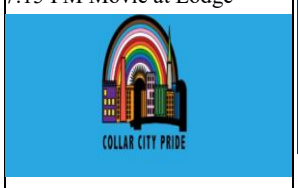
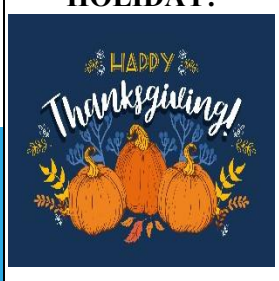
PROGRAM CALENDAR — NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 	**2** **10:00 AM Shopping at Price Chopper Western Ave. (Sign up)** 1:00 PM Bridge (CR) **2:00 PM Mindfulness w/Nina (GR)** **3:15 PM Drama Club w/Portia Hurbert (GR)** 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR	**3 ELECTION DAY!** **10:00 AM Trip to Election Location at Empire Christian Center (Sign up)** 10:00 AM Dining Committee Mtg. (GR) 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) **2:00 PM Trip to Election Location at Empire Christian Center (Sign up)** 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) **3:30 PM Jennifer Price Travel Presentation (GR)** **7:15 PM Evening Movie "Defending Your Life"**	**4** 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) **1:30 PM Shopping at Hannaford** 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge	**5** **10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up)** 1:00 PM Billiards (BR) **1:30 PM Movie Matinee "Field of Dreams"** 3:00 PM Community Services (CR) 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:00 PM Fictionary Game Night (C R) 	**6** 1:00 PM Protestant Worship Group (M) 1:00 PM 7Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) **1:30 PM Movie Matinee "Jean De Florette" (GR)** **2:30 PM Memory Lane – 1930's w/Nina (M)** 4:00 PM TGIF Happy Hour (CR)	**7** **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 
8 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) **4:00 PM – Joe Sorrentino Quartet with Crick D. Presiding (GR)** 	**9** 1:00 PM Bridge (CR) 1:00 PM-3:00 PM Employee Meeting (GR) **1:30 PM Shopping at Price Chopper Near Kohls (Sign up)** **2:30 PM Studio One Chair Dancing w/Ashley (FC)** 3:00 PM Coloring in the Bistro **3:30 PM Music with Mike Short w/ Rick Lemperle /(GR)** 7:15 PM Bingo (GR	**10** **10:00 AM Shopping at Trader Joe's (Sign up)** 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Hospitality Committee (CR) **2:00 PM Scam Presentation w/NYS Trooper Steven Rothwein (GR)** 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) 3:00 PM Program Committee Mtg. (CR) **7:15 PM Evening Movie (GR) "Scen/t of a Woman"**	**11** **11:00 AM FLAG CEREMONY (Outside Lobby MB)** **11:30 Avila Singers – (LR MB)** 1:00 PM Caregiver Peer Support Group (M) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) **3:30 PM Happy Hour at the Lodge w/John Hill** **4:00 PM-7:00 PM Veteran's Day Celebration at Albany Law School w/food, ceremony concert (Sign up)** 7:15 PM Movie at Lodge 	**12** **9:00 AM Dr. Masias/ Podiatrist (M)** **10:00 AM Shopping Trip to Whole Foods, Boscov, BJ's, Marshalls (Sign up)** 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) **MOVIE MATINEE CANCELLED** 2:30 PM Bldgs. & Grounds (CR) **2:30 PM Presentation w/Marissa Gnitzcavich Ronald McDonald House (GR)** 4:00 PM Wine & Cheese w (LR) 7:00 PM Fictionary Game Night (CR)	**13** **9:30 AM Funeral Services for Sr. Peggy at Madeline Sophie on Rt 146 in Schenectady (Sign up)** 1:00 PM 7Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) **3:00 PM James Kelly Music (GR)** 4:00 PM TGIF Happy Hour (CR) **5:00 PM Dinner at Café Capriccio** 	**14** 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR **7:30 PM Foreign Film Night (GR)** 
15 10:30 AM Catholic Mass (GR) **2:00 PM Troy Music Hall-Academy of St, Martin Chamber Orchestra (Sign up expired)** 2:30 PM Scrabble (CR)	**16** **10:00 AM Shopping at Price Chopper Western Ave. (Sign up)** 1:00 PM Bridge (CR) **1:30 PM Screening of: National Home Theaters "Oliver Twist" (GR)** 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR	**17** 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) **1:15-2:45 PM Tracy Loring Art Class (GR) (Sign up)** 1:30 PM Book Club (M) **1:30 PM Shopping at Hannaford (Sign up)** 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) **7:15 PM Evening Movie (GR) "Miracle of 34th Street"**	**18** 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) **1:30 PM Screening of: Pine Bush w/Prof. Jeffrey Corbin & Pine Bush's Director of Science, Neil Gifford (GR)** **2:30 PM 1940's Memory Lane w/Nina (M)** **3:30 PM Happy Hour at the Lodge w/Music by GEO** 7:15 PM Movie at Lodge 	**19** **10:00 AM Shopping Trip to Key Bank, M&T, Trustco, Broadview, Chase (Sign up)** 10:30 AM Skeptics Guide to American History (Lodge) 10:30 AM Resident Council General Mtg. (GR) 1:00 PM Billiards, (BR) 2:00 PM Spirituality Committee Mtg. (PDR) **3:30 PM Valerie Rapson (GR)** 4:00 PM Wine & Cheese (LR) 7:00 PM Fictionary Game Night (CR)	**20** **10:00 AM Iroquois Museum, Howe Caves, NY** **11:00 AM Rabbi Lautman Discussion (M)** **1:30 PM New Conversation Group (M)** 1:00 PM 7Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) **2:00-3:30 PM Home Health Aide Appreciation Gathering w/Refreshments (GR) (Sign Up)** 4:00 PM TGIF Happy Hour (CR) **7:30 PM Foreign Film Night (GR)** 	**21** **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
22 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) **4:00 PM Jazz Vespers and dinner at Blue Ribbon** 	**23** 1:00 PM Bridge (CR) **1:30 PM Shopping at Price Chopper Near Kohls (Sign up)** **2:30 PM Always Dance/Studio One Chair Dancing Presentation with Ashley (GR)** 7:15 PM Bingo (GR 	**24** 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) **11:00 AM Town Hall (GR)** 1:00 PM 7 Card Hi Lo Poker (DR) **1:30 PM Shopping at Hannaford (Sign up)** 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) **3:00 PM Happy 100th Birthday Cake for Rose Scott (LR-Main Bldg.)** **4:00 PM Native American Storyteller Perry Ground for Happy Native American Day! Refreshments too! (GR)** **7:15 PM Evening Movie (GR) "It's a Wonderful Life"**	**25** 1:00 PM Quilting/Project Linus (4th Fl. West) **1:00 PM Caregiver Peer Support Group (M)** 1:30 PM Dominoes (DR) **2:00 PM Collar City Pride - LGBTQ+ for Seniors Presentation (GR)** 7:15 PM Movie at Lodge 	**26** **EMPLOYEE OBSERVED HOLIDAY!** 	**27** 1:00 PM 7Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 	**28** 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR
29 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) **4:00 PM Drew Jacobs Concert (GR)**	**30** **10:00 AM Shopping at Price Chopper Western Ave.** **(Sign up)** 1:00 PM Bridge (CR) **2:00 PM Marquis Company to Present on Licensed Agency vs. Certified Home Health Agencies (GR)** 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)					

Ávila RETIREMENT COMMUNITY

THE LODGE AT AVILA (L)

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

"The thinnest yellow light of November is more warming and exhilarating than any wine…"

Henry David Thoreau

"Welcome sweet November, the season of senses and my favorite month of all."

Gregory F. Lenz

FITNESS CALENDAR NOVEMBER 2026

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



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
(FC-L) = Fitness Center-Lodge (FC) = Fitness Center at Avila

It does not matter how slowly you go as long as you do not stop."

Confucius

"Strength does not come from physical capacity. It comes from an indomitable will."

Mahatma Gandhi

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

John F. Kennedy