

NOVEMBER 2022 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 AM Grocery Trip (Wal-Mart) 10:00 AM Dining Committee Meeting (MR) 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)	2 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 11:00 AM Medicare 101 Presentation (GR-GL) 1:30 PM Dominoes (DR-GL) 3:00 PM Avila Memorial Service (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	3 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:30 PM Movie 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) 4:00 PM TGIF! Happy Hour (CR) 5:00 PM Shabbat Service (GR-GL) 7:15 PM Trivial Pursuit Night (GR-GL)	5 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
6 TBD Roman Catholic Mass (GR-GL) 12:30 PM 51 st Annual Festival of Nations 3:00 PM Avila Cornhole (GR-GL)	7 12:15 PM Bridge (CR) 3:30 PM Musical Performance by Mike Short (GR-GL) 6:00 PM Annual Interfaith Panel Discussion @ Greenville Public Library 7:15 PM Bingo (GR-GL)	8 ELECTION DAY 10:00 AM Grocery Trip (Hannaford) 11:00 AM Meditation (M) 1:00 PM Hospitality Committee Meeting (CR) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Election Day 7:15 PM Evening Movie (MR)	9 9:00 AM Bud Vase (CR) 12:15 PM La Traviata @ Crossgates Cinema 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	10 10:00 AM Bank Trip 10:30 Islam 101 with Fr. Jim Kane (GR-GL) 1:00 PM Shopping Mall 2:00 PM Espionage Lecture by Greg Sauer (GR-GL) 3:00 PM Building & Grounds Committee (CR) 4:00 PM Wine and Cheese (LR-GL)	11 VETERANS DAY 11:00 AM Veterans Day Service (LR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	12 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
13 TBD Roman Catholic Mass (GR-GL) 1:00 PM Pretty Women @ Proctors 4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	14 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)	15 10:00 AM Grocery Trip (PriceChopper) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 1:30 PM Avila Book Club (GR-GL) 3:00 Program Committee Meeting (MR) 7:15 PM Evening Movie (MR)	16 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 2:00 PM The Probate Process and Planning to Avoid Probate Presentation (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	17 9:00 AM Dr. Masias Podiatrist (WC-112) 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 10:30 AM Resident Council Meeting (GR-GL) 3:00 PM Thanksgiving? Take Time to Thank (GR-GL) 4:00 PM Wine and Cheese with Gary Maggio (LR-GL)	18 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	19 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
20 TBD Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole (GR-GL)	21 12:15 PM Bridge (CR) 3:00 PM Friendsgiving (GR-GL) 7:15 PM Bingo (GR-GL)	22 10:00 AM Grocery Trip (Wal-Mart) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 3:30 PM Valerie Rapson Astronomy Lecture (GR-GL) 7:15 PM Evening Movie (MR)	23 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)		25 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	26 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
27 TBD Roman Catholic Mass (GR-GL) 1:00 PM Wizard of Oz @ CapRep 3:00 PM Avila Cornhole (GR-GL) 4:00 PM Diane Geddes Quartet (GR-GL)	28 12:15 PM Bridge (CR) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	29 10:00 AM Grocery Trip (Hannaford) 11:00 AM Townhall (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)	30 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 2:00 PM Presentation by Betters Breathers Club (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)			

ROOM KEY		
MAIN BUILDING (GL)		
Fitness Center: (FC-GL) Library: (Lib-GL) Billiards Room: (BR-GL) Patio: (P-GL) Bistro: (B-GL)	Meditation Room: (M) Craft Room: (CR) Resident Center: (RC) Dining Room: (DR-GL)	Wellness Center (WC-112) Media Room: (MR) Living Room: (LR-GL) Great Room: (GR-GL)
LODGE (L)		
Library: (Lib-L) Living Room: (LR-L) Dining Room: (DR-L)	Patio: (P-L) Front Lawn: (FL-L)	

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

FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p> <p>12:00 PM Hydro-Riding (P)</p> <p>12:30 PM Hydro-Riding (P)</p> <p>1:30 PM Tai Chi (FC)</p>	<p>2 10:00AM Aqua Motion (P)</p> <p>10:00AM PRN Balance Class (FC)</p> <p>11:00 AM Sit To Be Fit (FC)</p> <p>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)</p> <p>11:45 AM Chair Yoga/Balance (FC)</p>	<p>3 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 PM Hydro-Riding(P)</p>	<p>4 10:00 AM Aqua Motion(P)</p> <p>11:00 AM Stretch/Flex (FC)</p> <p>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)</p> <p>11:45 AM Balance (FC)</p>	<p>5 9:30 AM Strength Training (FC)</p> <p>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)</p> <p>10:15 AM Balance/Stretch (FC)</p> <p>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p>
<p>6 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>7 9:00 AM Pilates in a Chair (FC)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 AM Strength Training (FC)</p> <p>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)</p>	<p>8 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p> <p>12:00 PM Hydro-Riding (P)</p> <p>12:30 PM Hydro-Riding (P)</p>	<p>9 10:00AM Aqua Motion (P)</p> <p>10:00AM PRN Balance Class (FC)</p> <p>11:00 AM Sit To Be Fit (FC)</p> <p>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)</p> <p>11:45 AM Chair Yoga/Balance (FC)</p>	<p>10 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 PM Hydro-Riding(P)</p>	<p>11 10:00 AM Aqua Motion(P)</p> <p>11:00 AM Stretch/Flex (FC)</p> <p>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)</p> <p>11:45 AM Balance (FC)</p>	<p>12 9:30 AM Strength Training (FC)</p> <p>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)</p> <p>10:15 AM Balance/Stretch (FC)</p> <p>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p>
<p>13 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>14 9:00 AM Pilates in a Chair (FC)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 AM Strength Training (FC)</p> <p>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)</p>	<p>15 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p> <p>12:00 PM Hydro-Riding (P)</p> <p>12:30 PM Hydro-Riding (P)</p> <p>1:30 PM Tai Chi (FC)</p>	<p>16 10:00AM Aqua Motion (P)</p> <p>10:00AM PRN Balance Class (FC)</p> <p>11:00 AM Sit To Be Fit (FC)</p> <p>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)</p> <p>11:45 AM Chair Yoga/Balance (FC)</p>	<p>17 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 PM Hydro-Riding(P)</p>	<p>18 10:00 AM Aqua Motion(P)</p> <p>11:00 AM Stretch/Flex (FC)</p> <p>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)</p> <p>11:45 AM Balance (FC)</p>	<p>19 9:30 AM Strength Training (FC)</p> <p>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)</p> <p>10:15 AM Balance/Stretch (FC)</p> <p>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p>
<p>20 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>21 9:00 AM Pilates in a Chair (FC-A)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 AM Strength Training (FC-A)</p> <p>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)</p>	<p>22 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p> <p>12:00 PM Hydro-Riding (P)</p> <p>12:30 PM Hydro-Riding (P)</p>	<p>23 10:00AM Aqua Motion (P)</p> <p>10:00AM PRN Balance Class (FC)</p> <p>11:00 AM Sit To Be Fit (FC)</p> <p>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)</p> <p>11:45 AM Chair Yoga/Balance (FC)</p>	<p>24 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 PM Hydro-Riding(P)</p>	<p>25 10:00 AM Aqua Motion(P)</p> <p>11:00 AM Stretch/Flex (FC)</p> <p>11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)</p> <p>11:45 AM Balance (FC)</p>	<p>26 9:30 AM Strength Training (FC)</p> <p>10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390)</p> <p>10:15 AM Balance/Stretch (FC)</p> <p>11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p>
<p>27 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>28 9:00 AM Pilates in a Chair (FC-A)</p> <p>10:00 AM Aqua Motion (P)</p> <p>11:00 AM Strength Training (FC-A)</p> <p>11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)</p>	<p>29 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)</p> <p>12:00 PM Hydro-Riding (P)</p> <p>12:30 PM Hydro-Riding (P)</p>	<p>30 10:00AM Aqua Motion (P)</p> <p>10:00AM PRN Balance Class (FC)</p> <p>11:00 AM Sit To Be Fit (FC)</p> <p>11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)</p> <p>11:45 AM Chair Yoga/Balance (FC)</p>			

Room Key

(P) = Pool (P-GL) = Patio Grand Lodge (FC-L) = Fitness Center-Lodge (FC) = Fitness Center

