












PROGRAM CALENDAR				DECEMBER 2025		
SUNDA Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 Shopping Trip 2:00 PM Roundtable Mtg.(M) 3:30 Music Mondays with Mike Short & Vicki Gayle (GR) 7:15 PM Bingo (GR) NATIONAL EAT A RED APPLE DAY!	2 10:00 AM Shopping at Hannaford 10:00 AM Dining Committee (GR) 10:30 AM Let’s Paint or Color a Giant Winter Scene Poster for Display! (CR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 3:00 PM Healthy Holiday Presentation with Nina! 7:15 PM Evening Movie (GR)	3 10:00 AM Shopping at Trader Joe’s 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Shopping Trip 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:00 PM Christmas Tree Lighting at the Lodge!  3:30 PM Happy Hour at the Lodge w/ Music by: “Standard Time” 7:15 PM Movie at Lodge	4 10:00 AM Shopping at Walmart 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee (GR) 3:00 PM Community Services Mtg. (CR) 3:30 PM Christmas Tree Lighting at the Main Bldg.!  4:00 PM Wine & Cheese (LR) w/Brian Zapel 7:15 PM Fictionary Game Night (CR)	5 10:00 AM Shopping at Wit’s End & Lunch at Cracker Barrel 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:00 PM Protestant Worship (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL BARTENDER’S DAY!	6 10:30 AM St. Nicholas Day at Crailo Historic Site!! 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 
7 10:30 AM Catholic Mass (GR) 2:00 PM Palace Theater – Magic of the Season – Albany Symphony – Sign up expired 2:30 PM Scrabble (CR) 4:00 PM Music w/ David Brickman & Patricia Sunwoo on Violin & Viola (GR) NATIONAL PEARL HARBOR REMEMBRANCE DAY! 	8 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR) 	9 10:00 AM Shopping at Hannaford 10:30 AM Have Fun & Decorate Holiday Cards for your loved ones & friends! (CR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 1:30 PM Hospitality Committee Mtg (CR) 2:00 PM Scrabble (CR) 2:30 PM Town Tech’s Andrew Batista - Presentation on Computer Scam Prevention (GR) 3:00 PM Program Committee Mtg (CR) 7:15 PM Evening Movie (GR) NATIONAL CHRISTMAS CARD DAY!	10 10:00 AM Shopping at Trader Joe’s 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Shopping Trip 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) 2:00 PM Noreen’s Art Class (CR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge 7:15 PM Master Storyteller Jonathan Kruk: Production of: “December Holiday Tales” (GR) 	11 9:00 AM Dr. Masias (M) 10:00 AM Shopping at Target 1:00 PM Billiards (BR) 1:00 PM Shopping Trip MATI NEE CANCELLED 2:00 PM Unidine Cooking Demonstration! (GR) 2:30 PM Bldgs. & Grounds (CR) 3:00 PM Community Services Mtg. (CR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) 	12 10:00 AM Shopping at Stuyvesant Plaza 11:00 AM Father Kane Ecumenical Program “Isaiah – Advent Program” (GR) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:00 PM Shopping Trip 1:30 PM Let’s Decorate Pre-Built Gingerbread Houses for display! (GR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL GINGERBREAD DAY! 	13 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) NATIONAL VIOLIN DAY! 
14 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR) Hanukkah  Begins! 12/14/25-12/21/25	15 10:00 AM Shopping at Price Chopper 10:30 AM Let’s Decorate & Share Holiday Recipe Cards (CR) 1:00 PM Bridge (CR) 1:00PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro! 3:30 PM Mike Short Holiday Special w/Rick Lemperle & Vicki Gayle (GR) 7:15 PM Bingo (GR)	16 10:00 AM Visit to Schenectady County Historical Society Museum/Library for “Festival of Trees” Lunch at Katie O’Byrnes 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Book Club (M) 2:00 PM Scrabble (CR) 2:30 PM Environmental Session: Speaker: Prof. Thomas Chretien (GR) 7:15 PM Evening Movie (GR) 	17 10:00 AM Shopping at Hannaford 12:30 PM Staff Holiday Luncheon (GR) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour at the Lodge w/ Music by: “Eribeth Duo” Cello/Violin 7:15 PM Movie at Lodge NATIONAL WRIGHT BROTHER’S DAY!	18 10:00 AM Shopping at Trader Joe’s 10:30 AM Resident Council General Mtg. (GR) 1:00 PM Billiards (BR) 1:00 PM Visit to Guilderland Library 1:30 PM Movie Matinee (GR) 2:00 PM Spirituality Committee Mtg (CR) 3:30 Valerie Rapson “What’s Up in Astronomy” (GR) 4:00 PM Wine & Cheese (LR) with (12-Days of Christmas Performance) 7:15 PM Fictionary Game Night (CR)	19 10:00 AM Shopping at Honest Weight 12:00 PM Writing Project Luncheon at Avila 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM Teresian House Tree Lighting 3:00 PM Wear your “Ugly Sweater” in the Bistro & enjoy Cookies & Apple Cider! 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL UGLY SWEATER DAY! 	20 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) NATIONAL GO CAROLING DAY! 
21 10:30 AM Catholic Mass (GR) 1:00 PM Congregation Beth Emeth Choir & Cookie Decorating (GR) 2:00 PM Troy Music Hall – Many Moods of Christmas – Sign up has expired 2:30 PM Scrabble (CR)  WINTER SOLSTICE!	22 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR) NATIONAL DATE NUT BREAD DAY!	23 10:00 AM Shopping at Hannaford 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Let’s Visit Bella Napoli for Holiday Pastries! 2:00 PM Scrabble (CR) 5:00 PM Dinner at Athos Restaurant 7:15 PM Evening Movie (GR)	24 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) HAPPY HOUR AT THE LODGE CANCELLED 7:15 PM Movie at Lodge CHRISTMAS EVE!	25 MERRY CHRISTMAS! 	26 10:00 AM Shopping at Stuyvesant Plaza 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:00 PM Shopping Trip NO NEW RESIDENT MTG TODAY 3:00 PM Laura Collins (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) 	27 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) NATIONAL FRUIT CAKE DAY! 
28 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers and dinner at Blue Ribbon	29 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)	30 10:00 AM Shopping at Hannaford 11:00 AM Town Hall Mtg. (GR) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR) NATIONAL BACON DAY!	31 10:00 AM Shopping at Trader Joe’s 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Shopping Trip 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 4:00 PM-6:00 PM New Year’s Eve Party! (GR) 7:15 PM Movie at Lodge NEW YEARS EVE!			

AVILA






Fitness Center: (FC)
Library: (Lib)
Billiards Room: (BR)
Patio: (P)
Bistro: (B)

Meditation Room: (M)
Craft Room: (CR)
Resident Center: (RC)
Dining Room: (DR)

Wellness Center (WC-112)
Media Room: (MR)
Living Room: (LR)
Great Room: (GR)

Room Key

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

FITNESS CALENDAR				DECEMBER 2025		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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)	2 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	3 9:15 AM Drumming Fitness (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)	4 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)	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) 12:30 PM Hydro-Riding(P)	6 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)
7 2:00 PM Strength Training (Inhouse TV Channel 1390) 	8 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)	9 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)	10 9:15 AM Drumming Fitness (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)	11 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)	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) 12:30 PM Hydro-Riding(P)	13 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)
14 2:00 PM Strength Training (Inhouse TV Channel 1390) 	15 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)	16 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	17 9:15 AM Drumming Fitness (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)	18 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)	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) 12:30 PM Hydro-Riding(P)	20 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)
21 2:00 PM Strength Training (Inhouse TV Channel 1390) 	22 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)	23 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)	24 9:15 AM Drumming Fitness (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) CHRISTMAS EVE!	25 NO FITNESS CLASSES 	26 NO FITNESS CLASSES	27 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)
28 2:00 PM Strength Training (Inhouse TV Channel 1390)	29 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)	30 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	31 9:15 AM Drumming Fitness (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) HAPPY NEW YEAR!			



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

