



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 WELLNESS WEDNESDAY</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  12:15 PM Bridge (CR)  2:00 PM Wellness Wednesday Hearing & Vision Workshop (GR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)  7:15 PM Movies at the Lodge (LR-L)	<b>2</b> 1:00 PM PRN Balance Fitness (FC-GL)  1:30 PM James Bond Thursdays Watch Party (MR)  4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	<b>3</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  1:00 PM Protestant Worship Service (GR-GL)  4:00 PM TGIF! Happy Hour (CR)	<b>4</b> 12:30 PM Duplicate Bridge (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>5</b> 10:00 AM Reconciliation (last name A-G)  10:30 AM Roman Catholic Mass (GR-GL)	<b>6</b> <b>10:00 AM Grocery Trip (Price Chopper)</b>  2:30 PM Games (Lib-L)  7:15 PM Bingo (GR-GL)	<b>7</b> 10:00 AM Dining Committee Meeting (MR)  1:00 PM 7 Card Hi-Lo (DR-GL)  7:15 PM Evening Movie (MR)	<b>8 WELLNESS WEDNESDAY</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  12:15 PM Bridge (CR)  2:00 PM Laura Collins Concert (GR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)  7:15 PM Movies at the Lodge (LR-L)	<b>9</b> 1:00 PM PRN Balance Fitness (FC-GL)  1:30 PM James Bond Thursdays Watch Party (MR)  3:00 PM Building & Grounds Committee (RC)  4:00 PM Wine and Cheese (LR-GL)	<b>10</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  4:00 PM TGIF! Happy Hour (CR)	<b>11</b> 12:30 PM Duplicate Bridge (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>12</b> 10:00 AM Reconciliation (last name H-Z)  10:30 AM Roman Catholic Mass (GR-GL)	<b>13</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b>  2:30 PM Games (Lib-L)  7:15 PM Bingo (GR-GL)	<b>14</b> 11:00 AM Meditation (GR-GL)  1:00 PM 7 Card Hi-Lo (DR-GL)  12:30 PM Hospitality Committee Meeting (M)  1:30 PM Tai Chi with The Tai Chi Center (FC-GL)  7:15 PM Movie Matinee (MR)	<b>15 WELLNESS WEDNESDAY</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  11:00 AM Good Carbs/Bad Carbs Seminar with Debra Darby (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)	<b>16</b> 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 James Bond Thursdays Watch Party (MR)  4:00 PM Wine and Cheese (LR-GL)  7:15 PM Holiday Concert (GR-GL)	<b>17</b> <b>10:00 AM Shopping Mall</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  4:00 PM TGIF! Happy Hour (CR)	<b>18</b> 12:30 PM Duplicate Bridge (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>19</b> 10:30 AM Roman Catholic Mass (GR-GL)  2:00 PM "Many Mood's of Christmas" @ Troy Music Hall  4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	<b>20</b> <b>10:00 AM Grocery Trip (Hannaford)</b>  1:00 PM Program Committee Meeting (CR)  2:30 PM Games (Lib-L)  7:15 PM Bingo (GR-GL)	<b>21</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  1:30 PM Avila Book Club (M)  1:30 PM Tai Chi with The Tai Chi Center (FC-GL)  2:30 PM Drum Circle Fitness (GR-GL)  7:15 PM Evening Movie (MR)	<b>22</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  12:15 PM Bridge (CR)  3:00 PM Holiday Party (GR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)  6:00 PM Northeast Ballet "The Nutcracker" @ Proctors  7:15 PM Movies at the Lodge (LR-L)	<b>23</b> 1:00 PM PRN Balance Fitness (FC-GL)  1:30 PM James Bond Thursdays Watch Party (MR)  4:00 PM Wine and Cheese (LR-GL)	<b>24 Christmas Eve</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  4:00 PM TGIF! Happy Hour (CR)	<b>25 Christmas Day</b> 11:00 AM Roman Catholic Mass (GR-GL)  
<b>26 Kwanzaa</b>  	<b>27</b> <b>10:00 AM Grocery Trip (Price Chopper)</b>  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)	<b>28</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  3:00 PM New Resident Welcome Party (GR-GL)  7:15 PM Evening Movie (MR)	<b>29</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  12:15 PM Bridge (CR)  3:30 PM Happy Hour at the Lodge (LR-L)  7:15 PM Movies at the Lodge (LR-L)	<b>30</b> 1:00 PM PRN Balance Fitness (FC-GL)  1:30 PM James Bond Thursdays Watch Party (MR)  4:00 PM Wine and Cheese (LR-GL)  	<b>31 New Year's Eve</b> 1:00 PM 7 Card Hi-Lo (DR-GL)  4:00 PM TGIF! Happy Hour (CR)	

### ROOM KEY

#### MAIN BUILDING (GL)

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)

#### LODGE (L)

Library: (Lib-L)Patio: (P-L)  
 Living Room: (LR-L)  
 Dining Room: (DR-L)  
 Front Lawn: (FL-L)

**RED – Travel Events**  
**BLUE – Fitness**  
**PURPLE – In-House Events**  
**GREEN – Educational Classes**

### 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

#### FRIDAY

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

#### WEDNESDAY

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

#### SATURDAY

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

