

Be *Inspired*

THE WOODMARK AT UPTOWN | a Senior Lifestyle community | ALBUQUERQUE, NM 87110 | 505-881-0120

JOIN US THIS MONTH FOR

mothers ... amazing examples

I am so grateful for mothers! My family was extremely blessed to have a mother who has been an incredible example to all us. She was kind, patient, selfless, humorous, wise, compassionate, hard working, thrifty, and very loving. She was my best friend and I miss her dearly!



We are honoring our mothers this month with many new activities. Please check your calendars daily, join us, and share the joy!

Here are a few inspiring quotes I would like to share with you:

“The best medicine in the world is a mother’s kiss.” — Anonymous

“Mother’s love is the fuel that enables a normal human being to do the impossible.” — Marion C. Garretty

“The influence of a mother on the lives of her children is beyond calculation.” — James Faust

“There is no way to be a perfect mother and a million ways to be a good one.” — Jill Churchill

“Biology is the least of what makes someone a mother.” — Oprah Winfrey

“Never worry about numbers. Help one person at a time and always start with the one nearest you.” — Mother Teresa

IT’S OUR PLEASURE TO SERVE YOU ...

word from your executive director

HONOR YOUR MOTHER

Honoring my mom, it’s just not possible to say what she means to me and our family. My mom has been my rock, my stability and my mentor. There is never a day she is too busy for her family. She has raised two daughters and six grandchildren. Her love is endless and her dedication is priceless. She has comforted me and supported me every day of my life. As I’ve grown older, I’ve become aware of just how much she has sacrificed for myself and our family. “Mom, I may not have said thank you often enough, but I appreciate you so much for the special role you have always played in my life. Thank you, mom. I will always love you.”

Laura Miller, ED



THIS MONTH’S *silver star*

LYDIA CHAVEZ

Lydia Chavez was born and raised in Carrizozo, N.M. She is the oldest of seven children, three girls and four boys. She lived through the depression and WWII. She has many stories to tell about the rationing of clothes and candy during that period. She attended Santa Rita Catholic School, played the organ and sang in the church choir.



When she graduated from high school, she moved to Albuquerque to attend business college. When she completed the program of study, she took the federal civil service exam and was hired at Sandia Base by the Department of Defense in the Defense Nuclear Agency. She had the highest level of security clearance which she simply called “Top Secret.” She worked as an editor of classified documents and had supervision responsibilities in her department. Lydia worked for 41 years and 7 months before she retired.

Lydia loves music and did a lot of dancing during her younger years. She has many fond memories of her youth in Albuquerque and is happy to be living at The Woodmark.

TRAIN YOUR BRAIN *sudoku solution on back*

	5				1		4	2
		1			4			
2			9	8				1
		8	4			3		
7			8		6			9
					2	1		
8				4	5			
			7			9		
4	3		1					6

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- COFFEE SHOP — CS
- DINING ROOM — DR
- FIESTA ROOM — FR
- FITNESS CENTER — FC
- FRONT LOBBY — FL
- PRIVATE DINING ROOM — PR
- SPA — SPA
- WOODMARK THEATER — WT

BIRTHDAYS THIS MONTH

- PAMELA R. — 1st
- RAYMOND C. — 7th
- GLORIA JOY T. — 16th
- CAROLYN L. — 24th
- MARY LOU V. — 24th
- ARDYCE K. — 30th

TRANSPORTATION SCHEDULE

MONDAY & FRIDAY
9 a.m.
Shopping

MONDAY
3 p.m.
Hit The Road With Art

TUESDAY, WEDNESDAY & THURSDAY
8 a.m.-3 p.m.
Doctor Appointments

SATURDAY
9:30 a.m.
Scenic Ride

SUNDAY
10 a.m.
Church Outings



BRAIN HEALTH UNIVERSITY
LOGO INDICATES
A BHU COURSE DAY

“Age is not how old you are, but how many years of fun you’ve had.”

—Matt Maldre



<p>10:00 ● Church Outings FL 5</p> <p>11:00 ● Exercise Your Body FC</p> <p>1:00 ● Kit Kat Bowling Tournament FR</p> <p>2:15 ● The Woodmark Church FR</p> <p>3:15 ● Let's Play Scrabble FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>8:30 ● Morning Nature Walk FL 6</p> <p>9:00 ● Shopping FL</p> <p>9:00 ● Let's Make Mother's Day Cards FR</p> <p>10:45 ● Catholic Communion PR</p> <p>11:00 ● Exercise Class FC</p> <p>1:00 ● McCall's World Travel Adventures FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:30 ● Residents' Appreciation Party & Roger Burns FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Make Mother's Day Corsages FR 7</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:00 ● Bridge Club FC</p> <p>1:00 ● Book Club: Share Your Favorite Book Library</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Join Us for Afternoon Tea FR</p> <p>4:30 ● Wine & Watercolor Class with Suki FR</p>	<p>MAY DAY 1</p> <p>8:30 ● Morning Nature Walk FL</p> <p>9:00 ● Let's Make May Day Paper Flowers FR</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>1:00 ● Cardio Ball Sitting Exercise FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:00 ● Wednesday Concert with Gene Corbin, SPA SPA</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Make Honor Your Mother Phrases Magnets FR 2</p> <p>10:00 ● Bible Study FR</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:30 ● Let's Play UNO FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:30 ● Ice Cream Social FL</p> <p>3:00 ● Roger Burns Concert FR</p>	<p>8:30 ● Morning Nature Walk FL 3</p> <p>9:00 ● Kit Kat Bowling Tournament FR</p> <p>9:00 ● Shopping FL</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>10:30 ● Lunch Bunch at Outback FL</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Daily Chronicle News in the Library</p> <p>3:00 ● Cinco De Mayo Patio Party with Roger Burns Patio</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:30 ● Scenic Drive: Old Town Country Club Area FL 4</p> <p>11:00 ● Exercise Time FC</p> <p>1:00 ● Bridge FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:15 ● Current Events Chat in Library</p> <p>3:30 ● “Walk Your Socks Off” Walking Club FL</p>
<p>MOTHER'S DAY 12</p> <p>9:00 ● Flower Arranging FR</p> <p>10:00 ● Church Outings FL</p> <p>11:00 ● Exercise Your Body FC</p> <p>1:00 ● Singalong at the Woodmark FL</p> <p>2:15 ● Woodmark Church FR</p> <p>3:15 ● Let's Play Poker FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>8:30 ● Crazy Sock Day! 13</p> <p>8:30 ● Brisk Morning Nature Walk FL</p> <p>9:00 ● Shopping FL</p> <p>9:00 ● Let's Decoupage Plates FR</p> <p>10:45 ● Catholic Communion PR</p> <p>11:00 ● Exercise Class FC</p> <p>1:00 ● Upper Body Exercise with light weights WT</p> <p>2:00 ● Bingo FR</p> <p>2:00 ● Matinee Movie WT</p> <p>3:30 ● Menu Chat with Chef CS</p> <p>4:00 ● Thru a Mother's Eyes: Commission for Blind Speaker FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Make Necklace Pendants FR 14</p> <p>10:00 ● Mother's Favorite Tunes Harp by Bonnie FL</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:00 ● Bridge Club FC</p> <p>1:00 ● Let's Play Scrabble FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:15 ● Resident Council Meeting FR</p> <p>3:30 ● Genealogy Speaker Resident R. Saastamoinen FR</p>	<p>8:30 ● Mismatch Polka Dots & Stripes Day 15</p> <p>8:30 ● Morning Nature Walk FL</p> <p>9:00 ● Let's Make Fridge Magnets FR</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>1:00 ● Cardio Ball Sitting Exercise FC</p> <p>1:00 ● Beginner's Pottery Class FR</p> <p>1:30 ● National Chocolate Chip Day Snakes FL</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:00 ● Wednesday Concert with Gene Corbin, SPA SPA</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>8:30 ● Fancy Day Ties & Scarves Day! 16</p> <p>9:00 ● Let's Decoupage a Vase FR</p> <p>10:00 ● Bible Study FR</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>11:45 ● Los Tapatios Dancers Kimo Theater FL</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● SPA Singing Concert with Rhonda</p> <p>2:30 ● Ice Cream Social FL</p> <p>3:00 ● Roger Burns Concert FR</p>	<p>8:30 ● Hat Day! 17</p> <p>8:30 ● Morning Nature Walk FL</p> <p>9:00 ● Kit Kat Bowling Tournament FR</p> <p>9:00 ● Shopping FL</p> <p>10:30 ● Lunch Bunch at Cracker Barrel FL</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Daily Chronicle News in the Library</p> <p>3:00 ● Happy Hour with Lenny Pena</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:30 ● Scenic Drive: Rio Grande Blvd. FL 18</p> <p>11:00 ● Work That Physique FC</p> <p>1:00 ● Bridge FC</p> <p>1:00 ● Armed Forces Day Veterans Photo Display FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo Time FR</p> <p>3:15 ● Current Events Chat in Library</p> <p>3:30 ● “Walk Your Socks Off” Walking Club FL</p>
<p>10:00 ● Church Outings FL 19</p> <p>11:00 ● Exercise Your Body FC</p> <p>1:00 ● Residents/Employee Family Easter Hunt & Face Paint FR</p> <p>1:00 ● Kit Kat Bowling Tournament FR</p> <p>2:15 ● The Woodmark Church FR</p> <p>3:15 ● Play Dominos FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>8:30 ● Morning Nature Walk FL 20</p> <p>9:00 ● Shopping FL</p> <p>9:00 ● Let's Make Festive Paper Flowers FR</p> <p>10:45 ● Catholic Communion PR</p> <p>11:00 ● Exercise Class FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:00 ● Famous Mothers & Words of Wisdom FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Embellish Wood Boxes FR 21</p> <p>10:00 ● Mother's Lullabies Harp by Bonnie FL</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:00 ● Book Club: Share Your Book Library</p> <p>1:00 ● Bridge Club FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Afternoon Tea FR</p> <p>3:15 ● Motherly Love: Animal Humane Society Speaker & Dog FR</p> <p>6:00 ● Watercolor Class with Suki FR</p>	<p>8:25 ● Brisk Morning Nature Walk FL 22</p> <p>9:00 ● Let's Make “Meaning of Your Name” Plates/Plaques FR</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>1:00 ● Cardio Ball Sitting Exercise FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● New Resident Meet & Greet PR</p> <p>3:00 ● That Wednesday Concert with Kathy Liden SPA</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Creative Paper Mache Class FR 23</p> <p>10:00 ● Bible Study FR</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:30 ● Let's Play Scrabble FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:30 ● Ice Cream Social FL</p> <p>3:00 ● Roger Burns Concert FR</p>	<p>8:25 ● Brisk Morning Nature Walk FL 24</p> <p>9:00 ● Kit Kat Bowling Tournament FR</p> <p>9:00 ● Shopping FL</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>10:30 ● Lunch Bunch at Nick & Jimmy's FL</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Daily Chronicle News in the Library</p> <p>3:00 ● Happy Hour with Bud Warner FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:30 ● Scenic Drive: Bernalillo Bosque/ Pueblos FL 25</p> <p>9:30 ● Scenic Drive: Tingley Beach FL</p> <p>11:00 ● Work That Body FC</p> <p>1:00 ● Bridge FC</p> <p>1:00 ● Music & Trivia FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:15 ● Current Events Chat in Library</p> <p>3:30 ● “Walk Your Socks Off” Walking Club FL</p>
<p>9:00 ● Flower Arranging FR 26</p> <p>10:00 ● Church Outings FL</p> <p>11:00 ● Exercise Your Body FC</p> <p>1:00 ● Singalong at the Woodmark FR</p> <p>2:15 ● Woodmark Church FR</p> <p>3:15 ● Play Uno FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>MEMORIAL DAY 27</p> <p>8:25 ● Brisk Morning Nature Walk FL</p> <p>9:00 ● Shopping FL</p> <p>9:00 ● Let's Embellish Wood Frames FR</p> <p>10:45 ● Catholic Communion PR</p> <p>11:00 ● Exercise Class FC</p> <p>1:00 ● Upper Body Exercise with light weights FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Bingo FR</p> <p>3:30 ● Remembering Our Mothers: Floral Wreath Class FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Paint Pots FR 28</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:00 ● Bridge Club FC</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Mother's Favorite Recipe Samples FR</p> <p>3:15 ● Protect Mothers Women's Shelter Speaker FR</p>	<p>8:25 ● Brisk Morning Nature Walk FL 29</p> <p>9:00 ● Potting Plants Class FR</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>1:00 ● Cardio Ball Sitting Exercise FC</p> <p>2:00 ● Bingo FR</p> <p>2:00 ● Matinee Movie WT</p> <p>3:00 ● Wednesday Concert with Gene Corbin, SPA SPA</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	<p>9:00 ● Let's Make Greeting Cards FR 30</p> <p>10:00 ● Bible Study FR</p> <p>10:30 ● Brain Health University in Library</p> <p>11:00 ● Let's Get Fit FC</p> <p>1:30 ● Finish the Phrase FR</p> <p>2:00 ● Matinee Movie WT</p> <p>2:30 ● Ice Cream Social FL</p> <p>3:00 ● Roger Burns Birthday Concert FR</p>	<p>8:25 ● Brisk Morning Nature Walk FL 31</p> <p>9:00 ● Kit Kat Bowling Tournament FR</p> <p>9:00 ● Shopping FL</p> <p>10:30 ● Exercise with OnPointe FC</p> <p>10:30 ● Lunch Bunch at El Patron FL</p> <p>2:00 ● Matinee Movie WT</p> <p>2:00 ● Daily Chronicle News in the Library</p> <p>3:00 ● Happy Hour with No Strings Attached Band FR</p> <p>4:00 ● “Walk Your Socks Off” Walking Club FL</p>	

COME JOIN *our many may activities!*

MAY 1, 2 AT 9 A.M. — Make Honor Your Mother Phrases Magnets

MAY 3, AT 3 P.M. — Cinco de Mayo Patio Party with Roger Burns

MAY 6, 7, AT 9 A.M. — Make Mother's Day Cards

MAY 8, 9, AT 9 A.M. — Make Mother's Day Corsages

MAY 9, AT 1:30 P.M. — Decorate Cookies for Mother's Day

MAY 13, AT 4 P.M. — Through a Mother's Eyes: Commission for the Blind Speaker

MAY 14, AT 10 A.M. — Mother's Favorite Tunes: Harp & Flute by Bonnie

MAY 15, AT 1 P.M. — Beginners' Pottery Class: Gifts for Mom

MAY 15, AT 1:30 P.M. — National Chocolate Chip Day: Cookie Samples

MAY 16, AT 11:45 A.M. — Los Tapatios Outing: History of Dance, Kimo Theater

MAY 20, AT 3 P.M. — Mothers Against Drunk Drivers Speaker

MAY 21, AT 10 A.M. — Mother's Lullabies: Harp & Flute by Bonnie

MAY 21, AT 3:15 P.M. — Motherly Love: Animal Humane Society Speaker & Dog

MAY 27, AT 3:30 P.M. — Remembering Mothers: Floral Wreath Class

MAY 28, AT 2 P.M. — Mother's Favorite Recipe Samples

MAY 28, AT 3:15 P.M. — Protect Mothers: Safehouse Women's Shelter Speaker



EVENT RECAP *spring wreaths*

Residents Joy and Ross make spring wreath in Art & Crafts Class



MANAGEMENT TEAM

Laura Miller, *Executive Director*

Kathy Robertson, *Director of Resident Programs*

Nikki Sena, *Business Office Manager*

Julie Ellison, *Director of Sales & Marketing*

Edward Holland, *Dining Services Director*

Josh Hernandez, *Director of Nursing Wellness*

Gary Madrid, *Director of Plant Operations*

Janna Rael-Serna, *Legacy Court Director*

THIS MONTH'S *heart hero*

HOSPITALITY,
EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

VIRGINIA PINELA has worked many years for Senior Lifestyle. She enjoys her job as a Server, especially when she can make the residents happy!

She was born and raised in Albuquerque. Virginia is very lucky to have all of her family members living here in Albuquerque. She has two children and five grandchildren.

Virginia has many favorite pastimes. She enjoys sewing blankets, embroidering pillow cases, and hiking in the mountains.

One of the last things she said was, "I plan to stay here for awhile. I get attached to the residents and can't leave them."

Thank you Virginia, for your wonderful example of a loyal and caring employee!



TRAIN YOUR BRAIN *solution*

9	5	7	3	6	1	8	4	2
3	8	1	2	5	4	6	9	7
2	4	6	9	8	7	5	3	1
5	1	8	4	7	9	3	2	6
7	2	3	8	1	6	4	5	9
6	9	4	5	3	2	1	7	8
8	7	9	6	4	5	2	1	3
1	6	5	7	2	3	9	8	4
4	3	2	1	9	8	7	6	5



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your life, your style



PET FRIENDLY