

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 MAY DAY! 10:00 AM Shopping at Price Chopper 10:30 AM May Day Craft-Let’s Paint Suncatchers! (CR) 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:00 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 4:00 PM Wine & Cheese (LR) with Brian Zapel 7:15 PM Fictionary Game Night (CR)	2 10:00 AM Shopping at Hannaford 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 1:00 PM Canasta (CR) 1:00 PM Protestant Worship Service (GR) 2:30 PM Mental Health Awareness Day! w/ Karen (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)	3 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 5:30 PM – 7:30 PM Kentucky Derby Party (GR) 7:15 PM Movie at the Lodge (LR-L)
4 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR) 7:00 PM Open Karaoke (GR) NATIONAL BIRD DAY! 	5 9:30 AM Shopping at Price Chopper 12:00 PM Lunch at Las Margaritas Slingerlands, NY (reservations made) 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 3:30 PM First Monday Concert w/Mike Short (GR) 7:15 PM Bingo (GR) CINCO DE MAYO DAY!	6 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to Samascott Garden Market, Kinderhook, NY 10:00 AM Dining Committee (GR) 10:30 AM Let’s Paint Suncatchers at the Lodge! 11:00 AM Town Hall Meeting (GR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie w/flavored Popcorn & Candy!! (GR)	7 9:30 AM Wednesday Walk at the Crossings 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 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) 3:30 PM Happy Hour Lodge (LR-L) 5:00 PM Dinner at Sake Japanese Steakhouse 7:15 PM Movie at Lodge (LR-L)	8 9:00 AM Podiatrist: Dr. Masias 10:00 AM Bowling at Town & Country Bowling 1:00 PM Billiards (BR) 2:00 PM Shopping Trip 1:00 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 2:30 PM Bldgs.& Grounds (CR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	9 10:00 AM Visit to FASNY Museum of Firefighting 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation Meeting (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL HOME FRONT HEROS DAY!	10 12:00 PM Duplicate Bridge (GR) 1:00 PM Visit to Albany Institute of History & Art & “Art for All” drop-in art class too! <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)
11 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 7:00 PM Open Karaoke (GR) 	12 10:00 AM Visit to Smith’s Orchard in honor of National Apple Pie Day tomorrow! 1:00 PM Bridge (CR) 2:30 PM Shopping Trip 2:00 PM Roundtable Mtg. (M) 2:30 PM Chair dancing with Ashley at Studio 1 (FC) 3:00 PM Adult Coloring in the Bistro! 3:00 PM League of Women Voter’s Presentation (GR) 7:15 PM Bingo (GR)	13 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Price Chopper 11:00 AM Meditation (M) 1:00 PM Shopping Trip 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Hospitality Mtg. (CR) 2:00 PM Be Creative! Paint Pre-painted Art on Canvas at the Lodge (Library area) 2:00 PM Scrabble (CR) 3:00 PM Program Committee (CR) 7:15 PM Evening Movie w/flavored Popcorn & Candy!! (GR) NATIONAL APPLE PIE DAY!	14 9:30 AM Wednesday Walk at the Crossings 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregivers Peer Support Group (M) 1:30 PM Visit to Guptill’s Ice Cream! 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) 7:15 PM – Music by IZZY of “As Is” (GR) 7:15 PM Movie at Lodge (LR-L)	15 10:00 AM Shopping at Target 10:00 AM Painting Class w/Noreen (CR) 10:30 AM Resident Council General Mtg (GR) 1:00 PM Billiards (BR) 1:00 PM Shopping 2:30 PM – 3:45 PM “Gift of years working for you” Spirituality Group (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) NATIONAL BRING FLOWERS TO SOMEONE DAY!	16 10:00 AM Artistry in Stitches Exhibition Event at Pat’s Barn, North Greenbush, NY – Lunch at Alexis Diner! 1:00 PM 7 Card Hi Lo (DR) 2:30 PM Shopping Trip 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)	17 1:00 PM Curtain Call Theater “Things I know to be True” Play. 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L) NATIONAL ARMED FORCES DAY!
18 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 7:00 PM Elvis Impersonator – Donald Romines (GR) 7:00 PM Open Karaoke (GR)	19 10:00 AM Shopping at Price Chopper 1:00 PM Shopping Trip 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 3:00 PM Fun Time Coloring with Friends in the (GR) 7:15 PM Bingo (GR) NATIONAL QUICHE LORRAINE DAY!	20 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Hannaford 11:00 AM Meditation (M) 1:00 PM Shopping Trip 1:00 PM - Rabbi Ami Discussion (GR) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Book Club (M) 2:00 PM Scrabble (CR) 2:30 PM George Girardi Presentation on the Environment (GR) 7:15 PM Evening Movie Popcorn & Candy!! (GR)	21 9:30 AM Wednesday Walk at the Crossings 1:00 PM Shopping Trip 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM-3:30 PM Flip the Script on Aging w/Karen (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) w/Paul Quigley & Jackie Wright Music 7:15 PM Movie at Lodge (LR-L)	22 10:00 AM Bank Trip 1:00 PM Billiards (BR) 1:00 PM Shopping 1:00 PM Movie Matinee w/popcorn & candy (Gilded Age Series) Matinee (GR) 3:00 PM Community Services Committee Mtg. (CR) 3:30 PM Valerie Rapson Astronomy session 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	23 10:00 AM Shopping at Stuyvesant Plaza 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation Meeting (M) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Music by Guilderland High School Performers (GR) 7:15 PM Trivial Pursuit (CR) NATIONAL LUCKY PENNY DAY!	24 10:00 AM Guided tour of The Mount - Edith Wharton Historical Home Lenox, MA & lunch at the “Terrace” Cafe 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L)
25 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers & dinner at: Tops American Grill & Bakery & Bar 7:00 PM Open Karaoke (GR) NATIONAL WINE DAY! 	26  Enjoy the Memorial Day BUFFET 12:00 PM to 2:00 PM	27 9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Shopping at Price Chopper 11:00 AM Town Hall Mtg (GR) 1:00 PM Shopping Trip 1:00 PM 7 Card Hi Lo (DR) 2:30 PM EPA Presentation with Alozie Chiamaka (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie w/flavored Popcorn & Candy!! (GR)	28 9:30 AM Wednesday Walk at the Crossings 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregivers Peer Support Group (M) 1:00 PM Shopping at Hannaford 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 Senior Health & Fitness Presentation (GR) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge (LR-L) NATIONAL SENIOR HEALTH & FITNESS DAY HEALTH DAY!	29 10:00 AM Shopping at Trader Joe’s 1:00 PM Billiards (BR) 1:00 PM Shopping 3:30 PM (GR) Plan, Prepare & Protect Seminar (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	30 10:00 AM Saratoga Casino Trip 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Be Creative! Adult Coloring at the Lodge! Cookies & Coffee Too! (Library area) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL CREATIVITY DAY!	31 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 5:00 PM Dinner at Red’s Restaurant, Coxackie, NY 7:15 PM Movie at the Lodge (LR-L) NATIONAL SMILE DAY! 
<div><div>Room Key (P) = Pool (M) = Meditation Room (FC-L) = Fitness Center-Lodge (FC) = Fitness Center at Avila</div></div>				<div><div>AVILA Fitness Center: (FC) Meditation Room: (M) Wellness Center (WC-112)</div></div>		

FITNESS CALENDAR

MAY 2025

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



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

