

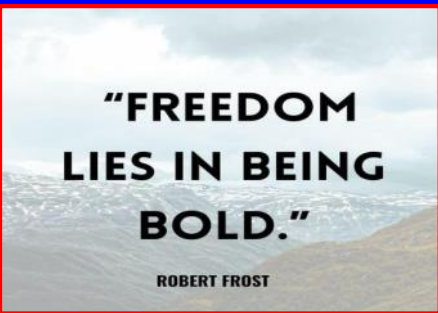


July 2025

Daily Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:30p STEM³ Discussion (GR) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Bosque Bassoon Band (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) 1:30p Book Van (EA) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	4 Independence Day 7:45a First Friday Breakfast (CH) 10:30a Caregiver Support Group (CP) 12:30p Poker (GR) 1:00p Craft Time (A&C) 6:00p Independence Day Performance By Alchemie (CH)	5 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)
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 Q & A with Konrad (CH) 3:00p Strum 'n' Sing (Healthcare) 6:30p Vespers Choir (CP) 7:00p Monday Movie (NV-CR)	8 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Dan Hudak-Film Lecturer (CH)	9 10:00a Catholic Communion (CP) 10:00a Walmart Market (TO) 1:00p Walmart Market (TO) 3:30p Bible Study (CP)	10 10:00a Protestant Communion (CP) 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 2:00p Group Guided Sound Bath Meditation (CH) 5:15p Albuquerque Isotopes Game (LO) 5:20p Evening w/ John Garth (CH)\ 7:00p Canasta Group (CC)	11 10:00a Costco Shopping (TO) 12:30p Poker (GR) 12:30p Origami Paper Folding Class (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) 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 (CP) 5:00p Dinner w/ Live Music by Allan Esquibel-guitarist (OV) 7:00p Albuquerque Philharmonic Orchestra Concert (CH) 7:00p Monday Movie (NV-CR)	15 9:00a Eyeglass Maintenance Service (CH) 1:00p I Scream Ice Cream Shop Outing (LO) 3:30p STEM³ Discussion (GR) 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Entourage Jazz (CH)	16 10:00a Catholic Communion (CP) 10:00a Trader Joe's (TO) 1:00p Trader Joe's (TO) 2:00p LVL Indoor Putting Event (CH) 3:30p Bible Study (CP) 6:30p Santa Fe Opera presents <i>Rigoletto</i> (LO) 6:30p Special Speaker (CH)	17 10:00a Quarterly Memorial Service (CP) 11:00a Music Appreciation Class (CH) 1:00p Quilts of Valor (FA) 3:00p OASIS Talk (CH) 7:00p Thursday Night Entertainment:: Honky Tonk Jukebox (NV-Patio) 7:00p Canasta Group (CC)	18 10:00a Sprouts Market 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) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
20 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	21 10:00a Monday Morning Music (CP) 11:30 Lunch on the Town: Dave's High Desert Grill (LO) 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)	22 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Celtic Coyotes (CH)	23 10:00a Catholic Communion (CP) 10:00a Walgreens shopping (TO) 1:00p Walgreens shopping (TO) 3:30p Bible Study (CP)	24 11:00a Music Appreciation Class (CH) 1:00p Yak & Yarn (A&C) 1:30p Book Van (EA) 1:30p Together in Exploration Program (CP) 2:00p Group Guided Sound Bath 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 Craft Time (A&C) 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) 2:00p Mexican Train (GR) 6:00p Dinner & Movie (CH)
27 1:00p Southwest Trombone Concert @ Keller Hall Outing (LO) 3:00p Train Room Open House (TR) 4:00p Vespers (CH)	28 10:00a Monday Morning Music (CP) 11:45a Lunch and Movie 'Superman' @ Flix Brewhouse (LO) 1:30p Bib & Tucker (FA) 2:00p Ping Pong (GR) 3:00p Strum 'n' Sing (CP) 7:00p Monday Movie (NV-CR)	29 4:00p Silent Meditation (CP) 7:00p Tuesday Night Entertainment: Last Call (CH)	30 10:00a Catholic Communion (CP) 10:00a Target shopping (TO) 1:00p Target shopping (TO) 2:00p Classical Piano Concert (CH) 3:30p Bible Study (CP)	31 11:00a Music Appreciation Class (CH) 5:20p Evening w/ John Garth (CH) 7:00p Canasta Group (CC)	<div></div>	



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

Week 1: July 1-5

7/1	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Bosque Bassoon Band (CH)
7/4	Friday	7:45a	First Friday Breakfast: Six Weeks in Northern Spain! The Camino Frances presented by Buck and Anne Cully (CH)
		6:00p-7:00p	Independence Day Performance by Alchemie (CH) *Ice Cream & Sparklers to follow on AL Patio*
7/5	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 2: July 6-12

7/7	Monday	3:00p-4:00p	Q & A with Konrad (CH)
7/8	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Dan Hudak: Films of Barbara Streisand-Film Lecturer CH)
7/10	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)
7/11	Friday	1:00p-3:00p	Origami Paper Folding Class *Sign up at the Main Desk or Call x3000* (A&C)
		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)

Week 3: July 13-19

7/14	Monday	5:00p-6:30p	Dinner with Live Music by Allan Esquibel-guitarist (OV)
		7:00p-8:00p	Albuquerque Philharmonic Orchestra presents an evening of Chamber music (CH)
7/15	Tuesday	1:00p-3:00p	I Scream Ice Cream Shop Outing *Sign up at the Main Desk or Call x3000* (LO)
		7:00p-8:00p	Tuesday Night Live Entertainment: Entourage Jazz– Jazz Music from Emerson Corley (CH)
7/16	Wednesday	2:00p-3:30p	LVL Indoor Putting Event * Everyone is Welcome!* (CH)
		6:30p-7:30p	Special Speaker: Unsolved Mysteries in New Mexico presented by Don Bullis (CH)
		6:30p	Santa Fe Opera presents Rigoletto (LO)
7/17	Thursday	10:00a	Quarterly Memorial Service (CP)
		3:00p-4:30p	OASIS Talk: Two Los Lunas Treasures: Huning House and Luna Mansion presented by John Taylor (CH)
		7:00p-8:00p	Thursday Night Live Entertainment: Honky Tonk Juke Box– classical country from 1950's –1970's (NV-Patio)

Week 4: July 20-26

7/21	Monday	11:30a-2:00p	Lunch on the Town: Dave’s High Desert Grill *Sign up at the Main Desk or Call x3000* (LO)
7/22	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Celtic Coyotes– Irish folk music (CH)
7/24	Thursday	1:30p-2:30p	Together in Exploration Program presented by Ron Ahnen, Intern Minister from First Unitarian Church of Albuquerque *All are Welcome!* (CP)
		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)

Week 5: July 27-31

7/27	Sunday	1:00p-3:30p	Southwest Trombone Performance @ Keller Hall Outing *Sign up at the Main Desk or Call x3000* (LO)
7/28	Monday	11:45a-3:00p	Lunch and Movie ‘Superman’ at Flix Brewhouse *Sign up at the Main Desk or Call x3000* (LO)
7/29	Tuesday	7:00p-8:00p	Tuesday Night Live Entertainment: Last Call– Jazz, Blues and R&B (CH)
7/30	Wednesday	2:00p-3:00p	Classical Piano Concert: 1 hour of Music by Bach, Beethoven, Haydn, Schubert, Mozart & Chopin performed by Zeke Reading, Hazel Reading, Enzo Reading and Benita Greenberg (CH)

JULY 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-10:00a 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)	10:30a-11:30a Walking Group 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)	1:00p-2:00p Tai-Chi w/David (M-Fitness)
12:00p-1:00p Circuit Training w/ Yvonne (NV-Fitness Center)	2:00p-3:00p Advanced Floor Yoga Flow w/Ray (M-Fitness)		1:00p-2:00p Zumba Class (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

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



Movies of the Month

7/4	Friday	*No Movie in Observance of the 4th*	7:00p (NV-CR)
7/5	Saturday	‘Quiz Lady’	6:00p (CH)
7/11	Friday	‘White Bird’	7:00p (NV-CR)
7/12	Saturday	‘Moonstruck’	6:00p (CH)
7/18	Friday	‘Moonstruck’	7:00p (NV-CR)
7/19	Saturday	‘The Sound of Freedom’	6:00p (CH)
7/25	Friday	‘The Greatest Showman’	7:00p (NV-CR)
7/26	Saturday	‘Little Shop of Horrors’	6:00p (CH)
8/1	Friday	‘The Sound Of Freedom’	7:00p (NV-CR)
8/2	Saturday	‘50 to 1’	6:00p (CH)



Subject To Change