

PROGRAM CALENDAR

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>11:00 AM</u> Mass Holy Day (GR) HAPPY NEW YEAR'S DAY!	2 <u>10:00 AM</u> Shopping at Hannaford <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Billiards (BR) <u>1:30 PM</u> Movie Matinee (GR) <u>4:00 PM</u> Wine & Cheese w/Brian Zapel (LR) <u>7:15 PM</u> Fictionary Game Night (CR)	3 <u>10:00 AM</u> Shopping Target <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>1:00 PM</u> Protestant Worship Service (GR) <u>1:00 PM</u> Canasta (CR) <u>1:30 PM</u> Visit to Krause's Candy <u>4:00 PM</u> TGIF Happy Hour (CR) <u>7:15 PM</u> Trivial Pursuit (CR) National Chocolate Covered Cherry Day!	4 <u>12:00 PM</u> Duplicate Bridge (GR) <u>1:30 PM</u> Ustabe Singers (M) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Movie at the Lodge (LR-L)
5 <u>10:30 AM</u> Catholic Mass (GR) <u>2:30 PM</u> Scrabble <u>7:00 PM</u> Open Karaoke (GR) National Screenwriter's Day!	6 <u>8:30 AM</u> Walk at Crossgate Mall <u>11:30 AM</u> Shopping at Price Chopper <u>1:00 PM</u> Bridge (CR) <u>2:00 PM</u> Shopping <u>2:00 PM</u> Roundtable Mtg. (M) <u>3:30 PM</u> First Monday Concert w/Mike Short (GR) <u>7:15 PM</u> Bingo (GR) National Science Fiction Day!	7 <u>10:00 AM</u> Shopping Hannaford <u>10:00 AM</u> Dining Committee (GR) <u>11:00 AM</u> Meditation (M) <u>1:00 PM</u> Lunch at PF Chang's Restaurant <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>1:30 PM</u> Friends of Bill Mtg. (M) <u>2:00 PM</u> English Country Dancing (GR) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Evening Movie (GR) National Tempura Day!	8 <u>10:00 AM</u> Visit to Barns & Nobel <u>10:30 AM</u> Lecture w/ Gregory Sauer – Sir William Johnson (GR) <u>1:00 PM</u> Quilting Linus Project (4 th Fl. West) <u>1:00 PM</u> Shopping Trip <u>1:30 PM</u> Caregiver Support Group (M) <u>1:30 PM</u> Dominoes (DR) <u>3:30 PM</u> Happy Hour Lodge (LR-L) <u>7:15 PM</u> Move at Lodge (LR-L)	9 <u>11:00 AM</u> Town & Country Bowling <u>1:00 PM</u> Billiards (BR) <u>1:30 PM</u> Movie Matinee (GR) <u>2:30 PM</u> Bldgs. & Grounds (CR) <u>4:00 PM</u> Wine & Cheese (LR) <u>7:15 PM</u> Fictionary Game Night (CR)	10 <u>10:00 AM</u> Saratoga Casino <u>10:30 AM</u> Paint & Plant Stoneware Flower Gardening Kit (CR) <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>1:00 PM</u> Canasta (CR) <u>2:00 PM</u> New Resident Conversation Mtg (GR) <u>4:00 PM</u> TGIF Happy Hour (CR) <u>7:15 PM</u> Trivial Pursuit (CR) National House plant Appreciation Day!	11 <u>1:30 PM</u> Ustabe Singers (M) <u>2:00 PM</u> Scrabble (CR) <u>3:00 PM</u> Schoch /Toss the Feathers -Irish Music Group (GR) <u>7:15 PM</u> Movie at the Lodge (LR-L)
12 <u>11:00 AM</u> Catholic Mass (GR) <u>2:30 PM</u> Scrabble (CR) <u>4:00 PM</u> Joe Sorrentino Music (GR) <u>7:00 PM</u> open Karaoke (GR) National Pizza Week!	13 <u>10:00 AM</u> Shopping at Stuyvesant Plaza <u>1:00 PM</u> Bank Trip <u>1:00 PM</u> Bridge (CR) <u>2:00 PM</u> Roundtable Mtg (M) <u>3:00 PM</u> Thalia Cunningham's Presentation "The Basement Bar mitzvah" Presentation (GR) <u>7:15 PM</u> Bingo (GR)	14 <u>10:00 AM</u> Shopping at Price Chopper <u>11:00 AM</u> Meditation (M) <u>12:30 PM</u> – Lunch at Capital City Diner – On National Hot Pastrami Day! <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>1:00 PM</u> Rabbi Ami Discussion (GR) <u>1:30 PM</u> Hospitality Mtg. (CR) <u>1:30 PM</u> Friends of Bill Mtg. (M) <u>2:00 PM</u> Scrabble (CR) <u>3:00 PM</u> Program Committee (CR) <u>7:15 PM</u> Evening Movie (GR) National Hot Pastrami Day!	15 <u>8:30 AM</u> Walk at Crossgate's Mall <u>10:30 AM</u> Shopping at Hannaford <u>1:00 PM</u> Quilting for Charity Linus Project (4 th Fl. West) <u>1:00 PM</u> Shopping Trip <u>1:30 PM</u> Dominoes (DR) <u>3:00 PM</u> Father O'Brien Rehearsal (GR) <u>3:30 PM</u> Happy Hour at the Lodge (LR-L) <u>7:15 PM</u> Movie at the Lodge (LR-L)	16 <u>10:00 AM</u> Library <u>10:30 AM</u> Resident Council General Mtg. (GR) <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Billiards (BR) <u>1:30 PM</u> Movie Matinee (GR) <u>2:00 PM</u> Spirituality Committee Mtg (CR) <u>4:00 PM</u> Wine & Cheese (LR)w/ musicians Paul Quigley & Jackie Wright <u>7:15 PM</u> Fictionary (CR) National Nothing Day!	17 <u>10:30 AM</u> Andrew Batista Town Techs Computer Knowledge Presentation (GR) <u>12:30 PM</u> – Pizza & Puzzles (GR) <u>11:00 AM</u> "Cathedral in Bloom" at the Cathedral of All Saints <u>1:00 PM</u> Canasta (CR) <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>4:00 PM</u> TGIF Happy Hour (CR) <u>7:15 PM</u> Trivial Pursuit (CR)	18 <u>10:30 AM</u> Shopping at Colonie Center <u>12:00 PM</u> Duplicate Bridge (GR) <u>1:30 PM</u> Ustabe Singers (M) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Movie at the Lodge (LR-L) National "Use your Gift Card Day!"
19 <u>10:30 AM</u> Catholic Mass (GR) <u>2:00 PM</u> Movie Matinee (GR) <u>2:30 PM</u> Scrabble (CR) <u>7:00 PM</u> Open Karaoke (GR) National Popcorn Day!	20 <u>10:00 AM</u> Albany Institute of History & Art – Family Free Day on Martin Luther King Day! <u>1:00 PM</u> Shopping <u>1:00 PM</u> Bridge (CR) <u>2:00 PM</u> Roundtable Mtg. (M) <u>3:00 PM</u> Chris Wisiniewski musical artistry (Country Music) (GR) <u>7:15 PM</u> Bingo (GR) National Martin Luther King Day!	21 <u>10:00 AM</u> Shopping Price Chopper <u>11:00 AM</u> Meditation (M) <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> 7 Card Hi Lo – (DR) <u>1:30 PM</u> Friends of Bill Mtg. (M) <u>1:30 PM</u> Book Club Mtg (GR/Media Room) <u>2:00 PM</u> English Country Dancing (GR/Dance floor. section of room.) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Evening Movie (GR)	22 <u>10:00 AM</u> Shopping at Hannaford <u>1:00 PM</u> Quilting for Charity Linus Project (4 th Fl. West) <u>1:00 PM</u> Shopping Trip <u>1:30 PM</u> Dominoes (DR) <u>1:30 PM</u> Caregiver Support Group (M) <u>3:00 PM</u> Father O'Brien Christian Unity Service (GR) <u>3:30 PM</u> Happy Hour at the Lodge (LR-L) <u>7:15 PM</u> Movie Night at the Lodge (LR-L)	23 <u>10:00 AM</u> Bank Trip <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Billiards (BR) <u>1:00 PM</u> – Enjoy Pie in the Bistro! <u>1:30 PM</u> Movie Matinee (GR) <u>3:00 PM</u> Community Services Mtg. (CR) <u>3:30 PM</u> Valerie Rapsen Presentation on Astronomy (GR) <u>4:00 PM</u> Wine & Cheese (LR) <u>7:15 PM</u> Fictionary (CR) National Pie Day!	24 <u>10:00 AM</u> Shopping at Target <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Canasta (CR) <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>2:00 PM</u> New Resident Conversation Mtg (GR) <u>4:00 PM</u> TGIF Happy Hour (CR) <u>5:30 PM</u> Caren Kotlow Shabbat at Avila w/dinner <u>7:15 PM</u> Trivial Pursuit (CR) National Compliment Day!	25 <u>11:30 AM</u> Visit to Irish Heritage Museum <u>1:30 PM</u> Ustabe Singers (M) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Movie at the Lodge (LR-L) National Irish Coffee Day!
26 <u>10:30 AM</u> Catholic Mass (GR) <u>2:00 PM</u> Fred Selzer – Polar Bear presentation from Churchill, Canada visit. (GR) <u>2:30 PM</u> Scrabble (CR) <u>7:00 PM</u> Open Karaoke (GR)	27 <u>10:00 AM</u> Shopping at Price Chopper <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Bridge (CR) <u>2:00 PM</u> Roundtable Mtg (M) <u>3:00 PM</u> Decorate & enjoy chocolate cupcakes! <u>7:15 PM</u> Bingo (GR) National Chocolate Cupcake Day!	28 <u>10:00 AM</u> Shopping Trader Joe's <u>11:00 AM</u> Town Hall Mtg (GR) <u>11:00 AM</u> Meditation (M) <u>1:00 PM</u> Shopping Trip <u>1:30 PM</u> Friends of Bill Mtg. (M) <u>2:00 PM</u> – Monopoly & Hot Chocolate/Cookies! (GR) <u>2:00 PM</u> Scrabble (CR) <u>7:15 PM</u> Evening Movie (GR)	29 <u>10:00 AM</u> Shopping at Hannaford <u>1:00 PM</u> Quilting for Charity Linus Project (4 th Fl. West) <u>1:00 PM</u> Shopping Trip <u>1:30 PM</u> Dominoes (DR) <u>3:30 PM</u> Happy Hour at the Lodge (LR-L) <u>7:15 PM</u> Mike Short MOPCO/Down the Rabbit Hole Improv. (GR) <u>7:15 PM</u> Happy Hour at the Lodge (LR-L)	30 <u>10:00 AM</u> Bank Trip <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Billiards (BR) <u>1:30 PM</u> Movie Matinee (GR) <u>4:00 PM</u> Wine & Cheese (LR) <u>6:30 PM</u> Proctor's Theater – The Cher Show Musical. <u>7:15 PM</u> Fictionary (CR) National plan your vacation day!	31 <u>10:00 AM</u> Shopping at Target <u>10:30 AM</u> Be Creative w/Paint a canvas picture! (CR) Muffins/coffee too! <u>1:00 PM</u> Shopping Trip <u>1:00 PM</u> Canasta (CR) <u>1:00 PM</u> 7 Card Hi Lo (DR) <u>3:00 PM</u> Barry Wiesenfeld Presentation on the Beatles (GR) <u>4:00 PM</u> TGIF Happy Hour (CR) <u>7:15 PM</u> Trivial Pursuit (CR)	

Room Key

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

AVILA

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)

FITNESS CALENDAR

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HAPPY NEW YEAR!! NO FITNESS CLASSES TODAY	2 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)	3 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)	4 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)
			5 2:00 PM Strength Training (Inhouse TV Channel 1390)	6 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	7 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Meditation (M) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	8 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 Chair Yoga (FC) 1:00PM PRN Balance Class (FC)
12 2:00 PM Strength Training (Inhouse TV Channel 1390)	13 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	14 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Meditation (M) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	15 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 Chair Yoga (FC) 1:00PM PRN Balance Class (FC)	16 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)	17 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)	18 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)
19 2:00 PM Strength Training (Inhouse TV Channel 1390)	20 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	21 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Meditation (M) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi (FC)	22 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 Chair Yoga (FC) 1:00PM PRN Balance Class (FC)	23 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)	24 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)	25 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)
26 2:00 PM Strength Training (Inhouse TV Channel 1390)	27 9:00 AM Pilates/Strength (FC) 10:00 AM Aqua Motion (P) 11:00 AM Hydro Rider (P) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390)	28 10:00 AM Pure Yoga Class (FC) 11:00 AM Stretch, Strength & Balance Class (FC) 11:00 AM Meditation (M) 11:00 AM Pilates with MaryJane (In-house TV Channel 1390)	29 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 Chair Yoga (FC) 1:00PM PRN Balance Class (FC)	30 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)	31 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)	



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

AVILA		
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)		