

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 (FC-GL) 7:15 PM Evening Movie (MR)	2 ASH WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Ash Wednesday Service (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)	3 10:00 AM Local Bank Trip 1:00 PM Shopping Mall 1:00 PM Lenten Gospel Discussion (GR-GL) 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) 2:30 PM Bridge Online Tutorial (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	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) 3:00 PM Avila Cornhole League (GR-GL)	7 2:30 PM Games (Lib-L) 3:00 PM Riverdance - The Show (GR-GL) 7:15 PM Bingo (GR-GL)	8 10:00 AM Grocery Trip (Hannaford) 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) 7:15 PM Evening Movie (MR)	9 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 12:15 PM Bridge (CR) 2:00 PM Conversation about Loss & Grief Part 1 (GR-GL) 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 1:00 PM Shopping Mall 1:00 PM Lenten Gospel Discussion (GR-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)	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) 7:15 PM Bach to Bach: Evening of Cello Music with David Short (GR-GL)	12 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
13 DAYLIGHT SAVING TIME 10:30 AM Roman Catholic Mass (GR-GL) 4:00 PM Joe Sorrentino Swing Quartet (GR-GL) 5:15 PM The Standard Restaurant	14 2:00 PM Avila Art Program (CR) 2:30 PM Games (Lib-L) 4:00 PM Irish Music with Eileen Mack and Michael Clement (GR-GL) 7:15 PM Bingo (GR-GL)	15 10:00 AM Grocery Trip (Wal-Mart) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (GR-GL) 2:30 PM Drum Circle Fitness (FC-GL) 4:30 PM Understanding the Holiday of Purim (GR-GL) 7:15 PM Evening Movie (MR)	16 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 12:15 PM Bridge (CR) 2:00 PM Aging and Brain Health Discussion (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	17 ST. PATRICKS DAY 🍀 10:00 AM Local Bank Trip 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM Shopping Mall 1:00 PM Lenten Gospel Discussion (GR-GL) 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM St. Patty's Day Wine and Cheese (LR-GL)	18 HOLI 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Introduction to Bridge (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	19 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
20 11:00 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole League (GR-GL) 4:15 Jazz Vespers @ 1st Reformed Church 5:15 PM Athos Restaurant	21 2:30 PM Games (Lib-L) 3:00 PM Riverdance - The Show (GR-GL) 7:15 PM Bingo (GR-GL)	22 10:00 AM Grocery Trip (Price Chopper) 11:00 AM Meditation (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 2:00 PM Program Committee Meeting (MR) 7:15 PM Evening Movie (MR)	23 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 12:15 PM Bridge (CR) 2:00 PM Conversation about Loss & Grief Part 2 (GR-GL) 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 11:00 AM Dr. Valerie Rapson: Astronomy Talk (GR-GL) 1:00 PM Shopping Mall 1:00 PM Lenten Gospel Discussion (GR-GL) 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) 7:15 PM Trivial Pursuit Night	26 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
27 10:30 AM Roman Catholic Mass (GR-GL) 1:00 PM Dear Evan Hansen @ Proctors and Dinner Out 4:00 PM Diane Geddes and Friends Concert (GR-GL)	28 2:00 PM Avila Art Program (CR) 2:30 PM Games (Lib-L) 2:30 PM Madison Hearing (WC-112) 7:15 PM Bingo (GR-GL)	29 10:00 AM Grocery Trip (Hannaford) 11:00 AM Town Hall Meeting (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:30 PM Drum Circle Fitness (GR-GL) 7:15 PM Evening Movie (MR)	30 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 12:15 PM Bridge (CR) 2:00 PM Introduction to Nutrition with Patty McGee (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	31 10:00 AM Local Bank Trip 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM Shopping Mall 2:00 PM Climate Change Seminar (GR-GL) 1:30 PM James Bond Thursdays Watch Party (CR) 3:30 PM New Resident Mix n' Mingle (GR-GL)		

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) Front Lawn: (FL-L)
 Dining Room: (DR-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

TUESDAY

12:00 PM – HydroRider
 12:30 PM -- HydroRider

WEDNESDAY

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

THURSDAY

1:00 PM – PRN Fitness

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

