



10301 Golf Course Road, Albuquerque, NM 87114
 505-867-5022
 PalmillaSeniorLiving.com

MAY 2021

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Keys: CR: Community Room NB: North Bistro NDR: North Dining Room V:Virtual VI: Virtual & In Person NP: North Parlor NL: North Lobby P: Patio PDR: Private Dining Room AC: Arts & Crafts Room</p>	<p>Medical Appointments: Tuesday & Thursday 8-3 Please see Concierge for sign up All appointments must be made at least 24 hours in advance. *Sign up in activity book located in the Front Lobby</p>	<p>AN * NEXT TO AN ACTIVITY INDICATES THAT YOU MUST SIGN UP TO ATTEND. THE SIGN UP BOOK IS LOCATED IN THE FRONT LOBBY</p>	<ul style="list-style-type: none"> ■ - Be Connected ■ - Be Expressive ■ - Be Healthy ■ - Be Inspired ■ - Be Involved ■ - Be Social V - Virtual Programming VI - Virtual and In Person 			<p>1 May Day</p> <ul style="list-style-type: none"> ■ 10:00 Crafting for a Cause:Loom Knitting ■ 1:30 Bio of an Incredible Person "Margaret Thatcher"*TH ■ 3:00 Kentucky Derby Party*CR,SL ■ 3:00 Sew and Stitch *CR
<p>2</p> <ul style="list-style-type: none"> ■ 10:00 Coffee & Conversations*CR ■ 11:00 Sing Along with LaVerne*CR ■ 1:00 Front Porch Travels the National Parks: Yellowstone Pt.1*TH ■ 2:00 Matinee Movie"Legally Blonde"*TH ■ 3:00 Lawn Darts*P 	<p>3</p> <ul style="list-style-type: none"> ■ 10:00 Silver Sneakers Exercise Class*CR ■ 10:30 Book Club "A Piece of the World"*V ■ 11:00 Pie Making Made Easy*CR ■ 1:00 Presidents & National Parks*TH ■ 3:00 Exploring our World:Secrets of the King Cobra*TH 	<p>4</p> <ul style="list-style-type: none"> ■ 10:00 Wii Bowling *CR ■ 11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH ■ 11:00 Wii Bowling *CR ■ 1:00 Bingo *CR VI 2:00 Reading Theater with Jessica*L ■ 3:30 Chair Yoga with Legacy Healthcare*CR 	<p>5 Cinco de Mayo</p> <ul style="list-style-type: none"> ■ 9:00 Breakfast with O'Keeffe: Recent Acquisitions*V ■ 10:00 Stretch & Tone Exercise with Tommie*CR ■ 11:00 Cinco de Mayo History*TH ■ 2:00 Cinco de Mayo Celebration*P 	<p>6</p> <ul style="list-style-type: none"> ■ 10:00 Wii Golf*CR ■ 11:00 Wii Golf*CR V 1:00 Audible Book Club "The Four Agreements" -Don Miguel Ruiz*V ■ 2:00 The Blue Planet Pt.1:Our Universe*TH ■ 3:00 Chair Dancing with Legacy Healthcare*CR ■ 3:30 Egypt's Mummies on the Move*TH 	<p>7</p> <ul style="list-style-type: none"> ■ 10:00 Movement with Music Exercise*CR ■ 11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH ■ 2:00 Happy Hour*CR ■ 3:00 Happy Hour*CR 	<p>8</p> <ul style="list-style-type: none"> ■ 2:00 Fancy Hat Mother's Day Tea*P ■ 3:00 Sew and Stitch *CR ■ 3:30 Billiard Games *SL
<p>9 Mother's Day</p> <ul style="list-style-type: none"> ■ 10:00 Walking Club*NL ■ 11:00 Sing Along with LaVerne*CR ■ 1:00 Front Porch Travels the National Parks: Yellowstone Pt.2*TH ■ 2:00 Chess Club*CR ■ 2:00 Movie Matinee: Otherhood*TH ■ 3:00 Corn Hole Game *P 	<p>10</p> <ul style="list-style-type: none"> ■ 10:00 Silver Sneakers Exercise Class*CR ■ 11:00 Wild Sri Lanka Pt.1:Sea of Giants*TH ■ 2:00 What's Cooking with Chef Mark? *CR & Virtual ■ 3:30 Pamper Yourself: Skin Renewal Facemasks & Meditation*TH 	<p>11</p> <ul style="list-style-type: none"> ■ 10:00 Wii Bowling *CR ■ 11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH ■ 11:00 Wii Bowling *CR ■ 1:00 Podcast:Habits for Happiness*TH VI 2:00 Reading Theater with Jessica*L ■ 3:30 Chair Yoga with Legacy Healthcare*CR 	<p>12</p> <ul style="list-style-type: none"> ■ 10:30 Guess Who? *AC ■ 11:00 Healthy Aging "The Importance of Friendship"*CR ■ 2:00 Virtual Resident Council Meeting ■ 3:00 Virtual Food Forum Meeting ■ 3:30 Netflix Movie - The Pursuit Of Happiness 	<p>13</p> <ul style="list-style-type: none"> ■ 10:00 Wii Golf*CR ■ 11:00 Wii Golf*CR V 1:00 Audible Book Club "The Four Agreements" -Don Miguel Ruiz*V ■ 2:00 Bio of an Incredible Person "George Washington" *TH ■ 2:00 The Blue Planet Pt.2:Stars-It Becomes Light*TH ■ 3:00 Chair Dancing with Legacy 	<p>14</p> <ul style="list-style-type: none"> ■ 10:00 Movement with Music Exercise*CR ■ 11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH ■ 2:00 Happy Hour*CR ■ 3:00 Happy Hour*CR 	<p>15 Armed Forces Day</p> <ul style="list-style-type: none"> ■ 10:00 Crafting for a Cause:Loom Weaving*CR ■ 1:30 A Tribute to Our Armed Forces*CR ■ 3:00 Sew and Stitch *CR ■ 3:30 Marvelous Minds *AC



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<p>16</p> <p>10:00 Coffee & Conversations*CR</p> <p>11:00 Sing Along with LaVerne*CR</p> <p>1:00 Front Porch Travels the National Parks: "Grand Teton & Jackson Hole"*TH</p> <p>2:00 Matinee Movie"2012"*TH</p> <p>3:00 Horseshoe Game*P</p>	<p>17</p> <p>10:00 Silver Sneakers Exercise Class*CR</p> <p>10:30 Virtual Poetry Club*V</p> <p>11:00 Wild Sri Lanka Pt.2:"Wake of the Leopard"*TH</p> <p>2:00 Broadway Play:"A Dolls House"*TH</p> <p>3:30 Movie Trivia*CR</p>	<p>18</p> <p>10:00 Wii Bowling *CR</p> <p>11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH</p> <p>11:00 Wii Bowling *CR</p> <p>1:00 Bingo *CR</p> <p>2:00 Reading Theater with Jessica*L</p> <p>3:30 Chair Yoga with Legacy Healthcare*CR</p>	<p>19</p> <p>10:00 Stretch & Tone Exercise with Tommie*CR</p> <p>11:00 Health Talks:"You Are What You Eat"*TH</p> <p>1:00 Podcast:"Gutful", What to Eat for a Healthy Gut*TH</p> <p>2:00 Remember Now Expressive Therapy with Kristy*CR</p> <p>3:00 Legacy Healthcare Class:Stress &</p>	<p>20</p> <p>10:00 Wii Golf*CR</p> <p>11:00 Wii Golf*CR</p> <p>1:00 Audible Book Club "The Four Agreements" -Don Miguel Ruiz*V</p> <p>2:00 The Blue Planet Pt.3:Planetary Systems-Cosmic Carousels*TH</p> <p>3:00 Chair Dancing with Legacy Healthcare*CR</p> <p>6:00 Movie</p>	<p>21</p> <p>10:00 Movement with Music Exercise*CR</p> <p>11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH</p> <p>2:00 Happy Hour*CR</p> <p>3:00 Happy Hour*CR</p>	<p>22</p> <p>10:00 Art with Caitie: Self Portraits*CR</p> <p>1:30 Bio of an Incredible Person: Vincent Van Gogh*TH</p> <p>3:00 Sew and Stitch *CR</p> <p>3:30 Marvelous Minds *AC</p>
<p>23</p> <p>10:00 Walking Club*NL</p> <p>11:00 Sing Along with LaVerne*CR</p> <p>1:00 Front Porch Travels the National Parks: "Hawaiian Volcanos"*TH</p> <p>2:00 Chess Club*CR</p> <p>2:00 Matinee Movie"Madea's Big Happy Family"*TH</p> <p>3:00 Bocce Ball*P</p>	<p>24</p> <p>10:00 Silver Sneakers Exercise Class*CR</p> <p>11:00 Wild Sri Lanka Pt.3:"Monkey in the Clouds"*TH</p> <p>2:00 Curious Dragonfly presents:"Electromagnetism"Class*VI</p> <p>3:30 Planting our Container Garden*CR</p>	<p>25</p> <p>10:00 Wii Bowling *CR</p> <p>11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH</p> <p>11:00 Wii Bowling *CR</p> <p>1:00 Learn Rumikub Game*SL</p> <p>2:00 Reading Theater with Jessica*L</p> <p>3:30 Chair Yoga with Legacy Healthcare*CR</p>	<p>26</p> <p>11:00 Learn Fein Shui*CR</p> <p>1:00 Podcast:"Stuff you Missed in History Class"*CR</p> <p>2:00 Virtual Town Hall Meeting</p> <p>3:30 Motivational Speech "Focus on YOU, Everyday"*TH</p>	<p>27</p> <p>10:00 Wii Golf*CR</p> <p>11:00 Wii Golf*CR</p> <p>1:00 Audible Book Club "The Four Agreements" -Don Miguel Ruiz*V</p> <p>2:00 The Blue Planet Pt.4:Celestial Bodies of Our Solar System*TH</p> <p>3:00 Chair Dancing with Legacy Healthcare*CR</p> <p>6:00 Movie "Safe</p>	<p>28</p> <p>10:00 Movement with Music Exercise*CR</p> <p>11:00 Pyramids of Giza: Ancient Art & Archaeology Class*TH</p> <p>2:00 Happy Hour*CR</p> <p>3:00 Happy Hour*CR</p>	<p>29</p> <p>10:00 Crafting for a Cause: Loom Weaving*CR</p> <p>1:30 Art Trivia*TH</p> <p>2:00 What Would You Do?*CR</p> <p>3:00 Sew and Stitch *CR</p> <p>3:30 Marvelous Minds *AC</p>
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Memory Care

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	<ul style="list-style-type: none"> ■ - Be Connected ■ - Be Expressive ■ - Be Healthy ■ - Be Inspired ■ - Be Involved ■ - Be Social ■ - Be Spiritual 					1 May Day <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Sing along with Susie Q ■ 1:00 Lei Craft ■ 2:00 Bean Bag Toss Game ■ 3:00 Noodle Ball ■ 6:00 Poetry in the Parlor ■ 7:00 Lets Talk About Our Day
2 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Singing Gospel Hymns ■ 1:00 Tai Chi ■ 2:00 Hot Topics ■ 3:00 Corn Hole ■ 6:00 Music of the 50's ■ 7:00 Bio of an Incredible Person 	3 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Word Hunt ■ 1:00 Trivia Tidbits ■ 2:00 Pattern Block Challenge ■ 3:00 Mini Golf ■ 6:00 Stretch & Unwind ■ 7:00 Finish these Lyrics Game 	4 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Junk Drawer Detective ■ 1:00 Mothers Day Hat Craft ■ 2:00 Spanish Flash Cards ■ 3:00 Cardio Drumming ■ 6:00 Movie: The Shaggy Dog ■ 7:00 Meditation & Music 	5 Cinco de Mayo <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Making Cinco De Mayo Confetti Poppers ■ 1:00 Lets do the Macarena ■ 2:00 Cinco de Mayo Celebration*P ■ 6:00 Spanish Flash Cards ■ 7:00 Stretch and Unwind 	6 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Sing along with Susie Q ■ 1:00 Charades ■ 2:00 Movies & Stars: Paul Newman ■ 3:00 Spot the Difference ■ 6:00 Coloring with the 40's ■ 7:00 Tell me a joke 	7 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Can you see the big picture? ■ 1:00 Chair Volleyball ■ 2:00 Happy Hour ■ 3:00 Mothers Day Hats Craft ■ 6:00 Name that sound ■ 7:00 Bio of an Incredible Person 	8 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Morning Stroll ■ 2:00 Fancy Hat Mother's Day Tea*P ■ 3:30 Expressive Painting ■ 6:00 Finish the Lyric ■ 7:00 Wheel of Fortune
9 Mother's Day <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Calvary Church Gospel Hymns ■ 1:00 Write/Word Game ■ 2:00 Memories of Mom & Motherhood ■ 3:00 Sunday Sundaes ■ 6:00 Hot Topics ■ 7:00 Poetry in the Parlor 	10 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Match up Memory ■ 1:00 Working with Clay ■ 2:00 Bowling ■ 3:00 Noodle Ball ■ 6:00 Dot to Dot Challenge ■ 7:00 Bio of an Incredible Person 	11 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Trivia Tidbits ■ 1:00 Chair Volleyball ■ 2:00 Bird Houses ■ 3:00 Travelogue: Italy's Cities ■ 6:00 Remember When ■ 7:00 Stretch and Unwind 	12 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Dance: Tango ■ 1:00 Nail art ■ 2:00 Bingo ■ 3:00 Basketball ■ 6:00 Classical Coloring ■ 7:00 Meditation and Music 	13 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Cardio Drumming ■ 1:00 Craft: Bowl Weaving ■ 2:00 National Pie Day Social ■ 3:00 Wii Games ■ 6:00 Guess the Sound ■ 7:00 Lawrence Welk Show 	14 <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 What's in a Word ■ 1:00 Spanish Flash Cards ■ 2:00 Happy Hour ■ 3:00 Dice Games ■ 6:00 Tell me a Joke ■ 7:00 Name that Croon 	15 Armed Forces Day <ul style="list-style-type: none"> ■ 9:30 Senior Strong Exercise ■ 10:00 Daily Chronicles ■ 10:30 Armed Forces Appreciation Celebration ■ 10:30 Mini Golf ■ 1:00 Tai Chi ■ 2:00 Pictionary ■ 3:00 The Perfect Smoothie ■ 6:00 Finish the Lyric ■ 7:00 Wheel of Fortune



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16 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:00 Televised Christian Church Service 10:30 Singing Gospel Hymns 1:00 Dear Abby 2:00 Dot to Dot Challenge 3:00 Jigsaw Puzzles 6:00 Remember When 7:00 Poetry in the Parlor	17 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Can you see the big Picture? 1:00 Sing along with Susie Q 2:00 What's in a Word 3:00 Corn Hole 6:00 Wits and Wagers 7:00 Stretch and Unwind	18 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Trivia Tidbits 1:00 Flower Letter Craft 2:00 Guess Who 3:00 Ring Toss 6:00 Spanish Flash Cards 7:00 Dart Ball	19 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Word Hunt 1:00 Bingo 2:00 Movies & Stars: James Stewart 3:00 Now & Then 6:00 The Price is Right 7:00 Chair Yoga	20 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Brunch Time Detective 1:00 Chair Volleyball 2:00 Flower Letter Craft 3:00 Charades 6:00 Noodle Ball 7:00 Sing Along with Susie Q	21 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Color By Numbers 1:00 Craft:Kite Making 2:00 Happy Hour 3:00 Mini Golf 6:00 Can you Name 5? 7:00 Poetry in the Parlor	22 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Morning Stroll 1:00 Basketball 2:00 Dance: Cupid Shuffle 3:00 Noodle Ball 6:00 When I was a Kid...Stories of Childhood 7:00 Bingo
23 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Singing Gospel Hymns 1:00 Chair Volleyball 2:00 Pattern Block Challenge 3:00 Rock Painting 6:00 Name that Sound 7:00 Name that Croon	24 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Tai Chi 1:00 Spanish Flash Cards 2:00 Bowling 3:00 Sing Along with Susie Q 6:00 Charades 7:00 Meditation with Music	25 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Chair Yoga 1:00 Lets go fly a kite 2:00 Wii Games 3:00 Ring Toss 6:00 Lets talk about our days 7:00 Lawrence Welk Show	26 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 What's in a Word 1:00 Dance: 2-Step 2:00 Bingo 2:00 Nail Art 6:00 Balloon Tennis Game 7:00 Hidden Pictures	27 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Morning Stroll 1:00 Mini Golf 2:00 The perfect smoothie 3:00 Travelogue: Greece & Turkey 6:00 Word Hunt 7:00 Gossip Game	28 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Trivia Tidbits 1:00 Sing along with Susie Q 2:00 Happy Hour 3:00 Noodle Ball 6:00 Movie:True Grit 7:00 Dear Abby	29 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Chair Volleyball 1:00 Classic Coloring 2:00 Word Hunt 3:00 Pictionary 6:00 Word Hunt 7:00 Cup of Tea and Rain Music
30 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Singing Gospel Hymns 1:00 Cardio Drumming 2:00 Hot Topics 3:00 Corn Hole 6:00 The Price is Right 7:00 Name that Croon	31 Memorial Day 9:30 Senior Strong Exercise 10:00 Daily Chronicles 10:30 Dear Abby 11:00 Memorial Day BBQ 1:30 Patriotic Sing Along 3:00 Noodle Ball 6:00 Wheel of Fortune 7:00 Finish these Lyrics Game					

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