

# PROGRAM CALENDAR

# March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31 EASTER</b> 10:30 AM Roman Catholic Mass (GR)					<b>1</b> 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Protestant Worship Service (GR) 1:00 PM Canasta (CR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	<b>2</b> 12:00 PM Duplicate Bridge (GR) 2:30 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
<b>3</b> 10:30 AM Roman Catholic Mass (GR) 1:30 PM Movie Showing: Lawrence of Arabia (GR)	<b>4</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b> 1:00 PM Bridge (CR) <b>1:00 PM Shopping Trip</b> 3:30 PM Music by Mike Short (GR) 7:15 PM Bingo (GR)	<b>5</b> <b>10:00 AM Grocery Trip (Price-Chopper)</b> 10:00 AM Dining Committee Meeting (GR) 1:00 PM 7 Card Hi-Lo (DR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	<b>6</b> <b>10:00 AM Shopping Trip</b> 10:00 AM Chiropractic Care for Optimal Health Live Stream by AGS (GR) 1:00 PM Linus Project (4 <sup>th</sup> Floor West) <b>1:00 PM Grocery Trip (Trader Joe's)</b> 1:30 PM Dominoes (DR) 1:30 PM Balance and Falls Live Stream by AGS (GR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movie at the Lodge (LR-L)	<b>7</b> <b>10:00 AM Bank Trip</b> 11:30 AM PRN Meet n Greet (LR-L) <b>1:00 PM Shopping Trip</b> 1:00 PM Billiards (BR) 1:30 PM Movie Matinee 4:00 PM Wine and Cheese with Music by Brian Zapel (LR) 7:15 PM Fictionary Game Night (CR)	<b>8</b> 1:00 PM Canasta (CR) 2:00 PM Flower Committee Meeting (GR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	<b>9</b> 1:30 PM Used To Be Singers(3 <sup>rd</sup> FloorWest) 2:30PM English Country Dance (GR) 2:30 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
<b>10</b> 10:00 AM Reconciliation A-G (GR) 10:30 AM Roman Catholic Mass (GR) 4:00 PM Bethlehem Irish Step Dancing (GR)	<b>11</b> <b>10:00 Grocery Trip (Hannaford)</b> 1:00 PM Bridge (CR) <b>1:00 PM Shopping Trip</b> 7:15 PM Bingo (GR)	<b>12</b> <b>11:00 AM Music at Noon: Yvonne Chavez Hansbrough, Young Kim, and Paul Quigley</b> 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Hospitality Committee Meeting (GR) 3:00 PM Program Committee Meeting(CR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	<b>13</b> <b>10:00 AM Shopping Trip</b> 11:00 AM Women In The Bible by Fr. Kane (GR) 1:00 PM Linus Project (4 <sup>th</sup> Floor West) <b>1:00 PM Grocery Trip (Price Chopper)</b> 1:30 PM Dominoes (DR) 2:00 PM Sleep Awareness (GR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movie at the Lodge (LR-L) 7:15 PM Movie Series Madness (GR)	<b>14</b> 9:00 AM Dr. Masias Podiatry (WC-112) <b>10:00 AM Guilderland Library Trip</b> <b>1:00 PM Shopping Trip</b> 1:00 PM Billiards (BR) 2:30 PM Building and Grounds Committee Meeting (CR) 3:00 PM St. Patrick's Day Party (GR) 7:15 PM Fictionary Game Night (CR)	<b>15</b> <b>10:00 AM Saratoga Casino Trip</b> 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 3:00 PM Ecumenical Stations of the Cross (GR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	<b>16</b> 12:00 PM Duplicate Bridge (GR) 1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West) 2:30 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
<b>17</b> 10:00 AM Reconciliation H-Z (GR) 10:30 AM Roman Catholic Mass (GR) <b>2:00 PM The Four Seasons &amp; Esmail @ Troy Music Hall</b>	<b>18</b> <b>10:00 AM Grocery Trip (Price Chopper)</b> 1:00 PM Bridge (CR) <b>1:00 PM Shopping Trip</b> 2:00 PM Antarctica by Fred Seltzer (GR) 7:15 PM Bingo (GR)	<b>19</b> <b>10:00 AM Grocery Trip (Trader Joe's)</b> 1:00 PM 7 Card Hi-Lo (DR) <b>1:00 PM Shopping Trip</b> 1:00 PM Discussions with Rabbi Ami (MR) 1:30 Avila Book Club (GR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	<b>20</b> <b>10:00 AM Shopping Trip</b> 1:00 PM Linus Project (4 <sup>th</sup> Floor West) <b>1:00 PM Grocery Trip (Whole Foods)</b> 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movie at the Lodge (LR-L) 7:15 PM Movie Series Madness (GR)	<b>21</b> <b>10:00 AM Bank Trip</b> 10:30 AM Resident Council Meeting (GR) <b>1:00 PM Shopping Trip</b> 1:00 PM Billiards (BR) 1:30 PM Movie Matinee (GR) 2:00 PM Spirituality Committee Meeting (CR) 3:00 PM Community Service Meeting (CR) 4:00 PM Wine and Cheese (LR) 7:15 PM Fictionary Game Night (CR)	<b>22</b> 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF! Happy Hour (CR) <b>4:30 PM Dinner Out: Athos</b> 7:15 PM Trivial Pursuit Night (CR)	<b>23</b> 1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West) 2:30 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
<b>24</b> 10:30 AM Roman Catholic Mass (GR) 4:00 PM Music by Kenn Blatt (GR)	<b>25 HOLI</b> <b>10:00 AM Grocery Trip (Wal-Mart)</b> 1:00 PM Bridge (GR) <b>1:00 PM Shopping Trip</b> 2:00 PM Holi Tie-Dye Celebration (CR) 7:15 PM Bingo (GR)	<b>26</b> <b>10:00 AM Grocery Trip (Hannaford)</b> 11:00AM Town Hall(GR) <b>1:00 PM Shopping Trip</b> 1:00 PM 7 Card Hi-Lo (DR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	<b>27</b> <b>10:00 AM Shopping Trip</b> 1:00 PM Linus Project (4 <sup>th</sup> Floor West) <b>1:00 PM Grocery Trip (Price Chopper)</b> 1:30 PM Dominoes (DR) 2:00 PM DME Day with PRN (GR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movie at the Lodge (LR-L) 7:15 PM Movie Series Madness (GR)	<b>28</b> <b>10:00 AM Guilderland Library Trip</b> <b>1:00 PM Shopping Trip</b> 1:00 PM Billiards (BR) 3:30 PM Valerie Rapson Astronomy Lecture(GR) 4:00 PM Wine and Cheese (LR) 7:15 PM Fictionary Game Night (CR)	<b>29</b> 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 3:00 Good Friday Service (GR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	<b>30</b> 1:30 PM Used To Be Singers (3 <sup>rd</sup> Floor West) <b>2:00 PM Sweat at CapRep</b> 2:30 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)

### ROOM KEY AVILA

Fitness Center: (FC)	Meditation Room: (M)	Wellness Center (WC-112)
Library: (Lib)	Craft Room: (CR)	Media Room: (MR)
Billiards Room: (BR)	Resident Center: (RC)	Living Room: (LR)
Patio: (P)	Dining Room: (DR)	Great Room: (GR)
Bistro: (B)		

### THE LODGE AT AVILA (L)

Library: (Lib-L)	Patio: (PL)
Living Room: (LR-L)	Fitness Center: (FC-L)
Dining Room: (DR-L)	



RETIREMENT COMMUNITY



# FITNESS CALENDAR

# MARCH 2024

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

### Room Key

(P) = Pool (M) = Meditation Room  
(FC-L) = Fitness Center-Lodge  
(FC) = Fitness Center at Avila



RETIREMENT COMMUNITY