

PROGRAM CALENDAR NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 AM Grocery Trip (Wal-Mart) 1:00 PM Dr. Peckage Podiatrist (WC-112) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	2 ELECTION DAY 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)	3 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Nutritionist Introduction Seminar (GR-GL) 12:15 PM Bridge (CR) 2:30 PM Interfaith Memorial Service (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L) 8:00 PM World Series Game 7 Watch Party (GR-GL)	4 1:00 PM PRN Balance Fitness (FC-GL) 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	5 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Protestant Worship Service (GR-GL) 1:00 PM Guilderland Library 4:00 PM TGIF! Happy Hour (CR)	6 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
7 DAY LIGHTS SAVING TIME ENDS 10:30 AM Roman Catholic Mass (GR-GL)	8 COVID-19 Booster Shot (GR-GL) 10:00 AM Grocery Trip (Price Chopper) 1:30 PM iPhone Training Zoom Conference 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	9 12:30 PM Hospitality Committee Meeting (M) 2:30 PM Drum Circle Fitness (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)	10 9:00 AM Bud Vase (CR) 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)	11 VETERANS DAY 1:00 PM PRN Balance Fitness (FC-GL) 1:30 PM Movie Matinee (MR) 3:00 PM Building & Grounds Committee (RC) 4:00 PM Wine and Cheese with Ron McLaughlin (LR-GL) 	12 9:30 AM Acronyms of Senior Services Zoom Conference (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM SEFCU BANK TRIP 4:00 PM TGIF! Happy Hour (CR)	13 12:30 PM Duplicate Bridge (GR-GL) 2:00 PM Brahms First Concerto at Troy Music Hall 7:15 PM Movies at the Lodge (LR-L)
14 10:30 AM Roman Catholic Mass (GR-GL) 4:00 PM Musical Journey: Northern Italy Sicily by Wolfgang (MR) 7:15 PM Duet Performance by Eileen Mack & Steve Zucchini (GR-GL)	15 10:00 AM Grocery Trip (Wal-Mart) 1:00 PM Program Committee Meeting (CR) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	16 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 2:30 PM Eileen Mack solo Reenactment (GR-GL) 7:15 PM Movie Matinee (MR)	17 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 1:30 PM Zoom Chair Yoga (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	18 9:00 AM Dr. Masias Podiatrist (WC-112) 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM PRN Balance Fitness (FC-GL) 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese (LR-GL)	19 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Guilderland Library 4:00 PM TGIF! Happy Hour (CR)	20 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
21 10:30 AM Roman Catholic Mass (GR-GL) 1:00 PM The Irish and How They Got That Way @ Capital Rep 4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	22 10:00 AM Grocery Trip (Hannaford) 2:00 PM Tony Opalka Albany Trolleys Presentation 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	23 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)	24 9:00 AM Bud Vase (CR) 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)	25 THANKSGIVING 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese (LR-GL) 	26 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR)	27 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
28 HANUKKAH 10:30 AM Roman Catholic Mass (GR-GL) 	29 10:00 AM Grocery Trip (Price Chopper) 1:00 PM Dr. Peckage Podiatrist (WC-112) 2:30 PM Games (Lib-L) 2:30 PM Madison Hearing (WC-112) 7:15 PM Bingo (GR-GL)	30 9:30 AM Arthritis: Shaped by Father Time Zoom Conference (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Tai Chi with The Tai Chi Center (GR-GL) 5:30 PM Welcoming in Chanukkah – The Festival of Lights with Avila 7:15 PM Evening Movie (MR)				

<p>ROOM KEY</p> <p>MAIN BUILDING (GL)</p> <p>Fitness Center: (FC-GL) Meditation Room: (M) Library: (Lib-GL) Craft Room: (CR) Billiards Room: (BR-GL) Resident Center: (RC) Patio: (P-GL) Dining Room: (DR-GL) Bistro: (B-GL) Great Room: (GR-GL) Living Room: (LR-GL) Media Room: (MR) Wellness Center (WC-112)</p> <p>LODGE (L)</p> <p>Library: (Lib-L)Patio: (P-L) Living Room: (LR-L) Dining Room: (DR-L) Front Lawn: (FL-L)</p> <p>RED – Travel Events BLUE – Fitness PURPLE – In-House Events GREEN – Educational Classes</p>	<p>FITNESS SCHEDULE</p> <p>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 -- HydroRider</p> <p>FRIDAY 10:00 AM – Aqua Motion 11:00 AM – Stretch/Flex 11:45 AM – Balance</p> <p>WEDNESDAY 10:00 AM – Aqua Motion 11:00 AM – Sit to Be Fit 11:45 AM – Chair Yoga/Balance</p> <p>SATURDAY 9:30 AM – Strength Training 10:15 AM – Balance/Stretch</p>
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