

PROGRAM CALENDAR					JANUARY 2026	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>HAPPY NEW YEAR!! 2026</div> <div></div> <div>11:00 AM Catholic Mass (GR)</div>	<div>2</div> <div>10:00 AM Shopping at Hannaford</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>1:00 PM Shopping Trip</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Trivial Pursuit (CR)</div>	<div>3</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)</div>
<div>4</div> <div>10:30 AM Catholic Mass (GR)</div> <div>2:00 PM Union College – Capital Region Classics Concert w/Emanuel Ax</div> <div>2:30 PM Scrabble (CR)</div>	<div>5</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>3:30 PM Music Mondays with Mike Short (GR)</div> <div>7:15 PM Bingo (GR)</div>	<div>6</div> <div>10:00 AM Dining Committee Meeting (GR)</div> <div>10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.)</div> <div>11:00 AM Free Concert – GE Theater at Proctors - (Hudson-Mohawk American Theater Organ Society)</div> <div>11:00 AM Meditation (M)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>2:00 PM Barbara Howansky Health Presentation (GR)</div> <div>2:00 PM Scrabble (CR)</div> <div>7:15 PM Evening Movie (GR)</div>	<div>7</div> <div>10:00 AM Shopping at Hannaford</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>3:30 PM Happy Hour at the Lodge – Music by Cole Broderick</div> <div>7:15 PM Movie at Lodge</div>	<div>8</div> <div>10:00 AM Shopping at Trader Joe’s</div> <div>1:00 PM Billiards (BR)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Movie Matinee (GR)</div> <div>2:30 PM Buildings &amp; Grounds Mtg (CR)</div> <div>3:00 PM Community Services Committee (CR)</div> <div>3:30 PM Valerie Rapson (GR)</div> <div>4:00 PM Wine &amp; Cheese (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div>	<div>9</div> <div>10:00 AM Shopping at Stuyvesant Plaza</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>1:00 PM Protestant Worship (GR)</div> <div>1:00 PM Shopping Trip</div> <div>2:00 PM New Resident Conversation (M)</div> <div>3:00 PM Medicaid Presentation w/Myakye Aung (GR)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Trivial Pursuit (CR)</div>	<div>10</div> <div>1:30 PM Ustabe Singers (M)</div> <div>2:00 PM Scrabble (CR)</div> <div>4:00 PM Dr. Oldendorf and Puppet (GR)</div> <div>7:15 PM Movie at the Lodge (LR)</div>
<div>11</div> <div>11:00 AM Catholic Mass (GR)</div> <div>1:30 PM Celebration of Life – Jose Alarcon (GR)</div> <div>2:30 PM Scrabble (CR)</div> <div>4:00 PM Jazz Vespers and dinner at: Blue Ribbon Restaurant</div>	<div>12</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>2:00 PM Corn Hole (GR)</div> <div>2:30 PM Studio One Chair Dancing w/Ashley (FC)</div> <div>3:00 PM Coloring in the Bistro</div> <div>7:15 PM Bingo (GR)</div>	<div>13</div> <div>10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.)</div> <div>11:00 AM Troy Music Hall Free Concert Lost Radio Rounders-Acoustic Americana Trio</div> <div>11:00 AM Meditation (M)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:30 PM Hospitality Committee Mtg (CR)</div> <div>2:00 PM Health Presentation with Nina (GR)</div> <div>2:00 PM Scrabble (CR)</div> <div>3:00 PM Program Committee Mtg (CR)</div> <div>7:15 PM Evening Movie (GR)</div>	<div>14</div> <div>10:00 AM Shopping at Hannaford</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 Noreen’s Art Class (CR)</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 “Game Afternoon” w/instruction by Mike Short -Azulmor Harmonies (GR)</div> <div>3:30 PM Happy Hour at the Lodge</div> <div>7:15 PM Movie at Lodge</div>	<div>15</div> <div>10:00 AM Visit to Albany Institute of History &amp; Art &amp; Lunch at Peaches Cafe</div> <div>10:30AM Resident Council General Mtg.</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Movie Matinee</div> <div>2:00 PM Spirituality (CR)</div> <div>4:00 PM Wine &amp; Cheese (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div>	<div>16</div> <div>10:00 AM Cathedral in Bloom</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>2:30 PM Shopping Trip</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Trivial Pursuit (CR)</div> <div>7:15 PM Cowboy Poet Mark Munzert (GR)</div>	<div>17</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)</div>
<div>18</div> <div>10:30 AM Catholic Mass (GR)</div> <div>2:30 PM Scrabble (CR)</div> <div>4:00 PM Joe Sorrentino Music (GR)</div> <div>NATIONAL THESAURUS DAY!</div>	<div>19</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 Towne Techs Computer Clinic Andrew Batista (GR)</div> <div>3:00 PM Coloring in the Bistro</div> <div>7:15 PM Bingo (GR)</div>	<div>20</div> <div>10:00 AM Shopping at Hannaford</div> <div>10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.)</div> <div>1:00 AM Meditation (M)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Book Club (M)</div> <div>3:00 PM Rehearsal Father O’Brien (GR)</div> <div>2:00 PM Scrabble (CR)</div> <div>EVENING MOVIE CANCELLED</div> <div>5:30 PM – 8:00 PM Private Meeting for: ACPAC Meeting (GR)</div>	<div>21</div> <div>10:00 AM Shopping at Trader Joe’s</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</div> <div>3:00 PM Christian Unity Services Father O’Brien (GR)</div> <div>“U.S. Constitution” (LR-L)</div> <div>3:30 PM Happy Hour at the Lodge</div> <div>7:15 PM Movie at Lodge</div>	<div>22</div> <div>10:00 AM Visit to Guilderland Library</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Brownies in the Bistro!</div> <div>1:30 PM Movie Matinee</div> <div>1:00 PM Shopping Trip</div> <div>4:00 PM Wine &amp; Cheese (LR) w/Brian Zapel</div> <div>7:15 PM Fictionary Game Night (CR)</div> <div>NATIONAL BLONDE BROWNIE DAY!</div>	<div>23</div> <div>10:00 AM Shopping at Target</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>1:00 PM Shopping Trip</div> <div>2:00 PM New Resident Conversation (M)</div> <div>2:30 PM Variety Game Afternoon with Mike Short (GR)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>5:00 PM Dinner at: Grappa 72</div> <div>7:15 PM Trivial Pursuit (CR)</div>	<div>24</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)</div>
<div>25</div> <div>10:30 AM Catholic Mass (GR)</div> <div>11:30 AM Visit to the Irish American Heritage Museum w/boxed lunch</div> <div>2:30 PM Scrabble (CR)</div> <div>NATIONAL IRISH COFFEE DAY!</div>	<div>26</div> <div>11:30 AM Lunch at Olde English Pub</div> <div>1:00 PM Bridge (CR)</div> <div>1:00 PM Shopping Trip</div> <div>2:00 PM Roundtable Mtg.(M)</div> <div>2:00 PM Corn Hole (GR)</div> <div>2:30 PM Studio One Chair Dancing w/Ashley (FC)</div> <div>3:00 PM Coloring in the Bistro</div> <div>7:15 PM Bingo (GR)</div>	<div>27</div> <div>10:00 AM Shopping at Hannaford</div> <div>10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.)</div> <div>11:00 AM Town Hall MTG (GR)</div> <div>1:00 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 Teresian House Presentation on Rehabilitation (GR)</div> <div>2:00 PM Scrabble (CR)</div> <div>7:15 PM Evening Movie (GR)</div>	<div>28</div> <div>10:00 AM Shopping at Trader Joe’s</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 Laudato Si Environmental Meeting (GR)</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 at the Lodge with music by “Izzy”</div> <div>7:15 PM Movie at Lodge</div>	<div>29</div> <div>10:00 AM Shopping at Fresh Market</div> <div>10:30 AM Have Fun! Winter Picture Frame Painting/Decorating (CR)</div> <div>1:00 PM Billiards (BR)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Movie Matinee (LR)</div> <div>4:00 PM Wine &amp; Cheese (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div>	<div>30</div> <div>10:00 AM Visit to Saratoga Casino</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>5:30 PM Shabbat Service (GR)</div> <div>7:15 PM Trivial Pursuit (CR)</div>	<div>31</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)</div>



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)

\*\*Bolded Items Indicate an event to sign up in book or event notice


Room Key

(P) = Pool

(M) = Meditation Room

(FC-L) = Fitness Center-Lodge

(FC) = Fitness Center at Avila

FITNESS CALENDAR				JANUARY 2026		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  NO FITNESS CLASSES	2  NO FITNESS CLASSES	3  NO FITNESS CLASSES
4 2:00 PM Strength Training (Inhouse TV Channel 1390)	5 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)	6 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)	7 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)	8 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)	9 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)	10 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)
11 2:00 PM Strength Training (Inhouse TV Channel 1390)	12 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)	13 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)	14 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)	15 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)	16 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)	17 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)
18 2:00 PM Strength Training (Inhouse TV Channel 1390)	19 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)	20 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)	21 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)	22 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)	23 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)	24 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)
25 2:00 PM Strength Training (Inhouse TV Channel 1390)	26 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)	27 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)	28 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)	29 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)	30 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)	31 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)



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