

JUNE 2023 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat																								
				1 10:00 AM Guilderland Library Trip 11:00 AM Tai Chi (FC-GL) 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee (MR) 3:30 PM Teen Tech Help Desk @ Guilderland Library 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	2 10:00 AM Golf Trip to Western Turnpike 12:00 PM Shaker High Luncheon (Invite Only) 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)	3 12:30 PM Duplicate Bridge (GR-GL) 1:30 PM Used To Be Singers (3 rd Floor West) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)																								
4 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM The Adirondack Trust Company Festival of Young Artists - SPAC	5 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:30 PM Musical Performance by Mike Short (GR-GL) 7:15 PM Bingo (GR-GL)	6 10:00 AM Grocery Trip (Wal-Mart) 10:00 AM Dining Committee Meeting (MR) 1:00 PM 7 Card Hi-Lo (DR-GL) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	7 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 1:00 PM Grocery Trip (Target) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge – Music by Brian Matthews (LR-L)	8 10:00 AM Bank Trip 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee (MR) 3:00 PM Building & Grounds Committee (CR) 4:00 PM Wine and Cheese (LR-GL)	9 9:30 AM Open Studio Art Class at Create Community Studios 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Bridge Lessons (GR-GIL) 2:00 PM NRC (M) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	10 12:30 PM Duplicate Bridge (GR-GL) 1:30 PM Used To Be Singers (3 rd Floor West) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)																								
11 10:30 AM Roman Catholic Mass (GR-GL) 3:00 PM Jazz Vespers Trip 4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	12 10:00 AM Grocery Trip (PriceChopper) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:00 PM WindTurbine Presentation: Part 2 by Peter Sedlmeir (GR-GL) 7:15 PM Bingo (GR-GL)	13 10:00 AM Grocery Trip (Hannaford) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Hospitality Committee Meeting (GR-GL) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	14 9:00 AM Bud Vase (CR) 10:00 AM Grocery Trip (Whole Foods) 10:45 AM Walk and Talk Wednesdays with Karen 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	15 9:00 AM Dr. Masias Podiatrist (WC-112) 10:00 AM Guilderland Library Trip 10:30 AM Resident Council Meeting (GR-GL) 11:00 AM Tai Chi (FC-GL) 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 2:00 PM Spirituality Committee (CR) 4:00 PM Wine and Cheese (LR-GL)	16 10:00 AM Golf Trip to Mill Road Acres 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Bridge Lessons (GR-GIL) 4:00 PM TGIF! Happy Hour (Tamarack) 7:15 PM Trivial Pursuit Night (GR-GL)	17 12:30 PM Duplicate Bridge (GR-GL) 1:30 PM Used To Be Singers (3 rd Floor West) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)																								
18 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Great Quintets - SPAC	19 12:15 PM Bridge (CR) 1:00 PM Dr. Peckage Podiatrist (WC-112) 3:30 PM Discussions with Rabbi Ami (GR-GL) 7:15 PM Bingo (GR-GL)	20 10:00 AM Grocery Trip (PriceChopper) 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Avila Book Club (GR-GL) 3:00 PM Mimi Becker's Discussion Group (M) 3:00 PM Program Committee Meeting (CR) 7:15 PM Evening Movie (MR)	21 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 10:00 AM Shopping Mall 11:00 AM Free Balance Screening by PRN (GR-GL) 1:30 PM Dominoes (DR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Eileen Mack Trio Concert (GR-GL)	22 10:00 AM Bank Trip 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee (MR) 3:00 PM Community Service Committee (CR) 4:00 PM Wine and Cheese (LR-GL)	23 9:30 AM Open Studio Art Class at Create Community Studios 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR) 2:00 PM NRC (M) 5:00 PM Dinner Outing to Yanni's Too 7:15 PM Trivial Pursuit Night (GR-GL)	24 12:30 PM Duplicate Bridge (GR-GL) 1:30 PM Used To Be Singers (3 rd Floor West) 7:15 PM Game Night (GR-GL) 7:15 PM Movies at the Lodge (LR-L)																								
25 10:30 AM Roman Catholic Mass (GR-GL) 1:30 PM Met Op Showing (MR) 2:00 PM 42 nd Street – MacHaydn Theatre	26 10:00 AM Grocery Trip (Hannaford) 12:15 PM Bridge (CR) 1:00 PM Shopping Mall 3:00 PM Netflix Educational Series (MR) 7:15 PM Bingo (GR-GL)	27 10:00 AM Grocery Trip (Wal-Mart) 11:00 AM Town Hall (GR-GL) 1:00 PM 7 Card Hi-Lo (DR-GL) 3:00 PM Mimi Becker's Discussion Group (M) 4:00 PM Sizzle Summer Soiree (Invite Only) 7:15 PM Evening Movie (MR)	28 9:00 AM Bud Vase (CR) 10:45 AM Walk and Talk Wednesdays with Karen 1:00 PM Grocery Trip (Target) 1:30 PM Dominoes (DR-GL) 2:00 PM Iroquis Confederacy Lecture by Michael Talbot (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L)	29 10:00 AM Guilderland Library Trip 11:00 AM Meditation (M) 1:00 PM Shopping Mall 1:00 PM Billiards (BR-GL) 3:30 PM Valerie Rapson Astronomy Lecture (GR-GL) 4:00 PM Wine and Cheese (LR-GL)	30 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)																									
	<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></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; margin: 0;">RED – Travel Events</p> <p style="color: blue; margin: 0;">BLUE – Fitness</p> <p style="color: purple; margin: 0;">PURPLE – In-House Events</p> <p style="color: green; margin: 0;">GREEN – Educational Classes</p> <p style="color: darkgreen; margin: 0;">DARK GREEN – Wellness Events</p> <p style="color: pink; margin: 0;">PINK – Committee Meeting</p>		
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JUNE FITNESS CALENDAR

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

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