

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Protestant Worship Service (GR-GL) 2:30 PM Online Introduction to Bridge (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	2 Beginning of Ramadan 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
3 10:00 AM Reconciliation (GR-GL) 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole League (GR-GL)	4 12:15 PM Bridge (CR) 2:00 PM Making a Difference (GR-GL) 7:15 PM Bingo (GR-GL)	5 10:00 AM Grocery Trip (Wal-Mart) 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)	6 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 10:30 AM Part 3 Grief & Loss (GR-GL) 1:30 PM PRN Fall Prevention Class (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	7 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:00 PM Lenten Gospel Discussion (M) 1:30 PM James Bond Thursdays Watch Party (MR) 3:00 PM Building & Grounds Committee (RC) 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	8 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	9 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
10 PALM SUNDAY 10:30 AM Roman Catholic Mass (GR-GL) 1:00 PM Albany Institute of History & Art 4:00 PM Joe Sorrentino Swing Quartet (GR-GL) 4:30 PM Capital City Diner	11 12:15 PM Bridge (CR) 1:00 PM Dr. Peckage Podiatrist (WC-112) 2:00 PM Climate Change Seminar Part 1 (GR-GL) 7:15 PM Bingo (GR-GL)	12 10:00 AM Grocery Trip (PriceChopper) 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 Avila Book Club (GR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 7:15 PM Evening Movie (MR)	13 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM National Healthcare Decision Day (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	14 10:00 AM Local Bank Trip 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM Wine and Cheese (LR-GL)	15 GOOD FRIDAY 1:00 PM Blood Pressure Screening (WC-112) 1:00 PM 7 Card Hi-Lo (DR-GL) 3:00 PM Stations of the Cross (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	16 7:15 PM Movies at the Lodge (LR-L)
17 EASTER 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole League (GR-GL) 	18 12:15 PM Bridge (CR) 7:15 PM Bingo (GR-GL)	19 10:00 AM Grocery Trip (Hannaford) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:30 PM Drum Circle Fitness (FC-GL) 7:15 PM Evening Movie (MR)	20 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 2:00 PM Eddie Health Alert (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	21 9:00 AM Dr. Masias Podiatrist (WC-112) 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (MR) 4:00 PM Wine and Cheese (LR-GL)	22 EARTH DAY 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM 10 Warning Signs of Alzheimer's (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	23 2:00 PM The True @ CapRep 7:15 PM Movies at the Lodge (LR-L)
24 11:00 AM Roman Catholic Mass (GR-GL) 3:00 PM Jubilate Concert @ Bethlehem Lutheran Church	25 12:15 PM Bridge (CR) 2:30 PM Madison Hearing (WC-112) 3:00 PM Program Committee Meeting (MR) 7:15 PM Bingo (GR-GL)	26 10:00 AM Grocery Trip (Wal-Mart) 11:00 AM Town Hall Meeting (GR-GL) 3:30 PM Valerie Rapson Talk on "The Hunt for Planet 9" (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)	27 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM PRN Vehicle Transfer Class (GR-GL) 2:00 PM What's The Plan? (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	28 Drug Take Back Day 9:30 – 11:30 (RC) 11:30 – 12:30 (Lodge) 10:00 AM Local Bank Trip 11:00 AM Meditation (GR-GL) 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (CR) 4:00 PM Wine and Cheese (LR-GL)	29 1:00 PM 7 Card Hi-Lo (DR-GL) 3:30 PM Laura Collins Concert (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	30 7:15 PM Movies at the Lodge (LR-L)

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

