

MARCH 2023 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 1:00 PM Grocery Trip (Whole Foods) 1:30 PM Dominoes (DR-GL) 3:00 PM Meditation and Mindfulness with Jackie Weckesser (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 3:30 PM Musical Performance by Laura Collins (GR-GL)	2 8:15 AM Madison Hearing (WC-112) 10:00 AM Guilderland Library Trip 1:00 PM Billiards (BR-GL) 1:00 PM Shopping Mall 3:00 PM Espionage: Part 2 by Greg Sauer (GR-GL) 4:00 PM Wine and Cheese (LR-GL)	3 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)	4 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)	
5 10:00 AM Reconciliation A-F (GR-GL) 10:30 AM Roman Catholic Mass (GR-GL)	6 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:15 PM News and Views Meeting (M) 3:30 PM Musical Performance by Mike Short (GR-GL) 7:15 PM Bingo (GR-GL)	7 10:00 AM Grocery Trip (PriceChopper) 10:00 AM Dining Committee Meeting (MR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie – <i>Top Gun: Maverick</i> (MR)	8 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 1:00 PM Grocery Trip (Trader Joe's) 1:30 PM Dominoes (DR-GL) 3:00 PM Meditation and Mindfulness with Jackie Weckesser (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Eileen Mack Trio (GR-GL)	9 10:00 AM Bank Trip 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee– <i>Top Gun: Maverick</i> (MR) 3:00 PM Building & Grounds Committee (CR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese (LR-GL)	10 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	11 1:30 PM Met Op Showing - Falstaff (MR) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)	
12 Day Light Saving Time 10:00 AM Reconciliation G-Z (GR-GL) 10:30 AM Roman Catholic Mass (GR-GL)	13 10:00 AM Grocery Trip (PriceChopper) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	14 10:00 AM Grocery Trip (Wal-Mart) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Hospitality Committee Meeting (CR) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie – <i>Till</i> (MR)	15 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Meditation and Mindfulness with Jackie Weckesser (GR-GL) 1:00 PM Grocery Trip (Target) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Bethlehem Irish Dancing (GR-GL)	16 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 1:00 PM Billiards (BR-GL) 2:00 PM Spirituality Committee Meeting (CR) 1:30 PM Movie Matinee– <i>Till</i> (MR) 4:00 PM Wine and Cheese (LR-GL)	17 St. Patrick's Day 1:00 PM 7 Card Hi-Lo (DR-GL) 3:00 PM St. Patty's Day Celebration (GR-GL) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	18 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)	
19 TBD Roman Catholic Mass (GR-GL) 1:00 PM Hamilton @ Proctors	20 10:00 AM Grocery Trip (Wal-Mart) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:00 PM Discussions with Rabbi Ami (GR-GL) 7:15 PM Bingo (GR-GL)	21 10:00 AM Grocery Trip (Hannaford) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (GR-GL) 3:00 PM Program Committee Meeting (CR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie – <i>The Lost City</i> (CR)	22 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:15 PM Lohengrin Encore MetOp @ Crossgates 1:00 PM Grocery Trip (Whole Foods) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	23 10:00 AM Bank Trip 11:00 AM Meditation (M) 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 3:30 PM Teen Tech Help Desk @ Guilderland Library 3:30 PM Valerie Rapson Astronomy Lecture (GR-GL) 4:00 PM Wine and Cheese (LR-GL)	24 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)	25 1:30 PM Met Op Showing – Don Giovanni (MR) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)	
26 TBD Roman Catholic Mass (GR-GL)	27 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:00 PM Netflix Educational Movie Series (MR) 7:15 PM Bingo (GR-GL)	28 10:00 AM Grocery Trip (PriceChopper) 11:00 AM Town Hall (GR-GL) 12:00 PM Lunch & Learn at Beth Abraham-Jacob Congregation 1:00 PM 7 Card Hi-Lo (DR-GL) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie – <i>Togo</i> (MR)	29 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 1:00 PM Grocery Trip (Trader Joe's) 1:30 PM Dominoes (DR-GL) 3:00 PM Ecumenical Stations of the Cross (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	30 10:00 AM Guilderland Library Trip 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL) 1:30 PM Movie Matinee– <i>Togo</i> (MR) 4:00 PM Wine and Cheese (LR-GL)	31 11:00 AM Irish American Heritage Museum Trip 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 5:00 PM Dinner Outing – Black & Blue 7:15 PM Trivial Pursuit Night (GR-GL)		
	ROOM KEY MAIN BUILDING (GL) 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)						
	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 PINK – Committee Meeting			

FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 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)</p>	<p>2 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p>	<p>3 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) 12:00 PM Hydro-Riding(P)</p>	<p>4 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)</p>
<p>5 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>6 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)</p>	<p>7 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 11:00 AM Meditation (M) 12:00 PM Hydro-Riding (P) 12:30 PM Hydro-Riding (P)</p>	<p>8 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)</p>	<p>9 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p>	<p>10 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) 12:00 PM Hydro-Riding(P)</p>	<p>11 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)</p>
<p>12 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>13 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)</p>	<p>14 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 with The Tai Chi Center (FC-GL)</p>	<p>15 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)</p>	<p>16 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)</p>	<p>17 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) 12:00 PM Hydro-Riding(P)</p>	<p>18 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)</p>
<p>19 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>20 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)</p>	<p>21 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 12:00 PM Hydro-Riding (P) 12:30 PM Hydro-Riding (P)</p>	<p>22 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)</p>	<p>23 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) 11:00 AM Meditation (M)</p>	<p>24 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) 12:00 PM Hydro-Riding(P)</p>	<p>25 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)</p>
<p>26 2:00 PM Strength Training (Inhouse TV Channel 1390)</p>	<p>27 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)</p>	<p>28 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 12:00 PM Hydro-Riding (P) 12:30 PM Hydro-Riding (P)</p>	<p>29 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)</p>	<p>30 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) 1:30 PM Tai Chi with The Tai Chi Center (FC-GL)</p>	<p>31 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) 12:00 PM Hydro-Riding(P)</p>	

Room Key

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

