

PROGRAM CALENDAR

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		OLDER AMERICANS MONTH	1 10:00 AM Wednesday Walks 1:00 PM Quilting for Charity - Linus Project (4 th Floor West) 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)	2 10:00 AM Library Trip 1:00 PM Shopping Trip 1:00 PM Billiards (BR) 1:30 PM Movie Matinee (GR) 4:00 PM Wine and Cheese with Music by Brian Zapel (LR) 7:15 PM Fictionary Game Night (CR)	3 11:00 AM Western Turnpike Golf Trip 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)	4 12:00 PM Duplicate Bridge (GR) 1:30 PM Used To Be Singers (3 rd Floor West) 2:00 PM Scrabble Group (CR) 5:30 PM Kentucky Derby Party (GR) 7:15 PM Movies at the Lodge (LR-L)
5 Cinco de Mayo 10:30 AM Roman Catholic Mass (GR) 4:00 PM Joe Sorrentino Swing Quartet (GR)	6 10:00 AM Grocery Trip (Trader Joe's) 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 3:30 PM Music by Mike Short (GR) 7:15 PM Bingo (GR)	7 10:00 AM Grocery Trip (Price Chopper) 10:00 AM Dining Committee Meeting (GR) 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Shopping Trip 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	8 12:00 PM Thacher Park Sightseeing and Lunch 1:00 PM Quilting for Charity - Linus Project (4 th Floor West) 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge (LR-L) 4:30 PM Noticing Joy in Grief (GR) 7:15 PM Movie at the Lodge (LR-L) 7:15 PM Movie Series Madness (GR)	9 9:00 AM Dr. Masias Podiatry (WC-112) 10:00 AM Bank Trip 11:00 AM Roman Catholic Mass (GR) 1:00 PM Shopping Trip 1:00 PM Billiards (BR) 1:30 PM Caregiver Support Group Meeting (M) 2:30 PM Building and Grounds Committee Meeting (CR) 4:00 PM Wine and Cheese (LR) 7:15 PM Fictionary Game Night (CR)	10 10:30 AM Saratoga Casino Trip 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	11 Food Drive Day 12:00 PM Duplicate Bridge (GR) 1:30 PM Used To Be Singers(3 rd FloorWest) 2:00 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
12 Mother's Day 10:30 AM Roman Catholic Mass (GR) 4:00 PM Mother's Day Concert by Mark Oldendorf (GR)	13 National Women Check Up Day 10:00 Albany Tulips 1:00 PM Bridge (CR) Podiatry (WC-112) 1:00 PM Shopping Trip 7:15 PM Bingo (GR)	14 National Decency Day 11:00 AM Music at Noon: Findlay Cockrell 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Hospitality Committee Meeting (CR) 1:30 PM Discussions with Rabbi Ami (GR) 3:00 PM Program Committee Meeting (CR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	15 10:00 AM Wednesday Walks 12:30 PM MetOp Encore: Madama Butterfly @ Crossgates 1:00 PM Quilting for Charity - Linus Project (4 th Floor West) 1:30 PM Dominoes (DR) 2:00 PM Asthma 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)	16 10:00 AM Library Trip 10:30 AM Resident Council Meeting (GR) 1:00 PM Shopping Trip 1:00 PM Billiards (BR) 1:30 PM Movie Matinee (GR) 2:00 PM Spirituality Committee Meeting (CR) 4:00 PM Wine and Cheese (LR) 7:15 PM Fictionary Game Night (CR)	17 11:00 AM Stadium Golf Trip 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	18 12:00 PM Duplicate Bridge (GR) 1:30 PM Used To Be Singers (3 rd Floor West) 2:00 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
19 10:00 AM Colonie Farmers Market 10:30 AM Roman Catholic Mass (GR) 2:00 PM Tessa Lark & Frank Vignola @ Troy Music Hall 2:00 PM MetOp On Demand (GR)	20 10:00 AM Grocery Trip (Price Chopper) 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 7:15 PM Bingo (GR)	21 9:00 AM Bocce (Lodge) 10:00 AM Grocery Trip (Trader Joe's) 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Shopping Trip 1:30 PM Avila Book Club (GR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	22 10:00 AM Wednesday Walks 1:00 PM Schuyler Mansion Tour 1:00 PM Quilting for Charity - Linus Project (4 th Floor West) 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)	23 10:00 AM Bank Trip 1:00 PM Shopping Trip 1:00 PM Billiards (BR) 1:30 PM Caregiver Support Group Meeting (M) 1:30 PM Movie Matinee (GR) 3:00 PM Community Service Meeting (CR) 4:00 PM Wine and Cheese (LR) 7:15 PM Fictionary Game Night (CR)	24 11:00 AM Stadium Golf Trip 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF! Happy Hour (CR) 4:30 PM Dinner Out: Scarlet Knife 7:15 PM Trivial Pursuit Night (CR)	25 12:00 PM Duplicate Bridge (GR) 1:30 PM Used To Be Singers (3 rd Floor West) 2:00 PM Scrabble Group (CR) 7:15 PM Movies at the Lodge (LR-L)
26 11:00 AM Roman Catholic Mass (GR) 2:00 PM Movie Showing: The Longest Day (MR)	27 Memorial Day 1:00 PM Bridge (CR) 7:15 PM Bingo (GR)	28 9:00 AM Bocce (Lodge) 10:00 AM Grocery Trip (Aldi) 11:00AM Town Hall(GR) 1:00 PM Shopping Trip 1:00 PM 7 Card Hi-Lo (DR) 3:00 PM Mimi Becker's Discussion Group (M) 7:15 PM Evening Movie (MR)	29 National Senior Health & Fitness Day 10:00 AM Wednesday Walks 1:00 PM Quilting for Charity - Linus Project (4 th Floor West) 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)	30 10:00 AM Library Trip 1:00 PM Shopping Trip 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)	31 11:00 AM Stadium Golf Trip 1:00 PM 7 Card Hi-Lo (DR) 1:00 PM Canasta (CR) 2:30 PM English Country Dance (GR) 4:00 PM TGIF! Happy Hour (CR) 7:15 PM Trivial Pursuit Night (CR)	



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)		

FITNESS CALENDAR

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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 (FC) 1:00PM PRN Balance Class (FC)	2 10:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	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)	4 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)
5 2:00 PM Strength Training (Inhouse TV Channel 1390)	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)	7 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)	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 (FC) 1:00PM PRN Balance Class (FC)	9 10:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	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)	11 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)
12 2:00 PM Strength Training (Inhouse TV Channel 1390)	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)	14 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)	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 (FC) 1:00PM PRN Balance Class (FC)	16 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)	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)	18 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)
19 2:00 PM Strength Training (Inhouse TV Channel 1390)	20 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)	21 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)	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 (FC) 1:00PM PRN Balance Class (FC)	23 10:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	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)	25 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)
26 2:00 PM Strength Training (Inhouse TV Channel 1390)	27 Memorial Day	28 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 12:00 PM Hydro-Riding (P) 12:30 PM Hydro-Riding (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 (FC) 1:00PM PRN Balance Class (FC)	30 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)	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)	

Room Key

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

