:15PM in Carter Hall.

TUES 9 CELTIC HARP. Dan Hoover will play the Celtic Harp in preparation for St. Patrick's Day. Enjoy some beautiful music from the Irish culture. The performance starts 7:15PM in Carter Hall.

WED 10 ANN FRANK EXHIBIT AND LUNCH ON THE TOWN. This month LVL will take a trip to the Ann Frank exhibit at Coronado Shopping Center. After touring the exhibit we will dine at Fuddrucker's. Fuddrucker's specializes in making very tasty burgers. The restaurant is only a short walk from the exhibit. Come rested. Sign up at the Front Desk. We depart at 9:40AM.

FRI 12 GATHERING OF WOMEN. March's speaker is Karen Herzenberg, the Instructional Coordinator at the Rio Grande Nature Center State Park. She will highlight the careers of a greatly under-recognized group, "Women Naturalists." The Gathering of Women begins at 9:30AM in Carter Hall.

WED 17 FIRST RESPONDERS' EVENT. First Responders will be invited to lunch and dinner, and LVL residents will be asked to volunteer and join them during their meal. They will also be invited to enjoy our St. Patrick's Day program that evening.

WED 17 ST. PATRICK'S DAY ENTERTAINMENT. Come watch Irish Step Dancers perform in Carter Hall at 7:15PM.

THURS 18 SPECIAL SPEAKER SERIES. Who's been to Siberia? Or Mongolia? Or how about Latvia? You'll hear a lot about those places and several more when you come to hear Betty Davis tell of her years of adventures with the Freedom Force. The presentation begins at 7:15PM in Carter Hall.

WED 24 LVL PROM 2010. Come dance at LVL's first ever Prom—An Evening in Paris—Wednesday, March 24th from 3:00PM to 4:30PM in Carter Hall. There will be live music provided by Jack Cutshall and his Swing Shift Band and scrumptious hors d'oeuvres served by Dining Services.

TUES 30 NATIONAL PARKS SLIDE SHOW AND BASH. Enjoy a slide show of the US National Parks and celebrate resident birthdays and welcome new residents. The fun begins at 7:15PM in Carter Hall.

REGULARLY SCHEDULED MONTHLY ACTIVITIES FOR MARCH 2010

WATCH "HAPPENINGS" ON CHANNEL 95. March 1 at 3:30PM, March 3 at 7:30PM and March 4 at 3:30PM.

MON 1 HEARING CLINIC. Jean Dugas' clinic is at 9:00AM in the Card Room. Lip reading begins 2:00PM in the Card Room.

MON 1 TREASURE CHEST. The Treasure Chest will be open for donations from 1:00 to 3:00PM.

MON 1 FALL PREVENTION. Mondays and Fridays 1:00-1:30PM in Card Room. Leslie Kranz teaches exercises to correct balance.

TUE 2 SIT "N" STITCH. Tuesdays at 2:00PM to "SEWCIALIZE" in the Fiber Arts Room.

TUE 2 LOW VISION SUPPORT GROUP. Meets the first Tuesday at 2:00PM in Card Room.

WED 3 TAI CHI "CHI GONG." Wednesdays at 10:00AM in Card Room.

WED 3 & 17 LVL PAINTERS. 10:00AM in Craft Room.

WED 3 POTTERY. Every Wednesday from 1:00-4:00PM in the Kiln Room.

WED 3 OPEN BRIDGE. Wednesdays at 1:30PM in Card Room.

WED 3 ACUPUNCTURE. Wednesdays at 4:00PM in Card Room. The charge is still only \$6.00.

WED 3 BINGO. Come play Bingo at 7:00PM every Wednesday in the Card Room.

THU 4 ECUMENICAL COMMUNION. 11:00AM in the Chapel.

THU 4, 11, & 25 Wii BOWLING. Join us in Carter Hall at 1:30PM to play Wii Bowling by Nintendo. Sign up for your team on the bulletin board. New bowlers are always welcome!

FRI 5 PAPER ARTS CLASS. Every Friday at 9:00AM in the Arts and Crafts Room.

FRI 5 SING-A-LONG. Come sing at 7:00PM in La Sala.

THU 11 BOOK VAN. 1:30PM in the Art Atrium.

FRI 12 MID-MONTH HAPPY HOUR Dancing to Bill Weisz on piano at 4:00PM in Carter Hall.

SUN 14 PARKINSON'S SUPPORT GROUP. Meeting is 2:00PM in the Fiber Arts Room.

WED 17 OPEN COMMUNION. Communion will be served, in the Chapel at 11:00AM.

FRI 19 SHOPPING TRIP TO TARGET. Depart at 2:00PM. Must have 8 signed up to go.

WED 24 ADVANCED HEARING. This clinic is by appointment only in La Sala (Genealogy) 296-7987.

FRI 26 RESIDENT COUNCIL. Take part in your community, 10:00AM in Carter Hall.

FRI 26 HAPPY HOUR. Dance to the Bill Weisz Trio at 4:00PM in Carter Hall.

FRI 26 NEW MEXICO STORYTELLER MEETING. All residents welcome. 6:15-8 PM in the Card Room.

WED 31 TRADER JOE'S. Depart at 10:00AM. Sign up at the front desk. Van must have 8 to go.

WED 31 KAFB. Depart at 1:00PM for this shopping trip. Van must have 8 to go.

La Vida Llena Full Life

Daily Activities

MONDAYS

- 9:45 Women's Aquatics
- 11:00 Men's Aquatics
- 1:00 Fall Prevention (CR)
- 1:15 Bridge Club (OL)
- 1:30 Pocket Pool (PR)
- 2:00 Lip Reading (CR)

TUESDAYS

- 8:45 Shuttle to Walgreens & Banks
- 9:00 Modified Aquatics
- 9:00 & 10:15 Fun & Fitness (CR)
- 9:30 Grocery Shopping
- 2:00 Sit 'n' Stitch (FA)

WEDNESDAYS

- 9:45 Women's Aquatics
- 10:00 LVL Painters (1st & 3rd/AR)
- 10:00 "Chi Gong" (CR)
- 10:00 LVL Choir Practice
- 11:00 Men's Aquatics
- 1:00 Pottery (KR)
- 2:00 Mass (Chapel)
- 4:00 Acupuncture (CR)
- 7:00 Bingo (CR)

THURSDAYS

- 9:00 & 10:15 Fun & Fitness (CR)
- 9:00 Modified Aquatics
- 10:00 Train Club (TR)
- 1:30 Scrabble (CR)
- 2:00 Bible Study (Chapel)

FRIDAYS

- 9:00 Paper Arts (AR)
- 9:45 Women's Aquatics
- 11:00 Men's Aquatics
- 1:00 El Dorado Square
- 1:00 Fall Prevention
- 2:00 Grocery Shopping

SATURDAYS

- 10:00 Coffee Hour (CH)
- 2:00 Movie (CH)

DAILY

- 10:00 - 12:00 Wellness Clinic
- Mahjong & Bridge in Apts.

SUNDAY

1:30 BOOK VAN
THURSDAY,
MARCH 11



- 7 9:30 SUNDAY SCHOOL
- 1:00 TRIP TO MUSICAL "FANTASTICKS"
- 2:00 CATHOLIC SERVICE
- 4:00 VESPERS (CH)

- 14 9:30 SUNDAY SCHOOL
- 2:00 CATHOLIC SERVICE
- 2:00 PARKINSON'S SUPPORT GROUP (FA)

- 21 9:30 SUNDAY SCHOOL
- 2:00 CATHOLIC SERVICE
- 4:00 VESPERS (CH)

- 28 9:30 SUNDAY SCHOOL
- 2:00 CATHOLIC SERVICE
- 4:00 VESPERS (CH)

MONDAY

- 1 9:00 HEARING CLINIC (CR)
- 1-3 TREASURE CHEST DONATIONS
- 3:30 HAPPENINGS 95

- 8 7:15 TALK ABOUT ALZHEIMERS (CH)

- 15 2:00 LIP READING (CR)

- 22 9:45 WOMEN'S AQUATICS

- 29 1:00 FALL PREVENTION (CR)

TUESDAY

- 2 9:45 OVERLOOK STUDY (AV)
- 2:00 LOW VISION SUPPORT GR
- 7:15 BEAR TONES CHOIR GROU BEAR CANYO

- 9 7:15 DAN HOO ON CELTI (CH)

- 16 9:30 MALL SHO

NO PROGRAM TO WILL BE ON THE

- 23 11-1 TREASUR CHEST

NO PROGRAM TO WILL BE ON THE

- 30 7:15 SLIDE SHOW NATIONAL P GIVEN BY DALE BUCH (CH)



MARCH 2010 SPECIAL EVENTS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4:45 OVERLOOK BIBLE STUDY (AV)</p> <p>LOW VISION SUPPORT GROUP (CR)</p> <p>EAR TONES CHOIR GROUP FROM DEER CANYON (CH)</p>	<p>3</p> <p>10:00 LVL PAINTERS (AR)</p> <p>1:30 BRIDGE GROUP (CR)</p> <p>7:30 HAPPENINGS 95</p>	<p>4</p> <p>11:00 ECUMENICAL COMMUNION (CP)</p> <p>11-1 TREASURE CHEST</p> <p>1:30 SCRABBLE (CR)</p> <p>1:30 "WII" GAME (CH)</p> <p>3:30 HAPPENINGS 95</p>	<p>5</p> <p>8:00 MEN'S BREAKFAST: ART SCHREIBER (CH)</p> <p>2:00 SHOPPING TRIP TO WAL-MART (8)</p> <p>4:45 DINING OUT AT THE OVERLOOK</p> <p>7:00 SING-ALONG (LS)</p>	<p>6</p> <p>10:00 COFFEE HOUR (CH)</p> <p>MOD TONY</p> <p>2:00 MOVIE (CH)</p> 
<p>AN HOOVER IN CELTIC HARP (CH)</p>	<p>10</p> <p>11:00 LUNCH ON THE TOWN AT FUDRUCKERS; ALSO VISIT THE ANNE FRANK EXHIBIT</p> <p>4:00 ACUPUNCTURE (CR)</p> <p>7:00 BINGO (CR)</p>	<p>11</p> <p>1:30 "WII" GAME (CH)</p> <p>1:30 BOOK VAN (EA)</p>	<p>12</p> <p>9:30 GATHERING OF WOMEN (CH)</p> <p>4:00 HAPPY HOUR WITH BILL WEISZ (CH)</p>	<p>13</p> <p>10:00 COFFEE HOUR (CH)</p> <p>MOD LINDA G.</p> <p>1-3 TREASURE CHEST</p> <p>2:00 MOVIE (CH)</p> 
<p>ALL SHOPPING</p> <p>GRAM TONIGHT; E ON THE 17TH</p>	<p>17</p> <p>10:00 LVL PAINTERS (AR)</p> <p>11:00 OPEN COMMUNION (CP)</p> <p>FIRST RESPONDERS' EVENT</p> <p>7:15 ST. PATRICK'S PROGRAM WITH IRISH DANCERS (CH)</p>	<p>18</p> <p>2:00 BIBLE STUDY (CH)</p> <p>7:15 SPECIAL SPEAKER, BETTY DAVIS (CH)</p>	<p>19</p> <p>9:00 WOMEN'S AQUATICS</p> <p>2:00 SHOPPING TRIP TO TARGET (8)</p>	<p>20</p> <p>10:00 COFFEE HOUR (CH)</p> <p>MOD GARRY</p> <p>2:00 MOVIE (CH)</p> 
<p>TREASURE CHEST</p> <p>GRAM TONIGHT; E ON THE 24TH</p>	<p>24</p> <p>ADVANCED HEARING (GR)</p> <p>3-4:30 LVL PROM 2010 (CH)</p>	<p>25</p> <p>1:30 "WII" GAME (CH)</p>	<p>26</p> <p>10:00 RESIDENT COUNCIL (CH)</p> <p>4:00 HAPPY HOUR WITH BILL WEISZ TRIO (CH)</p> <p>6:15 NM STORYTELLER MEETING (CH)</p>	<p>27</p> <p>10:00 COFFEE HOUR (CH)</p> <p>MOD SABINA</p> <p>2:00 MOVIE (CH)</p> 
<p>IDE SHOW OF NATIONAL PARKS GIVEN BY MALE BUCHANAN (H)</p>	<p>31</p> <p>10:00 TRADER JOE'S (8)</p> <p>1:00 KAFB SHOPPING (8)</p>	<p>OL-OVERLOOK</p> <p>PR-POOL ROOM</p> <p>TR-TRAIN ROOM</p> <p>VA-VISTA DE ARTE ATRIUM (EAST ATRIUM)</p>	<p>FA-FIBER ARTS ROOM</p> <p>LS-LA SALA</p> <p>KR-KILN ROOM</p> <p>LF-LA FUENTE ATRIUM (WEST ATRIUM)</p> <p>TC-TREASURE CHEST</p>	<p>AL-ASSISTED LIVING</p> <p>AR-CRAFT ROOM</p> <p>CH-CARTER HALL</p> <p>CR-CARD ROOM</p> <p>CP-CHAPEL</p> <p>DR-DINING ROOM</p> <p>HC-HEALTH CARE</p>