







PROGRAM CALENDAR

JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR)</div> <div></div> <div>NATIONAL GARDENING WEEK!</div>	<div>2</div> <div>10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg. (M) 3:30 PM First Monday Concert w/Mike Short & Garret Szantner (GR) 7:15 PM Bingo (GR)</div> <div>NATIONAL LEAVE THE OFFICE EARLY DAY!</div>	<div>3</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Hannaford 10:00 AM Dining Committee Mtg. (GR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)</div>	<div>4</div> <div>9:30 AM Wednesday Walk at the Crossings 11:00 AM- Visit to Sunnycrest Markets & lunch, Sharon Springs, NY 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 Lodge (LR-L) w/Standard Time Duo 7:15 PM Movie at Lodge</div> <div>NATIONAL CHEESE DAY!</div>	<div>5</div> <div>10:00 AM Shopping at The Fresh Market, Latham, NY 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:00 PM Ice Cream Social at the Lodge! 3:00 PM Community Services Mtg (CR) 4:00 PM Wine & Cheese (LR) w/Brian Zapel 7:15 PM Fictionary Game Night (CR)</div>	<div>6</div> <div>10:00 AM Shopping at Trader Joe’s 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 1:00 PM Canasta (CR) 1:00 PM Protestant Worship (GR) 3:00 PM Benjamin Pomerance, Esq. Deputy Counsel NYS Department of Veterans' Services - Presentation in honor of D-Day (GR) 4:00 PM TGIF Happy Hour (CR) 5:00 PM Dinner at Barnsider Restaurant 7:15 PM Trivial Pursuit (CR)</div> <div>D-DAY</div>	<div>7</div> <div>12:00 PM – Private Party 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L)</div> <div>NATIONAL BLACK</div> <div></div> <div>BEAR DAY!</div>
<div>8</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers & Dinner at Blue Ribbon</div> <div></div> <div>NATIONAL BEST FRIENDS DAY!</div>	<div>9</div> <div>10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:30 PM Visit to Krause’s Candy! 2:00 PM Roundtable Mtg. (M) 2:30 PM Studio 1 Chair Dancing (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)</div> <div>NATIONAL FUDGE DAY!</div>	<div>10</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Hannaford 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Hospitality Committee Mtg. (CR) 2:00 PM Puzzles, Pie & Fun at the Lodge! (Library area) 2:00 PM Scrabble (CR) 2:30 PM Visit to Crumbl Cookies for National Frosted Cookie Day 3:00 PM Program Committee Mtg (CR) 7:15 PM Evening Movie (GR)</div>	<div>11</div> <div>9:30 AM Wednesday Walk at the Crossings 10:30 AM Be Creative! Painting on canvas at the Lodge 1:00 PM Shopping Trip 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregivers Peer Support Group (M) 1:30 PM Dominoes (DR) 2:00 PM Medicare Scams Presentation w/ Sandra Kahlon (GR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge</div>	<div>12</div> <div>9:00 AM Dr. Masias 10:00 AM Visit to Fort William Henry Museum & Lunch at Lakeside. 1:00 PM Billiards (BR) 1:30 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:30 PM Bldgs. & Grounds Committee Mtg.(CR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)</div> <div>NATIONAL RED ROSE DAY!</div>	<div>13</div> <div>10:00 AM Visit to Saratoga Casino 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation Meeting (M) 4:00 PM Mark Tolstrup Music (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)</div>	<div>14</div> <div>1:30 PM Ustabe Singers (M) 2:30 PM Capitaland Chorus of Albany – Award Winning Women’s Barbershop Chorus (GR) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L)</div> <div></div>
<div>15</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR)</div> <div></div>	<div>16</div> <div>10:00 AM Shopping at Price Chopper 12:30 PM Lunch at Peaches Café, Stuyvesant Plaza 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)</div>	<div>17</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to Gade Farm Altamont, NY 10:30 AM Painting your own decorative stepping stone! (CR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Book Club (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie</div> <div>NATIONAL EAT YOUR VEGETABLES DAY!</div>	<div>18</div> <div>9:30 AM Wednesday Walk at the Crossings 11:00 AM Shopping at Hannaford 1:00 PM Quilting/Project Linus (4th Fl. West) 2:00 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) 2:30 PM – George Gerardi Presentation on the environment (GR) 3:30 PM Happy Hour Lodge Andre O'Neil on cello & Jessica Belflower violinist. 7:00 PM – Schenectady County Dog Club Demonstration w/Vicki (GR) 7:15 PM Movie at Lodge</div>	<div>19</div> <div>NO ACTIVITIES TODAY!</div> <div></div>	<div>20</div> <div>11:30 PM Golfing at Western Turnpike 1:00 PM Shopping Trip 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:30 PM David Allen Miller of the Albany Symphony Orchestra Presentation (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)</div> <div>FIRST DAY OF SUMMER!</div> <div></div>	<div>21</div> <div>12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 3:00 PM Mac-Haydn Theater “Guys and Dolls” & Dinner at Jackson’s Old Chatham House 7:15 PM Movie at the Lodge (LR-L)</div> <div>NATIONAL PEACHES AND CREAM DAY!</div> <div></div>
<div>22</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:30 PM Tony Rarus Musical Performance (GR)</div> <div></div>	<div>23</div> <div>10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Cookies in the Bistro!! 2:00 PM Roundtable Mtg. (M) 2:30 PM Studio 1 Chair Dancing (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)</div> <div>NATIONAL PECAN SANDIES DAY!!</div>	<div>24</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Voting for Primary at Empire Christian Center 11:00 AM Town Hall Mtg. (GR) 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Andrew Batista – Town Tech’s First Computer Clinic! (GR) 2:00 PM Coloring Fun at the Lodge – Cookies & Coffee too! 2:00 PM Scrabble (CR) 3:00 PM Voting for Primary at Empire Christian Center 7:15 PM Evening Movie w/flavored Popcorn & Candy!! (GR)</div>	<div>25</div> <div>9:30 AM Wednesday Walk at the Crossings 11:00 AM Craft Time at the Lodge - Painting your own stepping stone decoration 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 Shopping Trip 1:00 PM Caregivers 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) 2:00 PM Ice Cream Social at the Bistro 3:30 PM Happy Hour Lodge 7:15 PM Movie at Lodge 7:15 PM Jill Smith Broadway Musical Lecture w/Music (GR)</div>	<div>26</div> <div>10:00 AM Visit to Rivers Casino 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:00 PM Noreen’s Art Class (CR) 4:00 PM Wine & Cheese (LR) 5:00 PM Lake Ridge Restaurant, Round Lake, NY 7:15 PM Fictionary Game Night (CR)</div>	<div>27</div> <div>10:00 AM Shopping Lee Outlets 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation Meeting (M) 3:00 PM Laura Collins Music (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)</div>	<div>28</div> <div>1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 4:00 PM Dr. Oldendorf Music (GR) 7:15 PM Movie at the Lodge (LR-L)</div> <div></div>
<div>29</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Daniel Pascoe Aguilar Opera Singer w/ opera oratorio arias (GR)</div>	<div>30</div> <div>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 3:30 PM Mike Short w/Sam Schollenberger (GR) 7:15 PM Bingo (GR)</div>	<div>AVILA</div> <div><div>Fitness Center: (FC)</div><div>Library: (Lib)</div><div>Billiards Room: (BR)</div><div>Patio: (P)</div><div>Bistro: (B)</div></div> <div><div>Meditation Room: (M)</div><div>Craft Room: (CR)</div><div>Resident Center: (RC)</div><div>Dining Room: (DR)</div></div> <div><div>Wellness Center (WC-112)</div><div>Media Room: (MR)</div><div>Living Room: (LR)</div><div>Great Room: (GR)</div></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>

FITNESS CALENDAR

JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>2:00 PM Strength Training (Inhouse TV Channel 1390)</div> <div></div>	<div>2</div> <div>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)</div>	<div>3</div> <div>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</div>	<div>4</div> <div>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) 1:00PM PRN Balance Class (FC)</div>	<div>5</div> <div>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)</div>	<div>6</div> <div>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)</div>	<div>7</div> <div>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)</div>
<div>8</div> <div>2:00 PM Strength Training (Inhouse TV Channel 1390)</div> <div></div>	<div>9</div> <div>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)</div>	<div>10</div> <div>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)</div>	<div>11</div> <div>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) 1:00PM PRN Balance Class (FC)</div>	<div>12</div> <div>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)</div>	<div>13</div> <div>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)</div>	<div>14</div> <div>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)</div>
<div>15</div> <div>2:00 PM Strength Training (Inhouse TV Channel 1390)</div> <div></div>	<div>16</div> <div>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)</div>	<div>17</div> <div>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</div>	<div>18</div> <div>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) 1:00PM PRN Balance Class (FC)</div>	<div>19</div> <div>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)</div>	<div>20</div> <div>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)</div>	<div>21</div> <div>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)</div>
<div>22</div> <div>2:00 PM Strength Training (Inhouse TV Channel 1390)</div> <div></div>	<div>23</div> <div>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)</div>	<div>24</div> <div>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)</div>	<div>25</div> <div>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) 1:00PM PRN Balance Class (FC)</div>	<div>26</div> <div>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)</div>	<div>27</div> <div>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)</div>	<div>28</div> <div>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)</div>
<div>29</div> <div>2:00 PM Strength Training (Inhouse TV Channel 1390)</div> <div></div>	<div>30</div> <div>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)</div>					



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