

May 2019



Daily Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	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-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	1 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)	2 11a Ecumenical Communion (CP) 1:15p Quilts of Valor (FA) 1:30p Book Van (EA) 2p Woodshop Open for Repairs 3p Bible Study (LS)	3 1p El Dorado Square 1p Poker (GR) 2p Smith's or Walmart Supercenter 4p Round Table (EA) 4p Shabbat (CP) 7p Movie (NV-CA)	4 10a Coffee Hour (CH & NV-CR) 2p Mexican Train (GR) 7p Movie (CH) * Quantum of Solace (2008) PG-13 Action/Thriller 107min
5 9:30a Sunday School (CP) 2p Catholic Communion (CP) 3p Train Room Open House 4p Vespers (CH)	6 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)	7 9:15a El Dorado Square 10:15a Walmart Market 1p Poker (GR) 2p Sit & Stitch (FA) 4:30p Meditation Group (CP) 4:45p Dining Room Shuttle (No Low Vision in May)	8 11a Open Communion (CP) 2:15p NVC Group Practice Workshop (AV-CR) 4p Acupuncture (GR) 7p Bingo (AL)	9 11a Treasure Chest (MP) 1:15p Unitarian Video Sermon & Discussion (LS) 2p Woodshop Open for Repairs 3p Bible Study (LS)	10 1p El Dorado Square 1p Poker (GR) 2p Smith's 4p Happy Hour Bill Weisz (CH) 7p Movie (NV-CA)	11 10a Coffee Hour (CH & NV-CR) 2p Mexican Train (GR) 2p Movie (CH) * Goodbye Christopher Robin (2017) PG-Bio Drama 107m
12 Happy Mother's Day 9:30a Sunday School (CP) 2p Catholic Communion (CP) 3p Train Room Open House 4p Vespers (CH)	13 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 (Cancelled) 3:30p Ping-Pong (AV-AR)	14 9:15a Banks 10:15a Whole Foods Market (Trial) 1p Poker (GR) 1p Putting Tournament (TG) 2p Sit & Stitch (FA) 3p Paper Crafts (A&C) 4:30p Meditation Group (CP) 4:45p Dining Room Shuttle	15 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) 7p Bingo (AL)	16 1:15p Quilts of Valor (FA) 2p Woodshop Open for Repairs 3p Bible Study (LS)	17 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)	18 10a Coffee Hour (Cancelled) 11a Treasure Chest (MP) 2p Mexican Train (GR) 7p Movie (CH) * Wonder (2017) PG-13 True Story 113min
19 9:30a Sunday School (CP) 2p Catholic Communion (CP) 3p Train Room Open House 4p Vespers (CH)	20 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 (Cancelled) 3:30p Ping-Pong (AV-AR)	21 9:15a El Dorado Square 10:15a Walmart Market 11a Writers Group (GR) 1p Poker (GR) 2p Mall Shopping 2p Sit & Stitch (FA) 4:30p Meditation Group (CP) 4:45p Dining Room Shuttle	22 10:30a Catholic Mass (CP) 2:15p NVC Group Practice Workshop (AV-CR) 4p Acupuncture (GR) 7p Bingo (AL)	23 1:15p Unitarian Video Sermon & Discussion (LS) 1:30p Book Van (EA) 2p Woodshop Open for Repairs 3p Bible Study (LS)	24 1p El Dorado Square 1p Poker (GR) 2p Smith's 4p Round Table (EA) 7p Movie (NV-CA)	25 10a Coffee Hour (CH & NV-CR) 2p Mexican Train (GR) 2p Movie (CH) * The Circle (1958) PG-13 Thriller/Action 110min
26 9:30a Sunday School (CP) 2p Catholic Communion (CP) 3p Train Room Open House 4p Vespers (CH)	27 Memorial Day 10a Woodshop Open for Repairs 1:30p Bib & Tucker (FA) 2p Lip Reading (GR)	28 9:15a Banks 10:15a Whole Foods Market (Trial) 11a Treasure Chest (MP) 1p Putting Tournament (TG) 1p Poker (GR) 2p Sit & Stitch (FA) 4:30p Meditation Group (CP) 4:45p Dining Room Shuttle	29 10a Trader Joe's 1p Kirtland AFB Shopping 2:15p NVC Group Practice Workshop (AV-CR) 4p Acupuncture (GR) 7p Bingo (AL)	30 2p Woodshop Open for Repairs 3p Bible Study (LS)	31 1p El Dorado Square 1p Poker (GR) 2p Smith's 4p Happy Hour Bill Weisz (CH) 7p Movie (NV-CA)	Blood Pressure Check 2nd & 4th Wednesday Resident Health Services: 9a Nueva Vista Library: 10:45a Overlook Library: 1:15p



Special Events

May 1-4:

5/3 Friday, 7:45a Monthly Breakfast "On Boarding" Featuring Jim Fitting, LVL Resident, Haverland Carter LifeStyle Group Board Member (CH)

5/3 Friday Cinco de Mayo Entertainment (All Dining Rooms)

5/3 Friday, 2:30p Science & Technology Series: "Nuclear Power, Reactor Technology, and Accidents" with John Shaw (CH)

5/4 Saturday, 2p Special Performance: Jackson Middle School Jazz Band (CH)

May 5-11:

5/5 Sunday, 2p Depart for Popejoy Hall: "David Sedaris" Tuesday Night Entertainment: The Muldawers, Music from Tin Pan Alley (CH)

5/7 Tuesday, 7:15p Spring Into Fitness with Outdoor Activities (All Around Campus)

5/8 Wednesday, 10a-3p Depart for Albuquerque Rose Garden & Lunch at Bravo

5/9 Thursday, 9a Remove Artwork from NV Exhibit "Focus on Blue" 9-10a (NV-2nd Floor) 10:30a (EA)

5/9 Thursday Deliver Artwork for NV Exhibit "Architecture" 9-10a (EA) 9-10a (NV-2nd Floor)

5/10 Friday Special Meeting - Residents' Association (CH)

May 12-18:

5/12 Sunday Mother's Day Entertainment (All Dining Rooms, Lunch & Dinner)

5/13 Monday Depart for Monday Movie Matinee: TBA, Lunch at Flix Brewhouse

5/14 Tuesday, 7p TAAS Star & Pizza Party (Main Bldg. LVL West Parking Area)

5/15 Wednesday, 2p Art Reception: "Architecture" (NV-CA 2nd Floor)

5/16 Thursday, 2:30p Art for Art's Sake: "A Gathering of Voices, Folk Art from a Special Collection" with Shirli Brainard (CH)

5/16 Thursday, 5:30p Depart for Popejoy Hall: "Cats"

5/16 Thursday, 7p Thursday Night Entertainment: The Enchanters (NV-CR)

5/17 Friday, 9:30a Residents' Council Meeting (CH)

5/17 Friday, 2:30p Health Education Series: "Acupuncture and Oriental Medicine: A Non-Opioid Approach to Pain Relief" with Laura Shelhav, DOM (CH)

5/18 Saturday, 10a Resident Health Fair by Resident Health Services (CH)

May 19-25:

5/21 Tuesday, 7:15p Tuesday Night Entertainment: Southwest Chamber Players (CH)

5/22 Wednesday 10a/2p New Resident Bio Book & LVL ID Event (CH Corridor)

5/23 Thursday, 3p Oasis: "Walking the Way of St. Francis" with Mark Goodman (CH)

5/24 Friday, 10a History & Culture of the Pueblo Indians of New Mexico with Jon Ghahate, Part 2 (CH)

5/24 Friday, 2:30p Resident Open Mic (CH)

May 26-31:

5/27 Monday, 2:30p Memorial Day Concert: Ballut Abyad Shrine Center Band (CH)

5/28 Tuesday, 7:15p Tuesday Night Entertainment: New Mexico School of Music (CH)

5/29 Wednesday, 9a Depart for Santa Fe Museum of International Folk Art : Exhibit: A Gathering of Voices, Lunch at Museum Hill Cafe

5/29 Wednesday, 3p 2019 National Senior Games Volunteers Presentation (CH)

5/30 Thursday, 9a Depart for Fiber Arts Fiesta & Breakfast at Vick's Vittles, Limited to 8 Sign-Ups

5/31 Friday, 10a Chef's Round Table (CH)

5/31 Friday, 10a-2:30p Furniture Sale (FR)



MAY 2019 FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 5/10 & 5/24 ONLY Senior Water Fitness (Yvonne) (M-Pool)	9:00-10:00 Cardio/ Strength/ Balance (Margaret) (NV-CA)
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 (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)				

No Classes on
May 27th
In Observance of
Memorial Day



MAY 8th
SPRING INTO
FITNESS WITH
OUTDOOR
ACTIVITIES



Call Yvonne Herrera, Senior Fitness
Specialist / Personal Trainer
at #9241 for Assessments
and/or Personal Training Appointments

3rd Week of May: "Self Defense for Seniors" class will replace Tai Chi for Health w/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).

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