

# PROGRAM CALENDAR

# JANUARY 2026

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

**AVILA**  
Fitness Center: (FC) Meditation Room: (M)  
Library: (Lib) Craft Room: (CR)  
Billiards Room: (BR) Resident Center: (RC)  
Patio: (P) Dining Room: (DR)  
Bistro: (B) 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
				<b>1</b> NO FITNESS CLASSES	<b>2</b> NO FITNESS CLASSES	<b>3</b> NO FITNESS CLASSES
<b>4</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>5</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>6</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>7</b> 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)	<b>8</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>9</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>10</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>11</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>12</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>13</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>14</b> 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)	<b>15</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>16</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>17</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>18</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>19</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>20</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>21</b> 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)	<b>22</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>23</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>24</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)
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THE LODGE AT AVILA (L)

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