





PROGRAM CALENDAR					OCTOBER 2025	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div></div>			<div>1</div> <div>Yom Kippur</div> <div>10:00 AM Shopping at Price Chopper</div> <div>1:00 PM Quilting/Project Linus (4th Fl. West)</div> <div>1:00 PM Caregiver Peer Support Group (M)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Dominoes (DR)</div> <div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div> <div>2:00 PM Pumpkin Pie in the Bistro!</div> <div>3:30 PM Happy Hour Lodge (LR-L)</div> <div>5:00 PM Early Kol Nidre Service (GR)</div> <div>7:30 PM Late Kol Nidre Service (GR)</div> <div>7:15 PM Movie at Lodge</div>	<div>2</div> <div>Yom Kippur</div> <div>10:00 AM Shopping at Hannaford</div> <div>1:00 PM Billiards (BR)</div> <div>1:00 PM Shopping Trip</div> <div>TODAY'S MOVIE MATINEE at 1:30 PM CANCELLED</div> <div>3:00 PM Community Services (CR)</div> <div>4:00 PM Yom Kippur Live Stream Service</div> <div>4:00 PM Wine & Cheese w/Brian Zapel (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div>	<div>3</div> <div>10:00 PM Shopping at Trader Joe’s</div> <div>10:30 AM Painting and Decorating Pumpkins! (CR)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Shopping Trip</div> <div>1:00 PM Protestant Worship (GR)</div> <div>1:00 PM Canasta (CR)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Trivial Pursuit (CR)</div> <div>7:15 Music with PM Dr. Oldendorf (GR)</div> <div></div>	<div>4</div> <div>12:00 PM Duplicate Bridge (GR)</div> <div>1:30 PM Ustabe Singers (M)</div> <div>2:00 PM Scrabble (CR)</div> <div>7:15 PM Movie at the Lodge (LR-</div> <div>NATIONAL GOLF LOVERS DAY!</div>
<div>5</div> <div>10:30 AM Catholic Mass (GR)</div> <div>2:30 PM Scrabble (CR)</div> <div>4:00 PM Joe Sorrentono (GR)</div> <div>NATIONAL “DO SOMETHING NICE” DAY!</div> <div></div>	<div>6</div> <div>10:00 AM Shopping at Price Chopper</div> <div>1:00 PM Bridge (CR)</div> <div>1:00PM Visit to Altamont Orchards</div> <div>1:30 PM “Blessing of the Animals”</div> <div>2:00 PM Roundtable Mtg.(M)</div> <div>3:30 PM Mike Short w/Garret (GR)</div> <div>7:15 PM Bingo (GR)</div> <div>NATIONAL ORANGE WINE DAY!</div>	<div>7</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div> <div>10:00 Shopping at Hannaford</div> <div>10:00 AM Dining Committee Meeting (GR)</div> <div>11:00 AM Meditation (M)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Shopping Trip</div> <div>2:00 PM Scrabble (CR)</div> <div>2:00 PM Towne Techs Clinic (GR)</div> <div>7:15 PM Evening Movie (GR)</div> <div>NATIONAL FRAPPE DAY!</div>	<div>8</div> <div>10:00 AM Shopping at Fresh Market</div> <div>1:00 PM Quilting/Project Linus (4th Fl. West)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Dominoes (DR)</div> <div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div> <div>2:00 PM Noreen Art Class (CR)</div> <div>3:30 PM Happy Hour at the Lodge</div> <div>7:15 PM Movie at Lodge</div>	<div>9</div> <div>9:00 AM Dr. Masias (please sign-up w/Dr. Masias)</div> <div>Meditation Room</div> <div>10:00 AM Visit to Samascott’s Garden Market , Kinderhook, NY</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Indoor Yard Sale Set Up (GR)</div> <div>TODAY'S MOVIE MATINEE at 1:30 PM CANCELLED</div> <div>2:30 PM Bldgs. & Grounds Mtg (CR)</div> <div>4:00 PM Wine & Cheese (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div>	<div>10</div> <div>9:00 AM–1:00 PM Yard Sale (GR)</div> <div>10:00 PM Walking & Shopping at Lee Outlets</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>2:00 PM New Resident Conversation (M)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>5:00 PM Marios Restaurant New Lebanon, NY</div> <div>7:15 PM Trivial Pursuit (CR)</div> <div>NATIONAL WALK TO A PARK DAY!</div>	<div>11</div> <div>12:00 PM Duplicate Bridge (GR)</div> <div>1:30 PM Ustabe Singers (M)</div> <div>2:00 PM Scrabble (CR)</div> <div>7:15 PM Movie at the Lodge (LR-L</div> <div>NATIONAL CHESS DAY!</div> <div></div>
<div>12</div> <div>11:00 AM Catholic Mass (GR)</div> <div>2:30 PM Scrabble (CR)</div> <div>4:00 PM Tony Rarus Music (GR)</div> <div>NATIONAL FRIENDS OF LIBRARIES WEEK!</div>	<div>13</div> <div>10:00 AM Shopping at Price Chopper</div> <div>11:00 AM Voter Registration Presentation (GR)</div> <div>1:00 PM Bridge (CR)</div> <div>1:00 PM Shopping Trip</div> <div>2:00 PM Roundtable Mtg. (M)</div> <div>2:30 PM Chair Dancing w/Ashley Studio One (FC)</div> <div>3:00 PM Coloring in the Bistro!</div> <div>7:15 PM Bingo (GR)</div> <div>COLUMBUS DAY!</div>	<div>14</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div> <div>10:00 Shopping at Hannaford</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Hospitality Committee Meeting (CR)</div> <div>2:00 PM Scrabble (CR)</div> <div>3:00 PM Program Committee Mtg. (CR)</div> <div>7:15 PM Evening Movie (GR)</div>	<div>15</div> <div>12:00 PM Empire State Youth Orchestra FREE Concert at Proctor’s</div> <div>1:00 PM Quilting/Project Linus (4th Fl. West)</div> <div>1:00 PM Caregiver Peer Support Group (M)</div> <div>1:30 PM Dominoes (DR)</div> <div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div> <div>1:30 PM Presentation: Keeping more of your dollars in retirement w/presenter Tim Smith Continuum Wealth (GR)</div> <div>3:30 PM Happy Hour Lodge (LR-L) w/Mike Short Music</div> <div>7:15 PM Movie at Lodge</div>	<div>16</div> <div>10:00 AM Visit to Guilderland library</div> <div>10:30 PM Resident Council General Mtg (GR)</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Movie Matinee w/popcorn & candy (GR)</div> <div>2:00 PM Shopping Trip</div> <div>2:00 PM Spirituality Committee Meeting (CR)</div> <div>4:00 PM Wine & Cheese (LR)</div> <div>7:15 PM Triple Entendre Quartet (GR)</div> <div>7:15 PM Fictionary Game Night (CR)</div> <div>NATIONAL SPORTS DAY!</div>	<div>17</div> <div>11:30 AM Western Turnpike Golfing</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:30 PM Learn a New Game “AZUL” with Mike Short (GR)</div> <div>1:00 PM Canasta (CR)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Trivial Pursuit (CR)</div> <div>NATIONAL PASTA DAY!</div>	<div>18</div> <div>12:00 PM Duplicate Bridge (GR)</div> <div>1:30 PM Ustabe Singers (M)</div> <div>2:00 PM Scrabble (CR)</div> <div>7:15 PM Movie at the Lodge (LR-L</div>
<div>19</div> <div>11:00 AM Catholic Mass (GR)</div> <div>2:00 PM Union College – Capita Regions Classics – “Septura” Music Brass Ensemble (sign-up expired)</div> <div>2:30 PM Scrabble (CR)</div>	<div>20</div> <div>10:00 AM Shopping at Price Chopper</div> <div>1:00 PM Bridge (CR)</div> <div>1:00PM Shopping Trip</div> <div>2:00 PM Roundtable Mtg. (M)</div> <div>2:30 PM Chair Dancing w/Ashley Studio One (FC)</div> <div>3:00 PM Coloring in the Bistro!</div> <div>7:15 PM Bingo (GR)</div> <div>NATIONAL CHICKEN & WAFFLES DAY!</div>	<div>21</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div> <div>10:00 AM Shopping at Hannaford</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Book Club (M)</div> <div>2:00 PM Unidine Cooking Class (GR)</div> <div>2:00 PM Scrabble (CR)</div> <div>Mtg (CR)</div> <div>7:15 PM Evening Movie (GR)</div> <div>NATIONAL APPLE DAY!</div>	<div>22</div> <div>10:00 AM Shopping at Fresh Market</div> <div>1:00 PM Quilting/Project Linus (4th Fl. West)</div> <div>1:00 PM Shopping Trip</div> <div>1:30 PM Dominoes (DR)</div> <div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div> <div>3:30 PM Happy Hour Lodge (LR-L) w/ Music by Cole Broderick</div> <div>7:15 PM Movie at Lodge</div>	<div>23</div> <div>10:00 AM Shopping at Trader Joe’s</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Shopping Trip</div> <div>1:30 PM Movie Matinee w/popcorn & candy (GR)</div> <div>4:00 PM Wine & Cheese (LR)</div> <div>3:30 PM Valerie Rapson – “How big is the Universe” (GR)</div> <div>7:15 PM Fictionary Game Night (CR)</div> <div></div>	<div>24</div> <div>10:00 AM Saratoga Casino</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>2:00 PM New Resident Conversation (M)</div> <div>4:00 PM TGIF Happy Hour (CR)</div> <div>7:15 PM Tial Pursuit (CR)</div> <div>NATIONAL “MAKE-A-DIFFERENCE DAY”</div>	
<div>26</div> <div>10:30 AM Catholic Mass (GR)</div> <div>2:30 PM Scrabble (CR)</div> <div>4:00 PM Jazz Vespers & dinner at Blue Ribbon Restaurant</div> <div>NATIONAL PUMPKIN DAY!</div>	<div>27</div> <div>10:00 AM Shopping at Price Chopper</div> <div>1:00 PM Bridge (CR)</div> <div>1:00PM Shopping Trip</div> <div>2:00 PM Roundtable Mtg. (M)</div> <div>2:30 PM Chair Dancing w/Ashley Studio One (FC)</div> <div>3:30 PM UAlbany Musical Choir Group w/Michael Lister and Choir (GR)</div> <div>7:15 PM Bingo (GR)</div> <div>NATIONAL CIVICS DAY!</div>	<div>28</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court</div> <div>10:00 Shopping at Hannaford</div> <div>11:00 AM Town Hall Mtg. (GR)</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Visit to Krause’s Candy Shop for Halloween Treats!</div> <div>2:00 PM Scrabble (CR)</div> <div>2:30 PM Laudato Si Environmental Study Group (GR)</div> <div>7:15 PM Evening Movie (GR)</div>	<div>29</div> <div>10:00 AM Shopping at Honest Weight Food Coop</div> <div>1:00 PM Quilting/Project Linus (4th Fl. West)</div> <div>1:00 PM Shopping Trip</div> <div>1:00 PM Caregiver Peer Support Group (M)</div> <div>1:30 PM Dominoes (DR)</div> <div>2:00 PM Introduction to English Dancing (GR)</div> <div>2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L)</div> <div>3:30 PM Happy Hour Lodge (LR-L)</div> <div>7:15 PM Movie at Lodge</div>	<div>30</div> <div>12:30 PM Proctor’s “Wicked” Production (sign-up expired)</div> <div>1:00 PM Billiards (BR)</div> <div>1:30 PM Movie Matinee w/popcorn & candy (GR)</div> <div>4:00 PM Wine & Cheese (LR)</div> <div>7:15 PM Fictionary Game Night (CR)</div> <div>NATIONAL “WICKED” DAY!</div>	<div>31</div> <div>10:00 AM Shopping at Stuyvesant Plaza</div> <div>1:00 PM 7 Card Hi Lo (DR)</div> <div>1:00 PM Canasta (CR)</div> <div>3:00 PM – 5:00 PM Halloween Party (GR)</div> <div>4:00 PM Happy Hour is Cancelled</div> <div>7:15 PM Trivial Pursuit (CR)</div> <div></div>	<div></div>
<div>AVILA</div> <div>Fitness Center: (FC)</div> <div>Library: (Lib)</div> <div>Billiards Room: (BR)</div> <div>Patio: (P)</div> <div>Bistro: (B)</div> <div>Meditation Room: (M)</div> <div>Craft Room: (CR)</div> <div>Resident Center: (RC)</div> <div>Dining Room: (DR)</div> <div>Wellness Center (WC-112)</div> <div>Media Room: (MR)</div> <div>Living Room: (LR)</div> <div>Great Room: (GR)</div>			<div>Room Key</div> <div>(P) = Pool (M) = Meditation Room</div> <div>(FC-L) = Fitness Center-Lodge</div> <div>(FC) = Fitness Center at Avila</div>			

FITNESS CALENDAR					OCTOBER 2025	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 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) 12:30PM PRN Balance & More Class (FC)	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) 11:30 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 Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi	8 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) 12:30PM PRN Balance & More Class (FC)	9 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)	10 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)	11 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)
12 2:00 PM Strength Training (Inhouse TV Channel 1390) 	13 NO FITNESS CLASSES TODAY! Columbus Day!	14 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)	15 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) 12:30PM PRN Balance & More 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) 11:30 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 Pilates with MaryJane (In-house TV Channel 1390) 1:00 PM Tai Chi	22 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) 12:30PM PRN Balance & More 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) 11:30 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 Pilates with MaryJane (In-house TV Channel 1390)	29 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) 12:30PM PRN Balance & More 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)	
Living Room: (LR-L)	Fitness Center: (FC-L)	Dining Room: (DR-L)