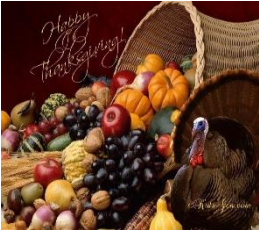


PROGRAM CALENDAR				NOVEMBER 2025		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) ALL SAINTS DAY!
2 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Music by John Hill (GR)  DAYLIGHT SAVINGS TIME ENDS!	3 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:30 PM Visit Barnes & Noble in Honor of National Book Author’s Day 11/1/25! 2:00 PM Roundtable Mtg.(M) 3:30 Music Mondays with Mike Short & Rick Lemperie (GR) 7:15 PM Bingo (GR)	4 10:00 AM Election Day Voting at Empire Christian Ctr. 10:00 AM Dining Committee Meeting (GR) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 2:00 PM Towne Techs Clinic w/Andrew Batista (GR) 3:30 PM Election Day Voting at Empire Christian Ctr. 7:15 PM Evening Movie (GR) ELECTION DAY!	5 10:00 AM Shopping at Hannaford 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 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 Donuts in the Bistro! 3:30 PM Jill Smith Music (GR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge NATIONAL DONUT DAY!	6 10:00 AM Shopping at Trader Joe’s 1:00 PM Billiards (BR) 1:00 PM Shopping Trip MOVIE MATINEE CANCELLED 3:00 PM Community Services Mtg. (CR) 4:00 PM Wine & Cheese (LR) w/Brian Zapel 7:15 PM Fictionary Game Night (CR)	7 10:00 PM Visit to Indian Ladder Farm Store 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:00 PM-3:30 PM – Staff -CPR Training Class w/Shawn Hall (GR-one side) 1:00 PM Protestant Worship (GR) 2:00 PM Shopping Trip 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL BITTERSWEET CHOCOLATE DAY!	8 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 
9 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (GR) 	10 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley 3:00 PM Angelic Companions Presentation (GR) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR) NATIONAL CIVIC PRIDE DAY!	11 11:00 AM Veteran’s Day – Flag Raising Ceremony (Front of Main Bldg.) w/Benjamin Pomerance singing Anthem 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Veteran’s Day Historic Trolley Ride, Ceremony & Refreshments 1:30 PM Rehearsal: Father O’Brien for Remembrance (GR) 1:30 PM Hospitality Committee Mtg (CR) 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg (CR) 4:00 PM Daniel Pascoe Aguilar Opera (GR) 7:15 PM Evening Movie (GR)  VETERAN’S DAY!	12 10:00 AM Shopping at Hannaford 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Shopping Trip 1:00 PM Caregiver 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) 1:30 PM Noreen’s art Class (CR) 3:00 PM Father O’Brien “Remembrance” Celebration (GR) 3:30 PM Happy Hour at the Lodge w/ Music by Kenneth Blatt 6:00 PM Proctor’s – FREE CONCERT: U.S. Navy Air Force Band (sign up expired) 7:15 PM Movie at Lodge	13 9:00 AM Dr. Masias (M) 10:00 AM Shopping at Trader Joe’s 1:30 PM Visit to Candy Kraft store for sweets! 1:00 PM Billiards (BR) 1:30 PM Movie Matinee 2:30 PM Buildings & Grounds (CR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	14 11:30 AM Golfing at Mills Road Acres 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:30 PM Late Day Shopping 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Mark Tolstrup Music (GR) 7:15 PM Trivial Pursuit (CR) 	15 12:00 PM Duplicate Bridge (GR) 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) NATIONAL PHILANTHROPY DAY!
16 10:30 AM Catholic Mass (GR) 1:00 PM Pick & Paint Pottery at Pottery Place, Stuyvesant Plaza 2:30 PM Scrabble (CR) NATIONAL NATIVE AMERICAN MONTH	17 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Walking at the Crossings (weather permitting) 2:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR) NATIONAL TAKE A HIKE DAY!	18 10:00 AM Shopping at Lake George Outlets & Lunch at Log Jam Restaurant 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Book Club (M) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR)	19 10:00 AM Visit to the NYS Military Museum Saratoga, NY & Lunch at Halfmoon Diner 1:00 PM Quilting/Project Linus (4th Fl. West) 2:00 PM Play Monopoly with your Friends! (GR) 1:30 PM Dominoes (DR) 2:00 PM-3:00 PM Civics Club at the Lodge – Presentation w/Professor Chris Gibson“The Spirit of Philadelphia” (LR-L) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge NATIONAL LET’S PLAY MONOPOLY DAY!	20 10:00 AM Visit to Guilderland Library 10:30 AM Resident Council General Mtg. (GR) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee 2:00 PM Spirituality Committee Mtg (CR) 2:30 PM Late Day Shopping 3:30 PM Valerie Rapson – “First light for Vera Rubin Observatory” (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) 7:15 PM James Kelly Music (GR)	21 11:30 AM Visit to the Iroquois Museum with Boxed Lunch, Howe Caverns, NY 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL GINGERBREAD COOKIE DAY!	22 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 
23 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers & dinner at Tops American Grill & NATIONAL ESPRESSO DAY!	24 10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)	25 10:00 AM Shopping at Hannaford 11:00 AM Town Hall (GR) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 2:30 PM George Gerardi (GR) 7:15 PM Evening Movie (GR) NATIONAL SHOPPING REMINDER DAY!	26 10:00 AM Shopping at Fresh Market 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Shopping Trip 1:00 PM Caregiver 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) 3:30 PM Happy Hour at the Lodge with Music by Izzy – “As Is” 7:15 PM Movie at Lodge	27 HAPPY THANKSGIVING! 	28 10:00 AM Saratoga Casino 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL FRENCH TOAST DAY!	29 1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)
30 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 3:30 PM – Quick Response – Holiday of Lights with cookies and a Santa Visit on the Bus & Dinner at: Carsons Woodside Tavern	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)			Room Key (P) = Pool (M) = Meditation Room (FC-L) = Fitness Center-Lodge (FC) = Fitness Center at Avila		

FITNESS CALENDAR				NOVEMBER 2025		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 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)
2 2:00 PM Strength Training (Inhouse TV Channel 1390)	3 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)	4 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	5 9:15 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)	6 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)	7 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)	8 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)
9 2:00 PM Strength Training (Inhouse TV Channel 1390)	10 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)	11 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)	12 9:15 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)	13 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)	14 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)	15 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)
16 2:00 PM Strength Training (Inhouse TV Channel 1390) 	17 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)	18 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	19 9:15 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)	20 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)	21 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)	22 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)
23 2:00 PM Strength Training (Inhouse TV Channel 1390)	24 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)	25 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)	26 9:15 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)	27 NO CLASSES TODAY	28 NO CLASSES TODAY	29 NO CLASSES TODAY
30 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)

