

# PROGRAM CALENDAR

# JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> <b>10:00 AM Shopping at Price Chopper</b> 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro 3:30 PM Music Mondays w/Mike Short (GR) 7:15 PM Bingo (GR)	<b>2</b> 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dining Committee Mtg. (GR) 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 11:30 AM Joan Johnson Informational Table June Primary Elections (LR) 1:00 PM 7 Card Hi Lo Poker (DR) <b>1:30 PM Shopping at Trader Joe's</b> 2:00 PM Tick Prevention presentation with Nina (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)	<b>3</b> 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) <b>1:30 PM Shopping Trip (CR)</b> 3:00 PM Laura Collins Music (GR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge 	<b>4</b> 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) <b>1:30 PM Shopping Trip (CR)</b> 1:30 PM Movie Matinee 3:00 PM Community Services Meeting (CR) 4:00 PM Wine & Cheese w/Brian Zapel (LR) 7:15 PM Fictionary Game Night (CR)	<b>5</b> 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 1:00 PM Protestant Worship Group (GR) <b>1:30 PM Visit to Guilderland Library</b> 2:30 PM Community Outreach – Daughter for Hire Lemonade Stand Mixer (Courtyard) 4:00 PM TGIF Happy Hour (CR) 	<b>6</b> 12:00 PM Duplicate Bridge 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) <p style="text-align: center;"><b>D-DAY</b></p> 	
<b>7</b> 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) <b>4:30 PM Red's Restaurant, West Coxsackie, NY</b> <p style="text-align: center;"><b>NATIONAL GARDENING WEEK!</b></p>	<b>8</b> <b>10:00 AM Shopping at Hannaford</b> 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 1:30 PM Metropolitan Opera 2024 Production of: Romeo and Juliet on Screen in the (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) 	<b>9</b> 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation – ZOOM (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Hospitality Committee Mtg (CR) <b>1:30 PM Shopping at Price Chopper</b> 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg (CR) 4:00 PM Albany High School Musical Group (GR) 7:15 PM Evening Movie (GR)	<b>10</b> 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) <b>1:30 PM Bridge Lessons w/Rhoda (CR)</b> <b>1:30 PM Shopping Trip (CR)</b> 1:30 PM From the National Theater at Home – Screening of the play Jane Eyre (GR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge	<b>11</b> 9:00 AM Dr. Masias (M) 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) <b>1:30 PM Shopping Trip (CR)</b> 1:30 PM Movie Matinee 2:30 PM Bldgs. & Grounds (CR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) 	<b>12</b> <b>10:30 AM LULU's Custom Planting Class (CR)</b> 11:30 AM Golfing at Mills Road Acres 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 2:30 PM Alzheimer's & Brain Awareness presentation w/Nina (GR) 4:00 PM TGIF Happy Hour (CR)	<b>13</b> 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 4:00 PM Capitaland Chorus (GR) 7:15 PM Movie at the Lodge (LR) 	
<b>14</b> 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR) <p style="text-align: center;"><b>FLAG DAY</b></p> 	<b>15</b> <b>10:00 AM Shopping at Price Chopper</b> 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:00 PM VIA Aquarium Presentation on Sharks and Megalodon (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) <p style="text-align: center;"><b>NATIONAL MEGALODON DAY</b></p>	<b>16</b> 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Ice Cream Social w/PRN, OT, SLP, PLLC in the (Courtyard area) <b>1:30 PM Shopping at Hannaford</b> 1:30 PM Book Club (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)	<b>17</b> <b>10:00 AM Visit to Golden Harvest Orchards!</b> 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) <b>2:00 PM Shopping Trip (CR)</b> 3:30 PM Happy Hour at the Lodge w/ Standard Time Music! With Diane Geddes 7:15 PM Movie at Lodge <p style="text-align: center;"><b>NATIONAL "EAT YOUR VEGETABLES DAY!"</b></p> 	<b>18</b> 10:00 AM Visit to the Bronx Museum, Coxsackie, NY w/boxed lunch (sign-up expired) 10:30 AM Resident Council General Mtg (CR) 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee 2:00 PM Spirituality Committee Mtg (CR) 3:30 PM Astronomer Valerie Rapson Presentation (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	<b>19</b> 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) <p style="text-align: center;"><b>JUNETEENTH</b></p> 	<b>20</b> 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) <p style="text-align: center;"><b>NATIONAL AMERICAN EAGLE DAY!</b></p> 	
<b>21</b> 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Kenneth Blatt w/patriotic songs (GR) 	<b>22</b> <b>10:00 AM Shopping at Hannaford</b> 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:00 PM Rabbi Lautman (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 7:15 PM Bingo (GR)	<b>23</b> 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 1:00 PM 7 Card Hi Lo Poker (DR) <b>1:30 PM Shopping at Price Chopper</b> 2:00 PM Scrabble (CR) 2:30 PM Capital Region Audubon Society Presentation (GR) 7:15 PM Evening Movie (GR)	<b>24</b> 11:00 AM Schenectady County Historical Society-The Schenectady Massacre: Schenectady's Darkest Hour (GR) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) <b>1:30 PM Shopping Trip (CR)</b> 2:30 PM George Gerardi – (GR) Environmental Group 3:00 PM Finance Committee Mtg (private DR) 3:30 PM Happy Hour at the Lodge w/Drew Jacobs Music 7:15 PM Movie at Lodge	<b>25</b> 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) <p style="text-align: center;"><b>MOVIE MATINEE CANCELLED</b></p> 2:30 PM Avila's First Art Gallery Showing (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	<b>26</b> 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) <b>1:30 PM Shopping Trip (CR)</b> 3:00 PM Musical Performance Singer/Songwriter Terra Naomi (GR) 4:00 PM TGIF Happy Hour (CR) 6:00 PM iTheater Saratoga “It Can't Happen Here” (sign up expired) 	<b>27</b> 12:00 PM Duplicate Bridge 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)	
<b>28</b> 10:30 AM Catholic Mass (GR) 1:00 PM Mac-Haydn Theater Production of 9 to 5 (sign-up expired) 2:30 PM Scrabble (CR)	<b>29</b> <b>10:00 AM Shopping at Price Chopper</b> 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:00 PM Mindfulness & Meditation w/Nina (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	<b>30</b> 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Town Hall Mtg (GR) 1:00 PM 7 Card Hi Lo Poker (DR) <b>1:30 PM Shopping at Hannaford</b> 2:00 PM Scrabble (CR) 2:30 PM Towne Tech Presentation (GR) 7:15 PM Evening Movie (GR)	<p><i>The birth flowers for June are the Rose and the Honeysuckle, symbolizing love, passion, and affection.</i></p>				
<p style="text-align: center;"><b>AVILA</b></p> Fitness Center: (FC)    Meditation Room: (M)    Wellness Center (WC-112) Library: (Lib)    Craft Room: (CR)    Media Room: (MR) Billiards Room: (BR)    Resident Center: (RC)    Living Room: (LR) Patio: (P)    Dining Room: (DR)    Great Room: (GR) Bistro: (B)    (P) Pool    (M) Meditation			<p><b>*Items in bold please sign up in binder</b></p>		<p style="text-align: center;"><b>QUOTES OF THE MONTH</b></p> <p style="text-align: center;"><i>“In early June the world of leaf and blade and flowers explode, and every sunset is different.”</i>  <b>John Steinbeck</b></p> <p style="text-align: center;"><i>It is the month of June, the month of leaves and roses, When pleasant sights salute the eyes, And pleasant scents the noses.</i>  <b>Nathaniel Parker Willis</b></p>		

<b>AVILA</b>		
Fitness Center: (FC)	Meditation Room: (M)	Wellness Center (WC-112)
Library: (Lib)	Craft Room: (CR)	Media Room: (MR)
Billiards Room: (BR)	Resident Center: (RC)	Living Room: (LR)
Patio: (P)	Dining Room: (DR)	Great Room: (GR)
Bistro: (B)	(P) Pool	(M) Meditation

**\*Items in bold please sign up in binder**

**QUOTES OF THE MONTH**

*“In early June the world of leaf and blade and flowers explode, and every sunset is different.”*  
**John Steinbeck**

*It is the month of June, the month of leaves and roses, When pleasant sights salute the eyes, And pleasant scents the noses.*  
**Nathaniel Parker Willis**

# FITNESS CALENDAR

# JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</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>2</b> 9:30 AM Beginner Yoga (FC) 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>3</b> 9:00 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) 11:45 AM Balance w/Maryjane (FC)	<b>4</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>5</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>6</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>7</b> 2:00 PM Strength Training (Inhouse TV Channel 1390)	<b>8</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>9</b> 9:30 AM Beginner Yoga (FC) 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>10</b> 9:00 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) 11:45 AM Balance w/Maryjane (FC)	<b>11</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>12</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>13</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)



*You are never too old to set another goal or to dream a new dream."*  
 C.S. Lewis

