

JANUARY 2023 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NEW YEAR'S DAY 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole (GR-GL)	2 10:00 AM Grocery Trip (Wal-Mart) 12:15 PM Bridge (CR) 3:30 PM Musical Performance by Mike Short (GR-GL) 7:15 PM Bingo (GR-GL)	3 10:00 AM Grocery Trip (Hannaford) 10:00 AM Dining Committee Meeting (MR) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie – <i>The Two Popes</i> (MR)	4 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	5 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:30 PM Movie Watch Party– <i>The Two Popes</i> (MR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	6 10:00 AM Rivers Casino Trip 1:00 PM 7 Card Hi-Lo (DR-GL) 1:00 PM Protestant Worship Service (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	7 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
8 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Avila Cornhole (GR-GL)	9 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 3:00 PM Discussions with Rabbi Ami (CR) 7:15 PM Bingo (GR-GL)	10 10:00 AM Grocery Trip (PriceChopper) 11:00 AM Meditation (M) 1:00 PM Hospitality Committee Meeting (CR) 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 – <i>The Good Liar</i> (MR)	11 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 3:00 PM Medication Issues Educational Session with John McDonald III RPh. Member NYS Assembly (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	12 10:00 AM Bank Trip 1:00 PM Shopping Mall 2:00 PM Steam & the Industrial Revolution Lecture by Greg Sauer (GR-GL) 3:00 PM Building & Grounds Committee (CR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese (LR-GL)	13 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	14 1:30 PM Met Op Live Stream (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
15 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Evelyn Glennie! - Albany Symphony	16 MLK JR. DAY 10:00 AM Grocery Trip (PriceChopper) 12:15 PM Bridge (CR) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	17 10:00 AM Grocery Trip (Wal-Mart) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (GR-GL) 3:00 PM Program Committee Meeting (CR) 7:15 PM Evening Movie – <i>The King's Speech</i> (MR)	18 9:00 AM Bud Vase (CR) 12:00 PM Fedora Encore: Met Op @ Crossgates Cinema 1:30 PM Dominoes (DR-GL) 3:00 PM Christian Unity Service (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	19 9:00 AM Dr. Masias Podiatrist (WC-112) 10:00 AM Guilderland Library Trip 10:30 AM Resident Council Meeting (GR-GL) 1:00 PM Shopping Mall 1:30 PM Movie Watch Party - <i>The King's Speech</i> (MR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese (LR-GL)	20 10:00 AM Rivers Casino Trip 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	21 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
22 LUNAR NEW YEAR 10:30 AM Roman Catholic Mass (GR-GL) 12:15 PM Roman Holiday 70th Anniversary by TCM @ Crossgates Cinema 3:00 PM Avila Cornhole (GR-GL)	23 10:00 AM Grocery Trip (Wal-Mart) 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)	24 10:00 AM Grocery Trip (Hannaford) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 7:15 PM Evening Movie – <i>Cocoon</i> (MR)	25 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 1:30 PM Dominoes (DR-GL) 2:00 PM Brown Bag Review Event with Capital Regional Pharmacy (WC-112) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Eileen Mack Musical Trio (GR-GL)	26 10:00 AM Bank Trip 11:00 AM Meditation (M) 1:00 PM Shopping Mall 1:30 PM Movie Watch Party - <i>Cocoon</i> (MR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese (LR-GL)	27 11:30 PM Albany Chef's Food & Wine Festival 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	28 1:30 PM Met Op Live Stream (GR-GL) 4:00 PM Musicians of Ma'alwyck Trip 7:15 PM Movies at the Lodge (LR-L)
29 11:00 AM Roman Catholic Mass (GR-GL)	30 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	31 10:00 AM Grocery Trip (PriceChopper) 11:00 AM Townhall (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie – <i>Music of the Heart</i> (MR)				

<p style="text-align: center;">ROOM KEY</p> <p style="text-align: center;">MAIN BUILDING (GL)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Fitness Center: (FC-GL)</td> <td style="width: 33%;">Meditation Room: (M)</td> <td style="width: 33%;">Wellness Center (WC-112)</td> </tr> <tr> <td>Library: (Lib-GL)</td> <td>Craft Room: (CR)</td> <td>Media Room: (MR)</td> </tr> <tr> <td>Billiards Room: (BR-GL)</td> <td>Resident Center: (RC)</td> <td>Living Room: (LR-GL)</td> </tr> <tr> <td>Patio: (P-GL)</td> <td>Dining Room: (DR-GL)</td> <td>Great Room: (GR-GL)</td> </tr> <tr> <td>Bistro: (B-GL)</td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">LODGE (L)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Library: (Lib-L)</td> <td style="width: 33%;">Patio: (P-L)</td> <td style="width: 33%;"></td> </tr> <tr> <td>Living Room: (LR-L)</td> <td>Front Lawn: (FL-L)</td> <td></td> </tr> <tr> <td>Dining Room: (DR-L)</td> <td></td> <td></td> </tr> </table>	Fitness Center: (FC-GL)	Meditation Room: (M)	Wellness Center (WC-112)	Library: (Lib-GL)	Craft Room: (CR)	Media Room: (MR)	Billiards Room: (BR-GL)	Resident Center: (RC)	Living Room: (LR-GL)	Patio: (P-GL)	Dining Room: (DR-GL)	Great Room: (GR-GL)	Bistro: (B-GL)			Library: (Lib-L)	Patio: (P-L)		Living Room: (LR-L)	Front Lawn: (FL-L)		Dining Room: (DR-L)			<p style="color: red; font-weight: bold;">RED – Travel Events</p> <p style="color: blue; font-weight: bold;">BLUE – Fitness</p> <p style="color: purple; font-weight: bold;">PURPLE – In-House Events</p> <p style="color: green; font-weight: bold;">GREEN – Educational Classes</p> <p style="color: darkgreen; font-weight: bold;">DARK GREEN – Wellness Events</p>
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FITNESS CALENDAR

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

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

