


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
" IF APRIL SHOWERS SHOULD COME YOUR WAY, THEY BRING THE FLOWERS THAT BLOOM IN MAY. - BUDDY DE SYLVA "		1 April Fool's Day 2:00p Sit & Stitch (FA) 3:30p STEM³ Discussion (GR) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Muldawers (CH)	2 10:00a Catholic Mass (CP) 10:00a Smith's Shopping (TO) 10:00a Contemporary Issues (LS) 1:00p Smith's Shopping (TO) 3:30p Bible Study (CP)	3 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)	4 7:45a First Friday Breakfast (CH) 10:30a NM State Legislation Representatives Presentation (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 1:00p Craft Time (A&C) 4:00p Happy Hour Social (EA) 7:00p Movie (NV-CR)	5 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 1:00p In-Sight Photographic Art Show Outing (LO) 2:00p Mexican Train (GR) 5:45p Landmark Musicals presents: The Addams Family Musical (LO) 6:00p Dinner & Movie (CH)
6 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	7 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) 3:00p Strum 'n' Sing (CP) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	8 1:00p Spring/Easter Cake Pop Event (CH) 2:00p Sit & Stitch (FA) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Lenny Pena (CH)	9 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:00p OASIS Talk (CH) 3:30p Bible Study (CP)	10 11:00a Music Appreciation Class (CH) 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)	11 10:00a Costco Shopping (TO) 12:30p Poker (GR) 1:00p Craft Time (A&C) 2:30p Inner Voice Group (LS) 4:00p Happy Hour w/ Karaoke (CH) 7:00p Movie (NV-CR)	12 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)
13 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	14 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (HC) 5:00p Dinner w/Live Music by Allan Esquibel-guitarist (OV) 7:00p Monday Movie (NV-CR)	15 9:00a Eyeglass Maintenance Service (CH) 9:15a Dining Services Round Table (AV-CR) 10:15a Dining Services Round Table (NV-CR) 2:00p Sit & Stitch (FA) 3:30p STEM³ Disscusiion (GR) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Larry Freedman (CH)	16 10:00a Catholic Communion (CP) 10:00a Trader Joe's (TO) 1:00p Trader Joe's (TO) 2:00p Low Vision Support Group (LS) 2:00p LVL Indoor Putting Event (CH) 3:30p Bible Study (CP) 6:30p Special Speaker (CH)	17 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 1:30p Together in Exploration Program (CP) . 7:00p Thursday Night Entertainment:: Michael Pirko (NV-CR) 7:00p Canasta Group (CC)	18 9:30a Resident Council Meeting (CH) 10:00a Albertson's shopping (TO) 12:30p Poker (GR) 1:00p Craft Time (A&C) 4:00p Happy Hour Social (EA) 6:00p Bingo (CC) 7:00p Movie (NV-CR)	19 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:10p Lunch on the Town: High Tea @ Corrales Teas & Chocolates (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
20 Easter 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	21 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	22 12:15p Historic ABQ Sunport Tour Outing (LO) 2:00p Sit & Stitch (FA) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Chamber Chops (CH)	23 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 3:30p Bible Study (CP) 5:50p New Mexico United Soccer Game Outing (LO)	24 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 2:00p Group Guided Sound Bath 2:30p Spring Into Fitness Event (SG) Meditation (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	25 10:30a Grief Support Group (CP) 12:30p Poker (GR) 12:30p Quilts & Queries (A&C) 1:00p Origami Paper Folding Class (NV-CR) 2:30p Science & Tech Talk (CH) 4:00p Happy Hour with Music by "The Starlighters" (CH) 7:00p Movie (NV-CR)	26 10:00a Coffee Hour (CH) 10:00a Coffee Hour (NV-CR) 12:00p Carlito Springs Outing (LO) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
27 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	28 10:00a Monday Morning Music (CP) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Resident Sing-along (CH) 7:00p Monday Movie (NV-CR)	29 2:00p Sit & Stitch (FA) 2:30p Resident Health Services Advisory Committee Meeting (CH) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Resident Sing-along (CH)	30 10:00a Catholic Communion (CP) 10:00a Target shopping (TO) 1:00p Target shopping (TO) 3:30p Bible Study (CP)			

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

NVP: Nueva Vista Pool
OV: Overlook
SG: Sculpture Garden
TC: Treasure Chest

TR: Train Room
TO: Transportation Office
WA: Mail/West Atrium





More information about upcoming events is posted weekly on the Activity Boards

Week 1: April 1-5

4/1	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Muldawers-Tin Pan Alley (CH)
4/4	Friday	7:45a	First Friday Breakfast: Tales from Hawaii-A House Sitter's Diary presented by Glyndon Hossink (CH)
		10:30a-12:00p	NM State Legislation Representative Presentation: NM State Senator Natalie Figueroa and State Representative Pameyla Herndon will present a non-partisan update on what happened during this years legislative session (CH)
4/5	Saturday	1:00p-3:15p	In-Sight Photographic Art Show @ Expo NM *Sign up at the Main Desk or Call x3000* (LO)
		5:45p	Landmark Musicals presents: The Addams Family Musical @ Rodey Theater (LO)

Week 2: April 6-12

4/8	Tuesday	1:00p-2:30p	Spring/Easter Cake Pop Event *Sign up at the Main Desk or Call x3000* (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Lenny Pena– singer/pianist– variety of songs from yesterday (CH)
4/9	Wednesday	3:00p-4:30p	OASIS Talk: History of Italian Cuisine:From Imperial Rome to Current Day presented by Lucio Lanucara (CH)
4/10	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)
4/11	Friday	2:30p-3:30p	Inner Voice Group: Join us for our discussion group as we share our personal experiences/ stories about hearing our own inner voice. (LS)
4/12	Saturday	11:30a-12:30p	Teeniors: Tech help from teens! 1st session (CH)
		12:30p-1:30p	Teeniors: Tech help from teens! 2nd session (CH)

Week 3: April 13-19

4/14	Monday	5:00p-6:30p	Dinner with Live Music by Allan Esquibel-guitarist (OV)
4/15	Tuesday	9:15a-10:00a	Dining Services Round Table (AV-CR)
		10:15a-11:00a	Dining Services Round Table (NV-CR)
		7:00p-8:00p	Tuesday Night Live Entertainment: Larry Freedman-pianist (CH)
4/16	Wednesday	2:00p-3:30p	LVL Indoor Putting Event * Everyone is Welcome!* (CH)
		6:30p-7:30p	Special Speakers: John Trever-Cartoonist Emeritus (CH)
4/17	Thursday	1:30p-2:30p	Together in Exploration program: “Religion & Spirituality” presented by Ron Ahnen, Intern Minister from First Unitarian Church of Albuquerque *All are Welcome!* (CP)
		7:00p-8:00p	Thursday Night Live Entertainment: Michael Pirko-classic soft rock hits (NV-CR)
4/19	Saturday	12:10p-3:00p	Lunch on the Town: High Tea @ Corrales Teas & Chocolates *Sign up at the Main Desk or Call x3000* (LO)


Week 4: April 20-26

4/22	Tuesday	12:15p	Historic ABQ Sunport Tour Outing *Sign up at the Main Desk or Call x3000* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Chamber Chops-classical music (CH)
4/23	Wednesday	5:50p	New Mexico United Soccer Game Outing : NM United vs. Monterey Bay FC *Sign up at the Main Desk or Call x3000* (LO)
4/24	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)
		2:30p-3:30p	Spring Into Fitness Event: Challenge your balance outdoors, increase your energy, food, and prizes (SG)
4/25	Friday	2:30p-3:30p	Science & Tech Talk: “Women Mathematicians” presented by David Metzler from the Albuquerque Academy (CH)
		1:00p-3:00p	Origami Paper Folding Class *Sign up at the Main Desk or Call x3000* (NV-CR)
4/26	Saturday	12:00p-4:00p	Carlito Springs Outing *Sign up at the Main Desk or Call x3000* (LO)

Week 5: April 27-30

4/28	Monday	3:00p-4:00p	Resident Sing-along: Give My Regards to Broadway! (CH)
4/29	Tuesday	2:30p	Resident Health Services Advisory Committee Meeting with Ed, Donna and Todd from ISS (CH)
		7:00p-8:00p	Tuesday Night Live Entertainment: Resident Sing-along: Give My Regards to Broadway! (CH)

April 2025 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)	10:15a-11:15a Cardio / Strength / Balance w/ Bettina (NV-CR)
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)	1:00p-2:00p Circuit Training w/ Yvonne (M-Fitness Center)
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)	1:30p-2:30p Tai-Chi w/Rosemary (M-Fitness)
12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)	2:00p-3:00p Advanced Floor Yoga Flow w/Robert (M-Fitness)		2:00p-2:30p Walking Group (Yvonne) (M-Lobby)	
1:00p-2:00p Chair Yoga w/ Ray (M-Fitness)	M:Main AV: Alta Vista NV: Nueva Vista		New residents, please complete an orientation session before using the gym equipment or attending fitness classes. Residents may also schedule a session to familiarize themselves with the fitness areas & equipment. To Schedule either session, please contact Yvonne at Ex: 9241 or Email: YHerrera@Lavidallena.com	
6:30p-7:30p Line Dancing Class w/ Karen (M-Carter Hall)				

Movies of the Month

4/4 Friday ‘Thelma’ 7:00p

4/5 Saturday ‘Are You There God, It’s Me Margaret’ 6:00p (CH)

4/11 Friday ‘Gravity’ 7:00p (NV-CR)

4/12 Saturday ‘Past Lives’ 6:00p (CH)

4/18 Friday ‘Easter Parade’ 7:00p (NV-CR)

419 Saturday ‘Harry and Tonto’ 6:00p (CH)

4/25 Friday ‘The Untouchables’7:00p (NV-CR)

4/26 Saturday ‘Scaramouche’ 6:00p (CH)

5/2 Friday ‘Dream Horse’ (NV-CR)

5/3 Saturday ‘Beautiful Mind’ (CH)

Subject To Change

