

PROGRAM CALENDAR





AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Happy August!</div><div>May this month be filled with sunny days, laughter, and lots of love.</div><div></div></div>			<div></div>	<div></div>	<div><div>1</div><div>10:00 AM Shopping at Price Chopper</div><div>1:00 PM Protestant Worship (GR)</div><div>1:00 PM Shopping Trip</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Canasta (CR)</div><div>4:00 PM TGIF Happy Hour (CR)</div><div>7:15 PM Trivial Pursuit (CR)</div></div>	<div><div>2</div><div>12:00 PM Duplicate Bridge (GR)</div><div>1:30 PM Ustabe Singers (M)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Movie at the Lodge (LR-L)</div><div>NATIONAL COLORING BOOK DAY!</div></div>
<div><div>3</div><div>10:30 AM Catholic Mass (GR)</div><div>2:30 PM Scrabble (CR)</div><div>4:00 PM Jazz Vespers &amp; dinner at: Canali’s Restaurant</div><div></div><div>NATIONAL BROWNIES AT BRUNCH MONTH!</div></div>	<div><div>4</div><div>10:00 AM Shopping at Price Chopper</div><div>1:00 PM Bridge (CR)</div><div>1:00 PM Shopping Trip</div><div>2:00 PM Brownies in the Bistro for National Brownie Month!</div><div>2:00 PM Roundtable Mtg. (M)</div><div>3:00 PM Coloring in the Bistro!</div><div>7:15 PM Bingo (GR)</div></div>	<div><div>5</div><div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div><div>10:00 AM Shopping at Hannaford</div><div>10:00 AM Dining Committee Mtg. (GR)</div><div>11:00 AM Meditation (M)</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Shopping Trip</div><div>2:00 PM Andrew Batista from Towne Techs Computer (GR)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Evening Movie (GR)</div></div>	<div><div>6</div><div>10:00 AM Visit to Guilderland Library</div><div>1:00 PM Quilting/Project Linus (4th Fl. West)</div><div>1:00 PM Shopping Trip</div><div>1:00 PM Caregiver Peer Support Group (M)</div><div>1:30 PM Dominoes (DR)</div><div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div><div>2:30 PM Finance Committee (GR-media side)</div><div>3:30 PM Happy Hour Lodge (LR-L)</div><div>7:15 PM Movie at Lodge</div></div>	<div><div>7</div><div>10:00 AM Shopping at Fresh Market</div><div>10:00 AM Noreen’s Art Class (CR)</div><div>1:00 PM Billiards (BR)</div><div>1:00 PM Shopping Trip</div><div>1:30 PM Movie Matinee w/popcorn &amp; candy (GR)</div><div>4:00 PM Wine &amp; Cheese (LR) w/Brian Zapel</div><div>7:15 PM Fictionary Game Night (CR)</div><div>NATIONAL PURPLE HEART DAY!</div></div>	<div><div>8</div><div>10:00 AM Guided Tour at Honest Weight Food Coop, &amp; Taste Testing too!</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Canasta (CR)</div><div>2:00 PM Shopping Trip</div><div>2:00 PM New Resident Conversation (M)</div><div>4:00 PM TGIF Happy Hour (CR)</div><div>5:00 PM Sea Smoke Restaurant, Green Island, NY</div><div>7:15 PM Trivial Pursuit (CR)</div></div>	<div><div>9</div><div>10:00 AM Glimmerglass “Tosca” 10:00AM (sign-up date expired)</div><div>12:00 PM Duplicate Bridge (GR)</div><div>1:30 PM Ustabe Singers (M)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Movie at the Lodge (LR-L)</div><div>NATIONAL BOOK LOVERS DAY!</div></div>
<div><div>10</div><div>10:30 AM Catholic Mass (GR)</div><div>2:30 PM Scrabble (CR)</div><div>NATIONAL LAZY DAY!</div></div>	<div><div>11</div><div>10:00 AM Shopping at Price Chopper</div><div>1:00 PM Bridge (CR)</div><div>1:00 PM Shopping Trip</div><div>2:00 PM Roundtable Mtg. (M)</div><div>2:30 PM Chair Dancing w/Ashley from Studio One</div><div>3:00 PM Coloring in the Bistro!</div><div>3:30 PM Mike Short “Monday Concert” (GR)</div><div>7:15 PM Bingo (GR)</div></div>	<div><div>12</div><div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div><div>10:00 AM Shopping at Hannaford</div><div>11:00 AM Meditation (M)</div><div>1:00 PM Shopping Trip</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:30 PM Hospitality Committee Mtg. (CR)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Evening Movie (GR)</div></div>	<div><div>13</div><div>10:00 AM Shopping at Trader Joe’s</div><div>1:00 PM Shopping Trip</div><div>1:00 PM Quilting/Project Linus (4th Fl. West)</div><div>1:30 PM Dominoes (DR)</div><div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div><div>3:30 PM Happy Hour Lodge (LR-L) Music by Dr. Olendorf!!</div><div>5:00 PM Dinner at D’Raymonds Restaurant</div><div>7:15 PM Movie at Lodge</div><div>NATIONAL FILET MIGNON DAY!</div></div>	<div><div>14</div><div>9:00 AM Dr. Masias</div><div>10:00 AM Shopping at Stuyvesant Plaza</div><div>1:00 PM Billiards (BR)</div><div>1:30 PM Movie Matinee w/popcorn &amp; candy (GR)</div><div>2:00 PM Shopping Trip</div><div>3:30 PM Valerie Rapson (GR) “Spinning in Space”</div><div>4:00 PM Wine &amp; Cheese (LR)</div><div>7:15 PM Fictionary Game Night (CR)</div></div>	<div><div>15</div><div>11:30 AM Western Turnpike Golfing</div><div>11:00 AM Mass – The Assumption of the Blessed Mary (GR)</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Canasta (CR)</div><div>3:00 PM Eileen Mack (GR)</div><div>4:00 PM TGIF Happy Hour (CR)</div><div>7:15 PM Trivial Pursuit (CR)</div><div>NATIONAL RELAXATION DAY!</div></div>	<div><div>16</div><div>12:00 PM Duplicate Bridge (GR)</div><div>1:30 PM Ustabe Singers (M)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Movie at the Lodge (LR-L)</div></div>
<div><div>17</div><div>10:30 AM Catholic Mass (GR)</div><div>2:30 PM Scrabble (CR)</div><div>4:00 PM Joe Sorrentino (GR)</div><div>NATIONAL NONPROFIT DAY!</div></div>	<div><div>18</div><div>10:00 AM Shopping at Price Chopper</div><div>1:00 PM Bridge (CR)</div><div>1:00 PM Shopping Trip</div><div>2:00 PM Roundtable Mtg. (M)</div><div>3:00 PM Coloring in the Bistro!</div><div>7:15 PM Bingo (GR)</div></div>	<div><div>19</div><div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div><div>10:00 AM Visit to Guilderland Library</div><div>11:00 AM Meditation (M)</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:30 PM Book Club (GR)</div><div>2:00 PM Site seeing at Thatcher Park &amp; Ice Cream at Tastee Treat New Scotland Rd., Slingerlands, NY</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Evening Movie (GR)</div><div>NATIONAL SOFT ICE CREAM DAY!</div></div>	<div><div>20</div><div>10:00 AM Shopping at Hannaford</div><div>1:00 PM Caregiver Peer Support Group (M)</div><div>1:00 PM Quilting/Project Linus (4th Fl. West)</div><div>1:00 PM Shopping Trip</div><div>1:30 PM Dominoes (DR)</div><div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div><div>2:30 PM Laudato Si Group Presentation w/George Gerardi (GR)</div><div>3:30 PM Happy Hour Lodge (LR-L)</div><div>7:15 PM Movie at Lodge</div><div>7:15 PM Diane Geddes “Standard Time” (GR)</div></div>	<div><div>21</div><div>10:00 AM Shopping at Target</div><div>1:30-3:30 PM National Senior Citizens Day Carnival! (GR)</div><div>2:00 PM Spirituality Committee Mtg. (CR)</div><div>4:00 PM Wine &amp; Cheese (LR)</div><div>7:15 PM Fictionary Game Night (CR)</div><div>NATIONAL SENIOR CITIZEN’S DAY!</div></div>	<div><div>22</div><div>10:00 AM Visit to Schuyler Mansion lunch at The Olde English Pub</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Canasta (CR)</div><div>2:00 PM New Resident Conversation (M)</div><div>4:00 PM TGIF Happy Hour (CR)</div><div>7:15 PM Trivial Pursuit (CR)</div></div>	<div><div>23</div><div>12:00 PM Duplicate Bridge (GR)</div><div>12:00 PM Shakespeare &amp; Company “Taming of the Shrew” Lenox, MA (sign-up date expired)</div><div>1:30 PM Ustabe Singers (M)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Movie at the Lodge (LR-L)</div><div>NATIONAL SPONGE CAKE DAY!</div></div>
<div><div>24</div><div>11:00 AM Catholic Mass (GR)</div><div>12:30 PM Tanglewood, Lenox, MA “Beethoven Symphony No 9, Ode to Joy (sign-up date expired)</div><div>2:30 PM Scrabble (CR)</div></div>	<div><div>25</div><div>10:00 AM Capital Hill Historic Walking tour with Tony OPalka (no uphill walking) Lunch at City Line Bar &amp; Grill</div><div>1:00 PM Bridge (CR)</div><div>2:00 PM Roundtable Mtg. (M)</div><div>2:30 PM Chair Dancing w/Ashley from Studio One</div><div>3:00 PM Coloring in the Bistro!</div><div>7:15 PM Bingo (GR)</div><div>NATIONAL PARK SERVICE FOUNDERS DAY!</div></div>	<div><div>26</div><div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div><div>10:00 AM Shopping at Price Chopper</div><div>11:00 Town Hall Meeting (GR)</div><div>1:00 PM Shopping Trip</div><div>2:00 PM Enjoy a popsicle in the Resident Business office!</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Evening Movie (GR)</div><div>NATIONAL CHERRY POPSICLE DAY!</div></div>	<div><div>27</div><div>10:00 AM Visit to Ten Broeck Mansion &amp; Lunch at Swifty’s, Delmar, NY</div><div>1:00 PM Quilting/Project Linus (4th Fl. West)</div><div>1:30 PM Dominoes (DR)</div><div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div><div>3:30 PM Happy Hour Lodge (LR-L) with music by Ken Blatt</div><div>7:15 PM Movie at Lodge</div></div>	<div><div>28</div><div>10:00 AM Shopping at Hannaford</div><div>1:00 PM Billiards (BR)</div><div>1:00 PM Shopping Trip</div><div>1:30 PM Movie Matinee w/popcorn &amp; candy (GR)</div><div>4:00 PM Wine &amp; Cheese (LR)</div><div>7:15 PM Fictionary Game Night (CR)</div><div>NATIONAL THOUGHTFUL DAY!</div></div>	<div><div>29</div><div>10:00 AM Shopping at Fresh Market Latham, NY</div><div>1:00 PM Shopping Trip</div><div>1:00 PM 7 Card Hi Lo (DR)</div><div>1:00 PM Canasta (CR)</div><div>3:00 PM Laura Collins (GR)</div><div>4:00 PM TGIF Happy Hour (CR)</div><div>5:00 PM Dinner at Katie O’Byrnes Restaurant</div><div>7:15 PM Trivial Pursuit (CR)</div></div>	<div><div>30</div><div>12:00 PM Duplicate Bridge (GR)</div><div>1:30 PM Ustabe Singers (M)</div><div>2:00 PM Scrabble (CR)</div><div>7:15 PM Movie at the Lodge (LR-L)</div></div>
<div><div>31</div><div>10:30 AM Catholic Mass (GR)</div><div>2:30 PM Scrabble (CR)</div></div>			<div>NOTES:</div> <div>*There will NOT be a Community Services Meeting, nor Bldgs. &amp; Grounds in August 2025</div> <div>*There will NOT be any “Walking at the Crossings” moving forward.</div> <div>* There will NOT be a Program Committee Mtg. in August 2025</div>			
<div>Room Key</div> <div>(P) = Pool (M) = Meditation Room</div> <div>(FC-L) = Fitness Center-Lodge</div> <div>(FC) = Fitness Center at Avila</div>		<div>AVILA</div> <div>Fitness Center: (FC)</div> <div>Library: (Lib)</div> <div>Billiards Room: (BR)</div> <div>Patio: (P)</div> <div>Bistro: (B)</div> <div>Meditation Room: (M)</div> <div>Craft Room: (CR)</div> <div>Resident Center: (RC)</div> <div>Dining Room: (DR)</div> <div>Wellness Center (WC-112)</div> <div>Media Room: (MR)</div> <div>Living Room: (LR)</div> <div>Great Room: (GR)</div>				



FITNESS CALENDAR

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<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) 12:30 PM Hydro-Riding(P)	<b>2</b> 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 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/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	<b>5</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	<b>6</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00 PM PRN Balance Class (FC)	<b>7</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 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) 12:30 PM Hydro-Riding(P)	<b>9</b> 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 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/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	<b>12</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	<b>13</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00 PM PRN Balance Class (FC)	<b>14</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<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) 12:30 PM Hydro-Riding(P)	<b>16</b> 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 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/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	<b>19</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	<b>20</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00 PM PRN Balance Class (FC)	<b>21</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 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) 12:30 PM Hydro-Riding(P)	<b>23</b> 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 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/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:30 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	<b>26</b> 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	<b>27</b> 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00 PM PRN Balance Class (FC)	<b>28</b> 9:00 AM Full Body Stretch (FC) 10:00 AM Chair Dancing (FC) 11:00 AM Strength Training (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	<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) 12:30 PM Hydro-Riding(P)	<b>30</b> 10:00 AM Senior Exercise with MaryJane (In-house TV Channel 1390) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)
<b>31</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)						



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