

PROGRAM CALENDAR

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole (GR-GL)	2 12:15 PM Bridge (CR) 1:30 PM Effectively Using Your iPhone – Virtual (GR-GL) 7:15 PM Bingo (GR-GL)	3 10:00 AM Grocery Trip (PriceChopper) 10:00 AM Dining Committee Meeting (MR) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM Stewards of the Earth with Kevin Connolly (GR-GL) 2:30 PM Drum Circle Fitness (FC-GL) 7:15 PM Evening Movie (MR)	4 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 9:30 AM Scams and How to Manage Calls – Virtual (GR-GL) 10:00 AM Shopping Mall 2:00 PM It's OK to Get Old with Gretchen Moore (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	5 Cinco de Mayo 10:00 AM Local Bank Trip 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)	6 National Nurses Day 12:15 PM Bridge (CR) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Blood Pressure Screening (WC-112) 1:00 PM Protestant Worship Service (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	7 1:00 PM Cats @ Proctors 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
8 Mother's Day 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Albany Pro Musica – Brahms' Human Requiem 3:00 PM Avila Cornhole (GR-GL)	9 12:15 PM Bridge (CR) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	10 9:30 AM Bocce (FL-L) 10:00 AM Grocery Trip (Wal-Mart) 11:00 AM Meditation (M) 1:00 PM Hospitality Committee Meeting (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Security for Your Mobile Phone – Virtual (GR-GL) 7:15 PM Evening Movie (MR)	11 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Introduction to Massage Therapy (GR-GL) 2:00 PM PRN Vehicle Transfer Class (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	12 COVID BOOSTER CLINIC (GR-GL) 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:30 PM James Bond Thursdays Watch Party (CR) 3:00 PM Building & Grounds Committee (RC) 4:00 PM Wine and Cheese (LR-GL)	13 9:30 AM Letting Go of Caregiver Guilt – Virtual (GR-GL) 12:15 PM Bridge (CR) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Albany Tulip Trip 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	14 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
15 11:00 AM Roman Catholic Mass (GR-GL) 2:00 PM Long Lost @ Curtain Call and DINNER OUT 3:00 PM Avila Cornhole (GR-GL)	16 12:15 PM Bridge (CR) 1:00 PM Dr. Peckage Podiatrist (WC-112) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	17 9:30 AM Bocce (FL-L) 10:00 AM Grocery Trip (PriceChopper) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (GR-GL) 2:30 Program Committee Meeting (MR) 2:30 PM Drum Circle Fitness (FC-GL) 7:15 PM Evening Movie (MR)	18 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 10:30 AM Communication and Dementia (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	19 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)	20 12:15 PM Bridge (CR) 1:00 PM Blood Pressure Screening (WC-112) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM Mazzone Cooking Demo (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Down the Rabbit Hole Improv Performance (GR-GL)	21 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
22 10:30 AM Roman Catholic Mass (GR-GL) 4:00 PM Diane Geddes and Friends Concert (GR-GL)	23 12:15 PM Bridge (CR) 2:30 PM Madison Hearing (WC-112) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	24 9:30 AM Bocce (FL-L) 10:00 AM Grocery Trip (Hannaford) 11:00 AM Astronomy Talk with Dr. Valerie Rapson (GR-GL) 11:00 AM Meditation (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 Introduction to Instagram, Twitter, and TikTok – Virtual (GR-GL) 7:15 PM Evening Movie (MR)	25 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 2:00 PM Durable Medical Equipment Day with PRN (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	26 10:00 AM Clothing Drive Day (GR-GL) 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 (CR) 3:00 PM Jewish Services (GR-GL) 4:00 PM Wine and Cheese (LR-GL)	27 12:15 PM Bridge (CR) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM Ice Cream Social & Concert (P-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night	28 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
29 11:00 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole (GR-GL) 4:45 PM DINNER OUT	30 Memorial Day 12:15 PM Bridge (CR) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	31 9:30 AM Bocce (FL-L) 10:00 AM Grocery Trip (Wal-Mart) 11:00 AM Town Hall Meeting (GR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)				

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)	LODGE (L) Library: (Lib-L) Living Room: (LR-L) Dining Room: (DR-L) Dining Room: (DR-L) Meditation Room: (M) Craft Room: (CR) Resident Center: (RC) Dining Room: (DR-GL) Great Room: (GR-GL) Media Room: (MR)	FITNESS SCHEDULE MONDAY 9:00 AM – Pilates in a Chair 10:00 AM – Aqua Motion 11:00 AM – Strength Training THURSDAY 1:00 PM – PRN Fitness	TUESDAY 12:00 PM – HydroRider 12:30 PM -- HydroRider 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
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