

# MAY 2023 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>10:00 AM Grocery Trip (Hannaford)</b> 11:00 AM Avila Model Train Opening 12:15 PM Bridge (CR)  <b>1:00 PM Shopping Mall</b>  3:30 PM Musical Performance by Mike Short (GR-GL)  7:15 PM Bingo (GR-GL)	<b>2</b> <b>10:00 AM Grocery Trip (PriceChopper)</b>  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)	<b>3</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  <b>1:00 PM Grocery Trip (Trader Joe's)</b>  1:30 PM Dominoes (DR-GL)  3:00 PM Birds and Birding at Avila and the Capital Region (GR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)	<b>4</b> <b>10:00 AM Guilderland Library Trip</b> 11:00 AM Tai Chi with The Tai Chi Center (FC-GL) <b>1:00 PM Shopping Mall</b>  1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee (MR) <b>3:30 PM Teen Tech Help Desk @ Guilderland Library</b> <b>4:00 PM Wine and Cheese with Brian Zapel (LR-GL)</b>	<b>5</b> <b>10:00 AM Golf Trip to Western Turnpike</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  <b>1:00 PM Protestant Worship Service (GR-GL)</b>  4:00 PM TGIF! Happy Hour (CR)  7:15 PM Trivial Pursuit Night (GR-GL)	<b>6</b> 12:30 PM Duplicate Bridge (GR-GL)  <b>1:00 PM Used To Be Singers (3rd Floor West)</b>  7:15 PM Game Night (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>7</b> TBA AM Roman Catholic Mass (GR-GL)  <b>1:30 PM Met Op Showing (MR)</b>  <b>2:00 PM Music for Peace in a Time of War – Albany Pro Musica</b>	<b>8</b> <b>10:00 AM Grocery Trip (Hannaford)</b>  12:15 PM Bridge (CR)  <b>1:00 PM Shopping Mall</b>  <b>3:00 PM Netflix Educational Series (MR)</b>  7:15 PM Bingo (GR-GL)	<b>9</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b> 10:30 AM The Albany Area Senior Orchestra (GR-GL)  11:00 AM Meditation (M)  1:00 PM 7 Card Hi-Lo (DR-GL)  <b>1:30 PM Hospitality Committee Meeting (GR-GL)</b> 3:00 PM Mimi Becker's Discussion Group (M)  7:15 PM Evening Movie (MR)	<b>10</b> 9:00 AM Bud Vase (CR)  10:00 AM Natural Disaster Presentation by Citizen Preparedness Corps (GR-GL)  <b>10:00 AM Shopping Mall</b> <b>1:00 PM Grocery Trip (Target)</b>  1:30 PM Dominoes (DR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)	<b>11</b> 9:00 AM Dr. Masias Podiatrist (WC-112) <b>10:00 AM Bank Trip</b> <b>1:00 PM Shopping Mall</b> 1:00 PM Billiards (BR-GL) 1:30 PM Movie Matinee (MR) <b>3:00 PM Building &amp; Grounds Committee (CR)</b> <b>3:30 PM Teen Tech Help Desk @ Guilderland Library</b> 4:00 PM Wine and Cheese (LR-GL)	<b>12</b> <b>9:15 AM Open Studio Art Class at Creat Community Studios</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  1:30 PM Bridge Lessons (GR-GIL)  4:00 PM TGIF! Happy Hour (CR)  7:15 PM Trivial Pursuit Night (GR-GL)	<b>13</b> 12:30 PM Duplicate Bridge (GR-GL)  <b>1:00 PM Used To Be Singers (3rd Floor West)</b>  7:15 PM Game Night (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>14</b> TBA Roman Catholic Mass (GR-GL)  <b>1:30 PM Met Op Showing (MR)</b>  <b>2:00 PM Schenectady Symphony Orchestra Concert – Proctos</b>	<b>15</b> <b>10:00 AM Grocery Trip (PriceChopper)</b>  12:15 PM Bridge (CR)  <b>1:00 PM Shopping Mall</b>  <b>3:00 PM Netflix Educational Series (MR)</b>  7:15 PM Bingo (GR-GL)	<b>16</b> <b>10:00 AM Grocery Trip (Hannaford)</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  1:30 PM Avila Book Club (GR-GL)  <b>3:00 PM Program Committee Meeting (CR)</b> 3:00 PM Mimi Becker's Discussion Group (M)  7:15 PM Evening Movie (CR)	<b>17 WELLNESS WEDNESDAY</b>  9:00 AM Bud Vase (CR)  <b>10:00 AM Grocery Trip (Whole Foods)</b>  11:00 AM Marra's Pharmacy Delivery Discussion (GR-GL)  1:30 PM Dominoes (DR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)  <b>7:15 PM Player Piano Concert (GR-GL)</b>	<b>18</b> <b>10:00 AM Guilderland Library Trip</b> 10:30 AM Resident Council Meeting (GR-GL) 11:00 AM Tai Chi with The Tai Chi Center (FC-GL) 11:00 AM Meditation (M) <b>1:00 PM Shopping Mall</b>  1:00 PM Billiards (BR-GL) <b>2:00 Spirituality Committee (CR)</b> <b>3:00 Community Service Committee (CR)</b> 4:00 PM Wine and Cheese (LR-GL)	<b>19</b> <b>10:00 AM Golf Trip to Mill Road Acres</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  1:30 PM Bridge Lessons (GR-GIL) 4:00 PM TGIF! Happy Hour (CR)  <b>5:00 PM Dinner Outing to Grappa 72</b>  7:15 PM Trivial Pursuit Night (GR-GL)	<b>20</b> 12:30 PM Duplicate Bridge (GR-GL)  <b>1:00 PM Used To Be Singers (3rd Floor West)</b>  7:15 PM Game Night (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>21</b> TBA Roman Catholic Mass (GR-GL)  <b>1:00 PM Rivers Casino Trip</b>  <b>4:00 PM Joe Sorrentino Swing Quartet (GR-GL)</b>	<b>22</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b>  12:15 PM Bridge (CR)  <b>1:00 PM Shopping Mall</b>  <b>3:30 PM Discussions with Rabbi Ami (GR-GL)</b>  7:15 PM Bingo (GR-GL)	<b>23</b> <b>10:00 AM Grocery Trip (PriceChopper)</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  3:00 PM Mimi Becker's Discussion Group (M)  <b>3:30 PM Industrial Wind Turbines by Peter Sedlmeir (GR-GL)</b>  7:15 PM Evening Movie (CR)	<b>24</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b>  <b>1:00 PM Grocery Trip (Trader Joe's)</b> 1:30 PM Dominoes (DR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)  <b>3:30 PM Valerie Rapson Astronomy Lecture (GR-GL)</b>	<b>25</b> <b>10:00 AM Bank Trip</b>  <b>1:00 PM Shopping Mall</b>  1:00 PM Billiards (BR-GL)  4:00 PM Wine and Cheese (LR-GL)	<b>26</b> <b>9:15 AM Open Studio Art Class at Creat Community Studios</b>  <b>10:30 AM Don't Get Ticked NY! (GR-GL)</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (GR-GL)	<b>27</b> 12:30 PM Duplicate Bridge (GR-GL)  <b>1:00 PM Used To Be Singers (3rd Floor West)</b>  7:15 PM Game Night (GR-GL)  7:15 PM Movies at the Lodge (LR-L)
<b>28</b> TBA Roman Catholic Mass (GR-GL)  <b>1:30 PM Met Op Showing (MR)</b>	<b>29 MEMORIAL DAY</b> <b>10:00 AM Grocery Trip (Hannaford)</b>  12:15 PM Bridge (CR)  <b>1:00 PM Shopping Mall</b>  <b>3:00 PM Memorial Day Ceremony</b>  7:15 PM Bingo (GR-GL)	<b>30</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b>  <b>11:00 AM Town Hall (GR-GL)</b>  1:00 PM 7 Card Hi-Lo (DR-GL)  3:00 PM Mimi Becker's Discussion Group (M)  7:15 PM Evening Movie (MR)	<b>31</b> 9:00 AM Bud Vase (CR)  <b>10:00 AM Shopping Mall</b> <b>1:00 PM Grocery Trip (Target)</b>  1:30 PM Dominoes (DR-GL)  3:30 PM Happy Hour at the Lodge (LR-L)			

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)		

<b>RED – Travel Events</b>
<b>BLUE – Fitness</b>
<b>PURPLE – In-House Events</b>
<b>GREEN – Educational Classes</b>
<b>DARK GREEN – Wellness Events</b>
<b>PINK – Committee Meeting</b>

# MAY FITNESS CALENDAR

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

### Room Key

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