

April 2019



Daily Schedule



La Vida Llena
Albuquerque's Only Life Plan
Retirement Community

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Blood Pressure Check
2nd & 4th Wednesday**

**Resident Health Services: 9a
Nueva Vista Library: 10:45a
Overlook Library: 1:15p**

1
9a Hearing Clinic (AL)
9:30a Monday Morning Music (CP)
10a Woodshop Open for Repairs
11a Treasure Chest Donations (MP)
1:30p Bib & Tucker (FA)
2p Lip Reading (GR)
3:30p Strum'n' Sing (CP)
6-7p Adapted Tango (CH)

2
9:15a Banks
10:15a Sprouts
1p Poker (GR)
2p Low Vision (LS)
2p Sit & Stitch (FA)
4:30p Meditation Group (CP)
4:45p Dining Room Shuttle

3
10a Foreign Policy (LS)
10:30a Catholic Mass (CP)
2:15p NVC Group Practice
Workshop (AV-CR)
3:30p Inner Voice (LS)
4p Acupuncture (GR)
6-7p Adapted Tango (CH)
7p Bingo (AL)

4
11a Ecumenical Communion (CP)
11a Treasure Chest (MP)
1:15p Quilts of Valor (FA)
2p Woodshop Open for Repairs
3p Bible Study (LS)

5
1p El Dorado Square
1p Poker (GR)
2p Smith's or Walmart
Supercenter
4p Round Table (EA)
4p Shabbat (CP)
7p Movie (NV-CA)

6
9:30a Recycling Pick-Up (WA)
10a Coffee Hour (CH & NV-CR)
2p Mexican Train (GR)
2p Movie (CH)
***A Quiet Passion**
(2017) PG- Bio Drama 124min

7
9:30a Sunday School (CP)
2p Catholic Communion (CP)
3p Train Room Open House
4p Vespers (CH)

8
9:30a Monday Morning Music (CP)
10a Page Turners Book Club (GR)
10a Woodshop Open for Repairs
1:30p Bib & Tucker (FA)
2p Lip Reading (GR)
3:30p Strum'n' Sing (CP)
3:30p Ping-Pong (AV-AR)
6-7p Adapted Tango (CH)

9
9:15a El Dorado Square
10:15a Walmart Market
1p Poker (GR)
1p Putting Tournament (TG)
2p Sit & Stitch (FA)
4:30p Meditation Group (CP)
4:45p Dining Room Shuttle

10
11a Open Communion (CP)
2:15p NVC Group Practice
Workshop (AV-CR)
4p Acupuncture (GR)
6-7p Adapted Tango (CH)
7p Bingo (AL)

11
1:15p Unitarian Video Sermon
& Discussion (LS)
1:30 Book Van (EA)
2p Woodshop Open for Repairs
3p Bible Study (LS)

12
1p El Dorado Square
1p Poker (GR)
2p Smith's
4p Happy Hour Bill Weisz (CH)
7p Movie (NV-CA)

13
10a Coffee Hour (CH & NV-CR)
11a Treasure Chest (MP)
2p Mexican Train (GR)
2p Movie (CH)
*** Snowden**
(2016) R-Thriller/Drama 134min

14
9:30a Sunday School (CP)
2p Catholic Communion (CP)
3p Train Room Open House
4p Vespers (CH)



15
9:30a Monday Morning Music (CP)
10a Woodshop Open for Repairs
1:30p Bib & Tucker (FA)
1:30p Short Story Group (A&C)
2p Lip Reading (GR)
3:30p Strum'n' Sing (CP)
3:30p Ping-Pong (AV-AR)
6-7p Adapted Tango (CH)

16
9:15a Banks
10:15a Sprouts
11a Writer's Group (GR)
1p Poker (GR)
2p Mall Shopping
2p Sit & Stitch (FA)
2:30p Paper Crafts (A&C)
4:30p Meditation Group (CP)
4:45p Dining Room Shuttle

17
10a Foreign Policy (LS)
10:30a Catholic Mass (CP)
2:15p NVC Group Practice
Workshop (AV-CR)
3:30p Inner Voice (LS)
4p Resident Mixer (NV-CR)
4p Acupuncture (GR)
6-7p Adapted Tango (CH)
7p Bingo (AL)

18
1:15p Quilts of Valor (FA)
2p Woodshop Open for Repairs
3p Bible Study (LS)



19 **Good Friday**
9:30a Residents' Council (CH)
1p El Dorado Square
1p Poker (GR)
2p Smith's or Target
4p Round Table (EA)
7p Movie (NV-CA)

20
10a Coffee Hour (CH & NV-CR)
2p Mexican Train (GR)
2p Movie (CH)
*** Ricki and the Flash**
(2015) PG-13 Comedy/Drama 101min

21
9:30a Sunday School (CH)
2p Catholic Communion (CP)
3p Train Room Open House
4p Vespers (CH)



22 **Earth Day**
9:30a Monday Morning Music (CP)
10a Woodshop Open for Repairs
1:30p Bib & Tucker (FA)
2p Lip Reading (GR)
3:30p Strum'n' Sing (CP)
6-7p Adapted Tango (CH)

23
9:15a El Dorado Square
10:15a Walmart Market
1p Poker (GR)
1p Putting Tournament (TG)
2p Sit & Stitch (FA)
4:30p Meditation Group (CP)
4:45p Dining Room Shuttle

24
10a Trader Joe's
Kirtland AFB Shopping
2:15p NVC Group Practice
Workshop (AV-CR)
4p Acupuncture (GR)
6-7p Adapted Tango (CH)
7p Bingo (AL)

25
1:15p Unitarian Video Sermon
& Discussion (LS)
2p Woodshop Open for Repairs
3p Bible Study (LS)

26
1p El Dorado Square
1p Poker (GR)
2p Smith's
4p Happy Hour Bill Weisz (CH)
7p Movie (NV-CA)

27
10a Coffee Hour (CH & NV-CR)
2p Mexican Train (GR)
2p Movie (CH)
*** Being There**
(1979) PG-Classic Comedy 130min

28
9:30a Sunday School (CP)
2p Catholic Communion (CP)
3p Train Room Open House
4p Vespers (CH)

29
9:30a Monday Morning Music (CP)
10a Woodshop Open for Repairs
1:30p Bib & Tucker (FA)
2p Lip Reading (GR)
3:30p Strum'n' Sing (CP)

30
9:15a Banks
10:15a Sprouts
11a Treasure Chest (MP)
1p Poker (GR)
2p Sit & Stitch (FA)
4:30p Meditation Group (CP)
4:45p Dining Room Shuttle



A&C: Arts & Crafts
AL: Assisted Living
AV-AR: Alta Vista Art Room
AV-CR: Alta Vista Conf. Room
CH: Carter Hall
CP: Chapel
CS: Ceramics Studio
DR: Dining Room
EA: East /Art Abrium

FA: Fiber Arts
FR: Furniture Room
GR: Game Room
HC: Health Care
LS: La Sala
ML: Main Lobby
MP: Main Pool
NV-CA: Nueva Vista Creative Arts
NV-CR: Nueva Vista Community Rm

NV-FC: Nueva Vista Fitness Center
NV-PA: Nueva Vista Patio
NV-P: Nueva Vista Pool
OLL: Overlook Library
RHS: Resident Health Services
TG: The Greens
TR: Train Room
WA: West / Mail Atrium
*: Subject to Change

Special Events

April 1-6:

4/2 Tuesday, 7:15p
4/4 Thursday, 10a
4/4 Thursday, 2:30p
4/5 Friday, 7:45a

Tuesday Night Entertainment: **The Highland Harmonizers** (CH)
Depart for Tour of **Elixir Boutique Chocolates & Lunch at Pappadeaux**
Science & Technology Series: "Climate Change Perspectives" with John Guth (CH)
Monthly Breakfast "**Wines Are Made in the Vineyard**"
Featuring **Mary Plane and Adele Galuhn** (CH)

4/6 Saturday, 6p

Depart for Popejoy Hall: "**The Midtown Men**"

April 7-13:

4/7 Sunday, 1p
4/8 Monday, 1p
4/8 Monday
4/8 Monday, 4p
4/9 Tuesday, 1:30p
4/9 Tuesday, 5:30p
4/9 Tuesday, 7:15p
4/11 Thursday
4/11 Thursday, 11:30a
4/11 Thursday, 3p
4/12 Friday
4/12 Friday, 5:30p

Depart for Popejoy Hall: "**Sister's Easter Catechism**"
Osher: "**Nine Things You May Not Know about Billy the Kid**" [Fee & Pre-register] (NV-CR)
Depart for Monday Movie Matinee: TBA, Lunch at Fix Brewhouse
Popejoy Sign-Up 4-5p (NV-Lobby)
Popejoy Sign-Up 1:30-2:30p & Drawing 2:45p (ML)
Depart for Popejoy Hall: "**Lea Solanga**"
Tuesday Night Entertainment: **ChamberCHOPS** (CH)
Remove Artwork "Our Earth" 9-10a (EA) 10:30a (NV-1st Floor)
Depart for "**Lunch on the Town**" at **Slow Roasted Bocado**
Oasis: **The New Mexico Navy** (CH)
Deliver Artwork for Exhibit "Out of Africa" 9-10a (EA) 9-10a (NV-1st Floor)
Depart for Popejoy Hall: "**Hotel California**"

April 14-20:

4/16 Tuesday, 7:15p
4/17 Wednesday
4/17 Wednesday, 3p
4/17 Wednesday, 5:30p
4/18 Thursday, 2:30p
4/18 Thursday, 3:30p

Tuesday Night Entertainment: **Spring Sing Along "As Time Goes By - Songs of Yesterday, Today, and Tomorrow"** Hosted by Evelyn, Betsy, & Stephanie (CH)
Cultural Appreciation: **Native American/Indigenous** (All Dining Rooms, Lunch & Dinner)
Art Reception: "**Out of Africa**" (CH)
Depart for Popejoy Hall: "**Dance Theater of Harlem**"
Art for Art's Sake: "**Japan's Influence on Western Art**" with Shiril Brainard (CH)
Osher: "**What Priority Should Global Warming Mitigation have in the 2020 Campaign?**" [Fee & Pre-register] (NV-CR)

4/18 Thursday, 7p
4/19 Friday, 9:30a
4/19 Friday, 2:30p

Thursday Night Entertainment: **John Martinez**, Guitar & Vocals (NV-CR)
Residents' Council Meeting (CH)
Health Education Series: "**State of the Art in Eye Care 2019**" with Gregory O'Gawa, MD (CH)

April 21-27:

4/22 Monday, 10a
4/23 Tuesday, 7:15p
4/24 Wednesday, 11:30a
4/25 Thursday, 2:30p
4/26 Friday, 10a
4/26 Friday, 10a-2:30p
4/26 Friday, 5:30p

Earth Day Special Event: **Trash Pick Up All Communities** (ML)
Tuesday Night Entertainment: Adobe Theater: "**Love Letters**", A Play by A.R. Gurney (CH)
Volunteer Appreciation Luncheon (CH)
Special Performance: **Albuquerque Youth Symphony Prep Orchestra** (CH)
Chef's Round Table (NV-CR)
Furniture Sale (FR)
Depart for Popejoy Hall: "**Che Melambo**"



April 28-30:

4/29 Monday, 10a
4/30 Tuesday, 3p

League of Women Voters Heights Unit Meeting (GR)
Birthday Party for Residents aged 90+, Featuring Starlighters Dance Band (CH)

****ADDITIONAL INFORMATION POSTED ON FLYERS & IN LIBRARY ACTIVITIES BOOKS**

April 2019 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00 Senior Water Fitness (Nancy) (M-Pool)	9:30-10:30 Senior Water Fitness (Diana) (NV-Pool)	9:00-10:00 Senior Water Fitness (Nancy) (M-Pool)	9:30-10:30 Senior Water Fitness (Diana) (NV-Pool)	9:00-10:00 4/12 & 4/26 ONLY Senior Water Fitness (Yvonne) (M-Pool)
9:30-10:30 **Ai Chi Balance (Renee) (NV-Pool)	9:30-10:30 Cardio/Strength/Balance (Yvonne) (M-CH)	9:30-10:30 **Ai Chi Balance (Renee) (NV-Pool)	9:30-10:30 Cardio/Strength/Balance (Yvonne) (M-CH)	1:00-2:00 Chair Exercise (Yvonne) (M-CH)
9:30-10:30 Chair Yoga (Cynthia) (NV-CR)	11:00-11:30 Balance (Yvonne) (M-CH)	9:30-10:30 Chair Yoga (Ray) (NV-CR)	11:00-11:30 Balance (Yvonne) (M-CH)	1:30-2:30 Tai Chi for Health (Dr. Jackson) (AV-CR)
9:30-11:00 Line Dancing (Barbara) (M-CH)	1:00-2:00 Chair Yoga (Sue) (M-CH)	1:00-2:00 Chair Yoga (Ray) (AV-CR)	1:00-2:00 Chair Yoga (Sue) (M-CH)	3:30-4:30 Tai-Chi for Health (Dr. Jackson) (NV-CR)
11:00-12:00 Tai Chi for Health (Dr. Jackson) (M-CH)	1:00-2:00 Chair Exercise (Yvonne) (M-CH)			
			Matter of Balance Begins April 25th Thursdays: 1p-3p With Yvonne & Nancy Game Room	
		Call: Yvonne Herrera, Senior Fitness Specialist / Personal Trainer at #9241 for Assessments and/or Personal Training Appointments		

3rd Week: Self Defense for Seniors in place of Tai Chi for Health with Dr. Jackson.

Main Pool Closed Wednesday Afternoons for Cleaning. NV Pool Closed Tuesday Afternoons.

Asterisks (**) denote Silver Sneakers FLEX classes for Residents & Silver Sneakers members (non-residents).