

# October 2024

# Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 2:00p Sit & Stich (FA) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Bob Steinberg & Jeannette Swent (CH)	<b>2</b> 10:00a Catholic Mass (CP) 10:00a Painting w/Shirl (A&C) 10:00a Smith's Shopping (TO) 1:00p Smith's Shopping (TO) 1:00p Hispanic Heritage Presentation (CH) 3:30p Bible Study (CP)	<b>3</b> 1:00p Quilts of Valor (FA) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>4</b> 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 4:00p Happy Hour Social (EA) 4:15p ABQ Grecian Festival (LO) 7:00p Movie (NV-CR)	<b>5</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>6</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>7</b> 9:00a Recycling Pick-Up (WA) 10:00a Monday Morning Music (CP) 10:15a Page Turners (GR) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 2:00p Group Guided Sound Bath Meditation (CH) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	<b>8</b> 2:00p Sit & Stich (FA) 2:00p Licensed Area Tour (ML) 5:00a ABQ Balloon Fiesta Outing-Mass Ascension (LO) 5:30p LVL Star Party-Star Viewing (Outside Sculpture Garden)	<b>9</b> 6:30a ABQ Balloon Fiesta Viewing (NV) 9:00a LVL Resident Shot Clinic (CH) 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:30p Bible Study (CP)	<b>10</b> 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (GR) 2:00p Celebrate Oktoberfest with Die Polka Schlingel (CH) 3:30p ABQ Balloon Fiesta Outing-Glowdeo (LO) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<b>11</b> 10:00a Costco Shopping (TO) 10:30a LVL Poker Walk (ML) 12:30p Poker (GR) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	<b>12</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:30a Teeniors:1st Session (CH) 12:30p Teeniors:2nd Session (CH) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>13</b> 12:30a "Our Town" by Thornton Wilder Play (LO) 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>14</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 5:00p Dinner w/ Live Music by Terra Whitehead-Violinist (OV) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>15</b> 9:30a Dining Services Round Table (NV-CR) 10:30a Dining Services Round Table (AV-CR) 2:00p Sit & Stich (FA) 3:30p STEM <sup>3</sup> Discussion (GR) 7:00p Tuesday Night Entertainment: Charles McDaniel (CH)	<b>16</b> 10:00a Catholic Communion (CP) 10:00a Painting w/Shirl (A&C) 10:00a Trader Joe's shopping (TO) 1:00p Trader Joe's shopping (TO) 2:00p LVL Indoor Putting Event (CH) 3:30p Bible Study (CP) 6:30p Special Speakers (CH)	<b>17</b> 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 1:00p Yak & Yarn (A&C) 3:00p OASIS Talk (CH) 5:20p Evening w/ John Garth (CH) 7:00p Thursday Night Entertainment: Michael Pirko (NV-CR) 7:00p Canasta Group (CC)	<b>18</b> 9:30a Resident Council Meeting (CH) 10:00a Albertson's shopping (TO) 12:30p Poker (GR) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour Social (EA) 6:00p Bingo (CC) 7:00p Movie (NV-CR)	<b>19</b> 6:00a Trinity Site Visit & Lunch (LO) 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>20</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>21</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	<b>22</b> 10:00a Transportation to Early Voting (LO) 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Rye Creek Band (CH)	<b>23</b> 10:00a Catholic Communion (CP) 10:00a Walgreen's shopping (TO) 1:00p Walgreen's shopping (TO) 1:00p DVD Sale Event (EA/AA) 3:30p Bible Study (CP)	<b>24</b> 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)	<b>25</b> 10:30a Grief Support Group (CP) 10:45a Lunch on the Town-Viet Taste (LO) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 2:30p Health Education Series (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH)	<b>26</b> 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 11:30a Bosque Hike w/ Coffee Shop (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
<b>27</b> 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	<b>28</b> 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 2:00p LVL Assoc. Candidate Forum (CH) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	<b>29</b> 2:00p Sit & Stich (FA) 7:00p Tuesday Night Entertainment: Hector Pimentel (CH)	<b>30</b> 10:00a Catholic Communion (CP) 10:00a Target shopping (TO) 1:00p Target shopping (TO) 3:30p Bible Study (CP)	<b>31 Halloween</b> 9:20a Halloween Costume Parade (ML) 9:30a Halloween Costume Parade (NV) 9:40a Halloween Costume Parade (AV) 1:00p Yak & Yarn (A&C) 2:00p LVL Halloween Party (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	 	

**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: October 1-5

10/1	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Bob Steinberg & Jeannette Swent- Cellist & Pianist (CH)
10/2	Wednesday	1:00p-3:00p	Hispanic Heritage Event: presented by Dr.Chao Torres & Dr.Mario Del Angel Guevara (CH)
10/4	Friday	7:45a	First Friday Breakfast: "The Wonderful LVL Workshop" presented by the Woodshop Members (CH)
		4:15p-7:30p	ABQ Grecian Festival *Sign up at Main Desk or Call x3000* (LO)

## Week 2: October 6-12

10/7	Monday	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)
10/8	Tuesday	5:00a	ABQ Balloon Fiesta Outing- Mass Ascension (LO)
		5:30p-9:00p	LVL Star Party-Solar Viewing: Hosted by LVL & TAAS (Outside Sculpture Garden)
10/9	Wednesday	6:30a	ABQ Balloon Fiesta Viewing- *See Flyer for more details* (Nueva Vista Sunroom-4th Floor)
		9:00a-2:00p	LVL Resident Shot Clinic: Covid and Flu Shots (CH)
10/10	Thursday	2:00p-3:00p	Celebrate Oktoberfest with Die Polka Schlingel (CH)
		3:30p	ABQ Balloon Fiesta Outing- Glowdeo (LO)
10/11	Friday	10:30a	LVL Poker Walk- * See flyer for more details* (ML)
10/12	Saturday	11:30a-12:30p	Teeniors: Tech help from teens!-1st session (CH)
		2:30p-1:30p	Teeniors: Tech help from teens!-2nd session (CH)

## Week 3: October 13-19

10/13	Sunday	12:30p-5:00p	"Our Town" by Thornton Wilder Play *Sign-up at the Main Desk or Call x3000* (LO)
10/14	Monday	5:00p-6:30p	Dinner with Live Music by Terra Whitehead-Violinist (OV)
10/15	Tuesday	9:30a-10:15a	Dining Services Round Table (NV-CR)
		10:15a-11:00a	Dining Services Round Table (AV-CR)
		7:00p-8:00p	Tuesday Night Live Entertainment: Charles McDaniel-Classical Pianist (CH)
10/16	Wednesday	2:00p-3:30p	LVL Indoor Putting Event * Everyone is Welcome!* (CH)
		6:30p-7:30p	Special Speaker: The Astronaut Experience presented by Mike Mullane, NASA Astronaut (Ret.) (CH)
10/17	Thursday	3:00p-4:30p	Oasis Talk: It's Weather Jeopardy, and the Category is Weird Weather Words presented by Deidre Kahn (CH)
		7:00p-8:00p	Thursday Night Live Entertainment: Michael Pirko- Classical Hits (NV-CR)
10/18	Friday	2:30p-3:30p	Science & Tech Talk: "Doodles, Easter Eggs, and Tidbit: Fun, Games and Learn with Google" presented by Doug Gatchell (CH)
10/19	Saturday	6:00a-5:00p	Trinity Site Visit and Lunch at The Owl Café *Sign-up at the Main Desk or Call x3000* (LO)

## Week 4: October 20-26

10/22	Tuesday	10:00a	Transporation to Early Voting *Sign-up at the Main Desk or Call x3000* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Rye Creek Band- Irish Folk (CH)
10/23	Wednesday	1:00p-4:00p	DVD Sale Event: Hundreds of Titles Donated-All proceeds go to the Employee Appreciation Fund (EA/AA)
10/24	Thursday	2:00-3:00p	Group Guided Sound Bath Meditation-Tuning Forks and Crystal Singing Bowls are used in combination with a guided meditation presented by Christine Michel (CH)
10/25	Friday	10:45a	Lunch on the Town: Viet Taste-Vietnamese Restaurant (LO)
		2:30p-3:30p	Health Education Series: Religion, Health and Medicine presented by Kelly VanAndel (CH)
10/26	Saturday	11:30a-3:00p	Bosque Hike w/ Coffee Shop *Sign-up at the Main Desk or Call x3000* (LO)

## Week 5: October 27-31

10/28	Monday	2:00p	LVL Residents' Association Candidate Forum (CH)
10/29	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Hector Pimentel- Classical Guitarist (CH)
10/31	Thursday	9:20a	Halloween Costume Parade (ML)
		9:30a	Halloween Costume Parade (NV-Lobby)
		9:40a	Halloween Costume Parade (AL-Lobby)
		2:00p-4:00p	LVL Halloween Party with Live Music from 'Dirt Cheap Band' (CH)

# October 2024 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)	10:30a-11:00a Walking Group (Yvonne and LES Staff) (M-Lobby)
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)	10:30a-11:30a Cardio / Strength / Balance w/ Bettina (NV-CR)
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)	1:00p-2:00p Circuit Training w/ Yvonne (M-Fitness Center)
12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)	1:00p-2:00p Chair Yoga Sculpt w/ Andrea (M-Fitness)			1:30p-2:30p Chair Yoga w/ Andrea (M-Fitness)
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

For assessments and personal training appointments, please call Yvonne Herrera, Senior Fitness Specialist & Personal Trainer  
Extension :9241



## Movies of the Month

10/4	Friday	7:00p	"Philomena" (NV-CR)
10/5	Saturday	6:00p	"Memory" (CH)
10/11	Friday	6:00p	"Wild " (NV-CR)
10/12	Saturday	7:00p	"Thelma " (CH)
10/18	Friday	6:00p	"BlackBerry" (NV-CR)
10/19	Saturday	7:00p	"First We Bombed New Mexico" (CH)
10/25	Friday	6:00p	"Hello Dolly" (NV-CR)
10/26	Saturday	7:00p	"Hello Dolly" (CH)
11/1	Friday	6:00p	"Searching for Bobby Fisher" (NV-CR)
11/2	Saturday	7:00p	"Let the Right One In" (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)