

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 AM Dining Committee Meeting (MR) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:30 PM Drum Circle Fitness (GR-GL) 7:15 PM Evening Movie (MR)	2 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 9:30 AM Hearing Loss in Seniors by Madison Hearing via Zoom (GR-GL) 10:00 AM Shopping Mall 12:15 PM Bridge (CR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	3 10:00 AM Local Bank Trip 1:00 PM PRN Fitness (FC-GL) 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	4 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Protestant Worship Service (GR-GL) 2:00 PM Avila Art Program (CR) 2:30 PM Bridge Online Tutorial (GR-GL) 4:00 PM TGIF! Happy Hour (CR)	5 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
6 10:30 AM Roman Catholic Mass (GR-GL) 4:30 PM Delmonico's Italian Steakhouse Trip	7 10:00 AM Grocery Trip (Price Chopper) 1:00 PM Dr. Peckage Podiatrist (WC-112) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	8 11:00 AM Meditation (GR-GL) 12:30 PM Hospitality Committee Meeting (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 1:30 PM Effectively Using Your Apple iPad Seminar (GR-GL) 7:15 PM Evening Movie (MR)	9 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 10:30 AM Heart Health & Nutrition with Marquis (GR-GL) 12:15 PM Bridge (CR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	10 10:00 AM Guilderland Library Trip 11:00 AM Town Hall Meeting (GR-GL) 1:00 PM PRN Fitness (FC-GL) 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (MR) 3:00 PM Building & Grounds Committee (RC) 4:00 PM Wine and Cheese (LR-GL)	11 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Introduction to Bridge (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:00 PM Open Swim (FC-GL) 7:15 PM Trivial Pursuit Night	12 12:30 PM Duplicate Bridge (GR-GL) 3:00 PM Avila Cornhole League (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
13 11:00 AM Roman Catholic Mass (GR-GL) 1:00 PM Musical "Bright Star" @ Cohoes Music Hall and DINNER OUT 4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	14 VALENTINE'S DAY 10:00 AM Grocery Trip (Wal-Mart) 2:30 PM Games (Lib-L) 3:00 PM Valentine's Day Party (GR-GL) 7:15 PM Bingo (GR-GL) <div></div>	15 10:00 AM Open Swim (FC-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (M) 2:30 PM Drum Circle Fitness (GR-GL) 7:15 PM Evening Movie (MR)	16 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM PRN Durable Medical Equipment Workshop (GR-GL) 12:15 PM Bridge (CR) 3:00 PM Wellness Gardening Workshop (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	17 9:00 AM Dr. Masias Podiatrist (WC-112) 10:00 AM Local Bank Trip 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM Shopping Mall 1:00 PM PRN Fitness (FC-GL) 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM Wine and Cheese (LR-GL)	18 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Introduction to Bridge (GR-GL) 2:00 PM Avila Art Program (CR) 4:00 PM TGIF! Happy Hour (CR) 7:00 PM Open Swim (FC-GL) 7:15 PM Trivial Pursuit Night	19 12:30 PM Duplicate Bridge (GR-GL) 3:00 PM Avila Cornhole League (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
20 10:30 AM Roman Catholic Mass (GR-GL) 1:00 PM New York State Museum Trip 4:30 PM Black & Blue Restaurant Trip	21 10:00 AM Grocery Trip (Hannaford) 11:00 AM Jewish Learnings with Rabbi Ami 1:00 PM Program Committee Meeting (CR) 2:30 PM Games (Lib-L) 3:30 PM Music with Laura Collins (GR-GL) 7:15 PM Bingo (GR-GL)	22 10:00 AM Open Swim (FC-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 7:15 PM Evening Movie (MR)	23 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Healthy Heart – Blood Pressure & Cholesterol with Debra Darby 12:15 PM Bridge (CR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	24 10:00 AM Guilderland Library Trip 1:00 PM PRN Fitness (FC-GL) 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM Wine and Cheese (LR-GL)	25 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Introduction to Bridge (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:00 PM Open Swim (FC-GL) 7:15 PM Trivial Pursuit Night	26 12:30 PM Duplicate Bridge (GR-GL) 1:00 PM The Musical "Waitress" @ Proctors 3:00 PM Avila Cornhole League (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
27 10:30 AM Roman Catholic Mass (GR-GL) 1:00 PM Let's Talk Albany: Freihoffer's Breadtime Stories (MR) 2:00 PM Gershwin in the Roaring 20's – Albany Symphony and DINNER OUT	28 10:00 AM Grocery Trip (Price Chopper) 2:30 PM Games (Lib-L) 2:30 PM Madison Hearing (WC-112) 7:15 PM Bingo (GR-GL)					

ROOM KEY

MAIN BUILDING (GL)

Fitness Center: (FC-GL)
Library: (Lib-GL)
Billiards Room: (BR-GL)
Patio: (P-GL)
Bistro: (B-GL)
Living Room: (LR-GL)
Wellness Center (WC-112)

Meditation Room: (M)
Craft Room: (CR)
Resident Center: (RC)
Dining Room: (DR-GL)
Great Room: (GR-GL)
Media Room: (MR)

LODGE (L)

Library: (Lib-L)
Living Room: (LR-L)
Dining Room: (DR-L)

Patio: (P-L)
Front Lawn: (FL-L)

RED – Travel Events

BLUE – Fitness

PURPLE – In-House Events

GREEN – Educational Classes

DARK GREEN – Wellness Events

FITNESS SCHEDULE

MONDAY

9:00 AM – Pilates in a Chair
10:00 AM – Aqua Motion
11:00 AM – Strength Training
12:00 PM – HydroRider
12:30 PM -- HvdroRider

WEDNESDAY

10:00 AM – Aqua Motion
11:00 AM – Sit to Be Fit
11:45 AM – Chair Yoga/Balance

FRIDAY

10:00 AM – Aqua Motion
11:00 AM – Stretch/Flex
11:45 AM – Balance

SATURDAY

9:30 AM – Strength Training
10:15 AM – Balance/Stretch

