

# APRIL 2023 PROGRAM CALENDAR

| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
|--|---|--|---|--|---|---|-------------------|------------------|------------------|-------------------------|-----------------------|----------------------|---------------|----------------------|---------------------|------------------|--------------|--|---------------------|--------------------|--|---------------------|--|--|--|--|--|
|  |   |  |   |  |   | <b>1</b><br>12:30 PM Duplicate Bridge (GR-GL)<br><br>1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West)<br><br>7:15 PM Game Night (GR-GL)<br>7:15 PM Movies at the Lodge (LR-L)  |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| <b>2 Palm Sunday</b><br>10:30 AM Roman Catholic Mass (GR-GL)<br><br>5:00 PM Jazz Vespers Trip                | <b>3</b><br>10:00 AM Grocery Trip (Hannaford)<br><br>12:15 PM Bridge (CR)<br><br>1:00 PM Shopping Mall<br><br>3:15 PM News and Views Meeting (M)<br><br>3:30 PM Musical Performance by Mike Short (GR-GL)<br><br>7:15 PM Bingo (GR-GL)  | <b>4</b><br>10:00 AM Grocery Trip (PriceChopper)<br><br>10:00 AM Dining Committee Meeting (MR)<br><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>4:00 PM Rod Correll Book Reading (GR-GL)<br><br>7:15 PM Evening Movie – <i>Being the Ricoardos</i> (MR)  | <b>5</b><br>9:00 AM Bud Vase (CR)<br><br>10:00 AM Shopping Mall<br><br>1:00 PM Grocery Trip (Target)<br><br>1:30 PM Dominoes (DR-GL)<br><br>3:30 PM Happy Hour at the Lodge (LR-L)<br><br>7:15 PM Eileen Mack Trio with Peg and Bill (GR-GL)  | <b>6</b><br>10:00 AM Bank Trip<br><br>1:00 PM Shopping Mall<br><br>1:00 PM Billiards (BR-GL)<br><br>1:30 PM Movie Matinee - <i>Being the Ricoardos</i> (MR)<br>3:30 PM Teen Tech Help Desk @ Guilderland Library<br>4:00 PM Holy Thursday Mass (GR-GL)<br>4:00 PM Wine and Cheese with Brian Zapel (LR-GL) | <b>7 Good Friday</b><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>1:00 PM Protestant Worship Service (GR-GL)<br><br>3:00 PM Good Friday – Stations of the Cross (GR-GL)<br><br>4:00 PM TGIF! Happy Hour (CR)<br><br>7:15 PM Trivial Pursuit Night (GR-GL) | <b>8</b><br>1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West)<br><br>1:30 PM Met Op Showing – <i>La Cenerentola</i> (MR)<br><br>7:15 PM Game Night (GR-GL)<br><br>7:15 PM Movies at the Lodge (LR-L)                                    |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| <b>9 Easter</b><br>10:30 AM Roman Catholic Mass (GR-GL)  | <b>10</b><br>10:00 AM Grocery Trip (PriceChopper)<br><br>12:15 PM Bridge (CR)<br><br>1:00 PM Shopping Mall<br><br>3:00 PM Netflix Educational Movie Series (MR)<br><br>7:15 PM Bingo (GR-GL)  | <b>11</b><br>10:00 AM Grocery Trip (Wal-Mart)<br>11:00 AM Meditation (M)<br><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>1:30 PM Hospitality Committee Meeting (CR)<br><br>3:00 PM Mimi Becker's Discussion Group (M)<br><br>7:15 PM Evening Movie – <i>Everything Everywhere All at Once</i> (MR)              | <b>12</b><br>9:00 AM Bud Vase (CR)<br><br>10:00 AM Shopping Mall<br><br>1:00 PM Grocery Trip (Whole Foods)<br><br>1:30 PM Dominoes (DR-GL)<br><br>3:30 PM Happy Hour at the Lodge (LR-L)  | <b>13</b><br>10:00 AM Guilderland Library Trip<br>1:00 PM Shopping Mall<br>1:00 PM Billiards (BR-GL)<br>2:00 PM Spirituality Committee Presentation (GR-GL)<br>3:00 PM Building & Grounds Committee (CR)<br><br>3:30 PM Laura Collins Performance (GR-GL)<br><br>4:00 PM Wine and Cheese (LR-GL)           | <b>14</b><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>1:00 PM New York's Past Present Future @ New York State Capital<br><br>4:00 PM TGIF! Happy Hour (CR)<br><br>7:15 PM Trivial Pursuit Night (GR-GL)  | <b>15</b><br>12:30 PM Duplicate Bridge (GR-GL)<br><br>1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West)<br><br>7:15 PM Game Night (GR-GL)<br><br>7:15 PM Movies at the Lodge (LR-L)   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| <b>16</b><br>10:30 AM Roman Catholic Mass (GR-GL)<br><br>2:00 PM A Midsummer Night's Dream @ theRep          | <b>17</b><br>10:00 AM Grocery Trip (Wal-Mart)<br><br>12:15 PM Bridge (CR)<br><br>1:00 PM Shopping Mall<br><br>3:00 PM Discussions with Rabbi Ami (GR-GL)<br><br>7:15 PM Bingo (GR-GL)   | <b>18</b><br>10:00 AM Grocery Trip (Hannaford)<br>11:00 AM Board Meeting with Residents (GR-GL)<br><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>1:30 PM Avila Book Club (GR-GL)<br>3:00 PM Program Committee Meeting (CR)<br>3:00 PM Mimi Becker's Discussion Group (M)<br><br>7:15 PM Evening Movie - Tar (CR) | <b>19 WELLNESS WEDNESDAY</b><br>9:00 AM Bud Vase (CR)<br>10:00 AM Shopping Mall<br><br>1:00 PM Grocery Trip (Trader Joe's)<br>1:30 PM Dominoes (DR-GL)<br><br>3:00 PM Meditation and Mindfulness with Jackie Weckesser (CR)<br>3:30 PM Happy Hour at the Lodge Music by Brian Matthews (LR-L)<br><br>7:15 PM Community Service Committee (CR) | <b>20</b><br>9:00 AM Dr. Masias Podiatrist (WC-112)<br>10:00 AM Bank Trip<br><br>10:30 AM Resident Council Meeting (GR-GL)<br>1:00 PM Shopping Mall<br><br>1:00 PM Billiards (BR-GL)<br>3:30 PM Valerie Rapson Astronomy Lecture (GR-GL)<br>4:00 PM Wine and Cheese (LR-GL)                                | <b>21</b><br>10:00 AM Rivers Casino Trip<br><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>4:00 PM TGIF! Happy Hour (CR)<br><br>7:15 PM Trivial Pursuit Night (GR-GL)  | <b>22</b><br>12:30 PM Duplicate Bridge (GR-GL)<br><br>1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West)<br><br>1:30 PM Met Op Showing - <i>Nabucco</i> (MR)<br><br>7:15 PM Game Night (GR-GL)<br><br>7:15 PM Movies at the Lodge (LR-L) |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| <b>23</b><br>TBD Roman Catholic Mass (GR-GL)<br><br>2:00 PM Beethoven's Ninth @ Troy Savings Bank Music Hall | <b>24</b><br>10:00 AM Grocery Trip (Hannaford)<br><br>12:15 PM Bridge (CR)<br><br>1:00 PM Shopping Mall<br><br>3:00 PM Netflix Educational Movie Series (MR)<br><br>7:15 PM Bingo (GR-GL)   | <b>25</b><br>10:00 AM Grocery Trip (PriceChopper)<br><br>11:00 AM Town Hall (GR-GL)<br><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>3:00 PM Mimi Becker's Discussion Group (M)<br><br>7:15 PM Evening Movie – <i>Lean on Pete</i> (MR)  | <b>26</b><br>9:00 AM Bud Vase (CR)<br>10:30 AM New Resident Talk (CR)<br>10:00 AM Shopping Mall<br><br>11:00 AM National Health Care Decisions Day (GR-GL)<br><br>1:00 PM Grocery Trip (Target)<br><br>1:30 PM Dominoes (DR-GL)<br><br>2:30 PM ShipThrifty.Com Presentation (GR-GL)<br>3:30 PM Happy Hour at the Lodge (LR-L)                 | <b>27</b><br>10:00 AM Guilderland Library Trip<br>11:00 AM Meditation (M)<br><br>1:00 PM Shopping Mall<br><br>1:00 PM Billiards (BR-GL)<br><br>1:30 PM Movie Matinee – <i>Lean on Pete</i> (MR)<br><br>4:00 PM Wine and Cheese Music by Brian Matthews (LR-GL)<br>7:30 PM Fiddler on the Rood @ Proctors   | <b>28</b><br>1:00 PM 7 Card Hi-Lo (DR-GL)<br><br>TBD PM Bridge Lessons (GR-GL)<br><br>4:00 PM TGIF! Happy Hour (CR)<br><br>5:00 PM Dinner Outing – Jacob & Anthony's<br><br>7:15 PM Trivial Pursuit Night (GR-GL)                                   | <b>29</b><br>1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West)<br><br>2:00 PM Bob Cullon's Birthday Celebration and Music by Gary Maggio (GR-GL)<br><br>7:15 PM Game Night (GR-GL)<br><br>7:15 PM Movies at the Lodge (LR-L)            |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| <b>30</b><br>TBD Roman Catholic Mass (GR-GL)<br><br>1:00 PM The Arkell Museum Trip                           | <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;"><b>ROOM KEY</b></p> <p style="text-align: center; margin: 0;"><b>MAIN BUILDING (GL)</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;">Fitness Center: (FC-GL)</td> <td style="width: 33%; border: none;">Meditation Room: (M)</td> <td style="width: 33%; border: none;">Wellness Center (WC-112)</td> </tr> <tr> <td style="border: none;">Library: (Lib-GL)</td> <td style="border: none;">Craft Room: (CR)</td> <td style="border: none;">Media Room: (MR)</td> </tr> <tr> <td style="border: none;">Billiards Room: (BR-GL)</td> <td style="border: none;">Resident Center: (RC)</td> <td style="border: none;">Living Room: (LR-GL)</td> </tr> <tr> <td style="border: none;">Patio: (P-GL)</td> <td style="border: none;">Dining Room: (DR-GL)</td> <td style="border: none;">Great Room: (GR-GL)</td> </tr> </table> <p style="text-align: center; margin: 5px 0 0 0;"><b>LODGE (L)</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;">Library: (Lib-L)</td> <td style="width: 33%; border: none;">Patio: (P-L)</td> <td style="width: 33%; border: none;"></td> </tr> <tr> <td style="border: none;">Living Room: (LR-L)</td> <td style="border: none;">Front Lawn: (FL-L)</td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;">Dining Room: (DR-L)</td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> </table> </div> |  |   | Fitness Center: (FC-GL)  | Meditation Room: (M)  | Wellness Center (WC-112)  | Library: (Lib-GL) | Craft Room: (CR) | Media Room: (MR) | Billiards Room: (BR-GL) | Resident Center: (RC) | Living Room: (LR-GL) | Patio: (P-GL) | Dining Room: (DR-GL) | Great Room: (GR-GL) | Library: (Lib-L) | Patio: (P-L) |  | Living Room: (LR-L) | Front Lawn: (FL-L) |  | Dining Room: (DR-L) |  |  | <p style="color: red; margin: 0;"><b>RED – Travel Events</b></p> <p style="color: blue; margin: 0;"><b>BLUE – Fitness</b></p> <p style="color: purple; margin: 0;"><b>PURPLE – In-House Events</b></p> <p style="color: green; margin: 0;"><b>GREEN – Educational Classes</b></p> <p style="color: darkgreen; margin: 0;"><b>DARK GREEN – Wellness Events</b></p> <p style="color: pink; margin: 0;"><b>PINK – Committee Meeting</b></p> |  |  |
| Fitness Center: (FC-GL)  | Meditation Room: (M)  | Wellness Center (WC-112)   |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Library: (Lib-GL)  | Craft Room: (CR)  | Media Room: (MR)   |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Billiards Room: (BR-GL)  | Resident Center: (RC)   | Living Room: (LR-GL)   |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Patio: (P-GL)  | Dining Room: (DR-GL)  | Great Room: (GR-GL)  |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Library: (Lib-L)   | Patio: (P-L)  |  |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Living Room: (LR-L)  | Front Lawn: (FL-L)  |  |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |
| Dining Room: (DR-L)  |   |  |   |  |   |   |                   |                  |                  |                         |                       |                      |               |                      |                     |                  |              |  |                     |                    |  |                     |  |  |  |  |  |

# FITNESS CALENDAR

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|--|--|--|---|---|
| April 30<br>2:00 PM Strength Training<br>(Inhouse TV Channel 1390) |   |  |  |  |   | 1<br>9:30 AM Strength Training (FC)<br><br>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)<br><br>10:15 AM Balance/Stretch (FC)<br><br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)  |
| 2<br>2:00 PM Strength Training<br>(Inhouse TV Channel 1390)        | 3<br>9:00 AM Pilates in a Chair (FC)<br><br>10:00 AM Aqua Motion (P)<br><br>11:00 AM Strength Training (FC)<br><br>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)      | 4<br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)<br><br>12:00 PM Hydro-Riding (P)<br><br>12:30 PM Hydro-Riding (P)                                 | 5<br>10:00AM Aqua Motion (P)<br><br>11:00 AM Sit To Be Fit (FC)<br><br>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)<br><br>11:45 AM Chair Yoga/Balance (FC)<br>1:00PM PRN Balance Class (FC)  | 6<br>11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)  | 7<br>10:00 AM Aqua Motion(P)<br><br>11:00 AM Stretch/Flex (FC)<br><br>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)<br><br>12:00 PM Hydro-Riding(P)  | 8<br>9:30 AM Strength Training (FC)<br><br>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)<br><br>10:15 AM Balance/Stretch (FC)<br><br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)  |
| 9<br>2:00 PM Strength Training<br>(Inhouse TV Channel 1390)        | 10<br>9:00 AM Pilates in a Chair (FC)<br><br>10:00 AM Aqua Motion (P)<br><br>11:00 AM Strength Training (FC)<br><br>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)     | 11<br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)<br><br>11:00 AM Meditation (M)<br><br>12:00 PM Hydro-Riding (P)<br><br>12:30 PM Hydro-Riding (P) | 12<br>10:00AM Aqua Motion (P)<br><br>11:00 AM Sit To Be Fit (FC)<br><br>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)<br><br>11:45 AM Chair Yoga/Balance (FC)<br>1:00PM PRN Balance Class (FC) | 13<br>11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)<br><br>1:30 PM Tai Chi with The Tai Chi Center (FC-GL)                            | 14<br>10:00 AM Aqua Motion(P)<br><br>11:00 AM Stretch/Flex (FC)<br><br>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)<br><br>12:00 PM Hydro-Riding(P) | 15<br>9:30 AM Strength Training (FC)<br><br>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)<br><br>10:15 AM Balance/Stretch (FC)<br><br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390) |
| 16<br>2:00 PM Strength Training<br>(Inhouse TV Channel 1390)       | 17<br>9:00 AM Pilates in a Chair (FC-A)<br><br>10:00 AM Aqua Motion (P)<br><br>11:00 AM Strength Training (FC-A)<br><br>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) | 18<br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)<br><br>12:00 PM Hydro-Riding (P)<br><br>12:30 PM Hydro-Riding (P)                                | 19<br>10:00AM Aqua Motion (P)<br><br>11:00 AM Sit To Be Fit (FC)<br><br>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)<br><br>11:45 AM Chair Yoga/Balance (FC)<br>1:00PM PRN Balance Class (FC) | 20<br>11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)   | 21<br>10:00 AM Aqua Motion(P)<br><br>11:00 AM Stretch/Flex (FC)<br><br>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)<br><br>12:00 PM Hydro-Riding(P) | 22<br>9:30 AM Strength Training (FC)<br><br>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)<br><br>10:15 AM Balance/Stretch (FC)<br><br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390) |
| 23<br>2:00 PM Strength Training<br>(Inhouse TV Channel 1390)       | 24<br>9:00 AM Pilates in a Chair (FC-A)<br><br>10:00 AM Aqua Motion (P)<br>11:00 AM Strength Training (FC-A)<br><br>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)     | 25<br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)<br><br>12:00 PM Hydro-Riding (P)<br><br>12:30 PM Hydro-Riding (P)                                | 26<br>10:00AM Aqua Motion (P)<br><br>11:00 AM Sit To Be Fit (FC)<br><br>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)<br><br>11:45 AM Chair Yoga/Balance (FC)<br>1:00PM PRN Balance Class (FC) | 27<br>11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)<br><br>11:00 AM Meditation (M)<br>1:30 PM Tai Chi with The Tai Chi Center (FC-GL) | 28<br>10:00 AM Aqua Motion(P)<br><br>11:00 AM Stretch/Flex (FC)<br><br>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)<br><br>12:00 PM Hydro-Riding(P) | 29<br>9:30 AM Strength Training (FC)<br><br>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)<br><br>10:15 AM Balance/Stretch (FC)<br><br>11:00 AM Pilates with MaryJane (In-house TV Channel 1390) |

## Room Key

(P) = Pool (P-GL) = Patio Grand Lodge (FC-L) = Fitness Center-Lodge (FC) = Fitness Center