

PROGRAM CALENDAR





MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:00 PM Protestant Worship Group (GR) 1:30 PM Shopping Trip 3:00 PM NYS Museum Educational Outreach Presentation w/Aaron Noble, "Battleground NY". (GR) 4:00 PM TGIF Happy Hour (CR) MAY DAY!</p>	<p>2 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 5:30 PM Kentucky Derby Race w/variety desserts & Mint Juleps (GR) 7:15 PM Movie at the Lodge (LR)</p> 
<p>3 10:30 AM Catholic Mass (GR) 2:00 PM Troy Music Hall "The Luminous Earth" Albany Pro Musica and Orchestra Pro Musica – Sign up expired 2:30 PM Scrabble (CR)</p> 	<p>4 10:00 AM Shopping at Aldi 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 3:30 PM Music Mondays w/Mike Short (GR) 7:15 PM Bingo (GR)</p> 	<p>5 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.) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Shopping at Price Chopper 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)</p> <p>CINCO DE MAYO DAY!</p>	<p>6 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 1:30 PM Bridge Lessons with Rhoda (CR) 1:30 PM Shopping Trip 3:00 PM Finance Committee Mtg (GR) 3:30 PM Happy Hour at the Lodge w/Izzy 7:15 PM Movie at Lodge</p> 	<p>7 10:30 AM Lecture Series at the Lodge "The History of America" (LR-L) 11:00 AM Informal Discussion and Q & A with Adrienne – Occupational Therapist (GR) 1:00 PM Billiards (BR) 1:30 PM Shopping Trip 1:30 PM Movie Matinee (GR) 3:00 PM Community Services Meeting (CR) 4:00 PM Wine & Cheese w/Brian Zapel (LR) 7:15 PM Fictionary Game Night (CR) NATIONAL DAY OF PRAYER</p>	<p>8 11:00 AM Sip Smart Presentation w/Nina (GR) 11:45 PM Dutch Apple Cruise 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR)</p> 	<p>9 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 4:00 PM Pat Caulfield & Jude Sagor Musical Performance (GR) 7:15 PM Movie at the Lodge (LR)</p> 
<p>10 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Daniel Pascoe Aguilar Opera Performance (GR)</p>  <p>ENJOY UNIDINE'S MOTHER'S DAY BRUNCH!</p>	<p>11 10:00 AM Shopping at Hannaford 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Rabbi Adam Lautman Presentation (GR) 7:15 PM Bingo (GR)</p>	<p>12 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) 1:30 PM Hospitality Committee Mtg (CR) 1:30 PM Shopping at Price Chopper 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg (CR) 7:15 PM Evening Movie (GR)</p>	<p>13 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) 1:30 PM Shopping Trip 2:00 PM Noreen's Art Class (CR) 3:30 PM Happy Hour at the Lodge w/James Kelly 7:15 PM Movie at Lodge</p> 	<p>14 9:00 AM Dr. Masias (M) 10:30 AM Mass for Ascension Thursday (GR) 10:30 AM Lecture Series at the Lodge "The History of America" (LR-L) 1:00 PM Billiards (BR) 1:30 PM Shopping Trip 1:30 PM Movie Matinee (GR) 2:30 PM Bldgs. & Grounds (CR) 3:30 PM Valerie Rapson Astronomy Presentation (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)</p> 	<p>15 11:30 AM Mills Road Acres Golf Course 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 5:00 PM The Wishing Well Restaurant, Gansevoort, NY</p> 	<p>16 12:00 PM Duplicate Bridge (GR) 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)</p> 
<p>17 11:00 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorentino (GR)</p> 	<p>18 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 2:00 PM Eric Best/Asst. Professor University at Albany Presentation on AI (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)</p>	<p>19 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 Albany Area Senior Orchestra Free Concert at Bethlehem Lutheran Church 1:30 PM Book Club (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)</p>	<p>20 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 1:30 PM Shopping Trip 2:30 PM Environmental Group Presentation (GR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge</p>	<p>21 10:30 AM Resident Council General Mtg. (GR) 10:30 AM Lecture Series at the Lodge "The History of America" (LR-L) 1:00 PM Billiards (BR) 1:30 PM Shopping Trip 1:30 PM Movie Matinee (GR) 2:00 PM Spirituality Committee (CR) 2:30 PM Town Tech's Clinic (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)</p> 	<p>22 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Guilderland High School Musical Group W/John Wang (GR)</p> 	<p>23 12:00 PM Duplicate Bridge (GR) 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)</p> 
<p>24 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR)</p> 	<p>25 1:00 PM Bridge (CR) 1:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)</p>  <p>ENJOY THE MEMORIAL DAY BUFFET LUNCH!</p>	<p>26 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 PM Town Hall (GR) 12:00 PM Writing Project Luncheon with the Shaker High 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Shopping at Price Chopper 2:00 PM Scrabble (CR) 3:00 PM Schenectady County Historical Society Presentation - "Covenant Chain." (GR) 7:15 PM Evening Movie (GR)</p>	<p>27 10:00 AM Visit to The Mount, Lenox Ma & Lunch at The Terrace on site at The Mount 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:30 PM Dominoes (DR) 2:30 PM National Stroke Awareness w/Nina (GR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge</p>	<p>28 10:30 AM Lecture Series at the Lodge "The History of America" (LR-L) 11:30 AM Joan Johnson Informational Discussion on the June Primary Elections (GR) 1:00 PM Billiards (BR) 1:30 PM Shopping Trip 1:30 PM Movie Matinee (LR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)</p>	<p>29 10:00 AM – 12:00 PM- Senior Vendor Fair with Ginger & Michelle (GR) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Shopping Trip 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR)</p>	<p>30 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)</p>
<p>31 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers and Dinner at Blue Ribbon</p>	<p>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) (P) Pool (FC-L) = Fitness Center-Lodge</p>		<p>Wellness Center (WC-112) Media Room: (MR) Living Room: (LR) Great Room: (GR) (M) Meditation (FC) = Fitness Center at Avila</p>		<p>QUOTES OF THE MONTH "May is the month of expectation, the month of wishes, the month of hope." Emily Brontë "As full of spirit as the month of May, and as gorgeous as the sun in Midsummer." William Shakespeare</p>	

Items in bold please sign up in binder

FITNESS CALENDAR

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 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)	2 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)
3 2:00 PM Strength Training (Inhouse TV Channel 1390)	4 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)	5 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)	6 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)	7 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)	8 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)	9 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)
10 2:00 PM Strength Training (Inhouse TV Channel 1390)	11 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)	12 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)	13 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)	14 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)	15 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)	16 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)
17 2:00 PM Strength Training (Inhouse TV Channel 1390)	18 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)	19 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)	20 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)	21 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)	22 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)	23 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)
24 2:00 PM Strength Training (Inhouse TV Channel 1390)	25 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)	26 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)	27 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)	28 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)	29 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)	30 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)
31 2:00 PM Strength Training (Inhouse TV Channel 1390)						



THE LODGE AT AVILA (L)

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