

PROGRAM CALENDAR

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up) 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) 1:30PM Screening of Greenville Interfaith Panel Discussion (GR) 3:00 PM Community Services (CR) 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:15 PM Fictionary Game Night (C R)	2 10:00 AM Trip to Guilderland Library (Sign up) 11:00 AM Grief Awareness w/Nina (GR) Protestant Worship Group Date change to 10/9/26 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 2:00 PM Sandra Kahlon Presentation on Medicare Changes for 2027 (GR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film (GR)	3 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR)
4 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM – Joe Sorrentino Qaurtet with Crick D. Presiding (GR) FIRE PREVENTION MONTH!	5 10:00 AM Shopping at Price Chopper (Sign up) 11:00 AM Blessing of the Animals with Peter Sedlmeir (LR-Main Bldg.) 1:00 PM Bridge (CR) 3:00 PM Coloring in the Bistro 3:30 PM Mike Short (GR) 7:15 PM Bingo (GR) 	6 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.) 11:00 AM Information on 2026 Mid-Term Election (LR-Main Bldg) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Shopping at Hannaford (Sign up) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie “Sleepy Hollow”	7 10:00 AM – Visit to Golden Harvest Farms (Sign up) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 3:00 PM Laura Collins Music (GR) 3:30 PM Happy Hour at the Lodge	8 9:00 AM Dr, Masias (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) 1:30 PM Movie Matinee (GR) “Young Frankenstein” 2:30 PM Bldgs. & Grounds (CR) 4:00 PM Wine & Cheese w (LR) 7:15 PM Fictionary Game Night (CR)	9 10:00 AM Shopping at Stuyvesant Plaza, Crossgates Mall (Sign up) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Protestant Worship Group (M) 2:00 PM Portia Hubert Presentation on Drama Theater Club (GR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR)	10 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 7:00 PM Foreign Film Movie Night (GR) 
11 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers & Dinner at Blue Ribbon Restaurant (Sign up) 	12 1:00 PM Bridge (CR) 1:30 PM Shopping at Price Chopper (Sign up) 2:00 PM Albany Fire Department Presentation & Demo for National Fire Prevention Month (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) HAPPY COLUMBUS DAY! & INDIGENOUS PEOPLES DAY!	13 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) 1:30 PM Hospitality Committee Mtg (CR) 1:30 PM Shopping at Trader Joe’s (Sign up) 2:00 PM Rosemary Molloy Presentation on her travels (GR) 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg (CR) 7:15 PM Evening Movie “Ghost Busters”	14 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 1:00 PM Caregiver Peer Support Group (M) 3:00 PM Yard Sale Drop Off (GR) 3:30 PM Happy Hour at the Lodge w/Cole Broderick Music 7:15 PM Movie at Lodge 	15 9:00 AM-Noon - Yard Sale (GR) 10:00 AM Shopping Trip to Key Bank, M&T, Trustco, Broadview, Chase (Sign up) 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards, (BR) MOVIE MATINEE CANCELLED 2:00 PM Spirituality Committee Mtg. (M) 3:30 PM Father Kane Avila Sr. Teresa of Avila (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) RESIDENT COUNCIL MTG CHANGE TO 10/21/26	16 11:30 AM Golf at Mill Road Acre Golf Course (Sign up) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 1:30 PM Screening of the play: “Anthony & Cleopatra” from National Home Theater (GR) 4:00 PM TGIF Happy Hour (CR) 7:30 PM Foreign Film Movie Night (GR) 	17 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) 
18 10:30 AM Catholic Mass (GR) 1:00 PM -4:00 PM PRIVATE EVENT: Sister’s Retreat (GR & M) 2:30 PM Scrabble (CR)	19 10:00 AM Shopping at Price Chopper (Sign up) 1:00 PM Bridge (CR) 2:00 PM Jewish Family Services Presentation for Mental Health & Depression Month (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	20 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Anointing of the Sick (GR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Book Club (M) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie “Arsenic & Old Lace”	21 10:30 AM Resident Council General Mtg (GR) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:30 PM George Gerardi Environmental Group (GR) 3:30 PM Happy Hour at the Lodge w/Music by Dan Sherwin 7:15 PM Movie at Lodge 	22 10:00 AM Visit to Albany Institute & Lunch at Peaches (Sign up) 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee (GR) “Hocus Pocus 1” 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	23 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 3:00 PM Music of David Tuttle & The Jazz Junction (GR) 4:00 PM TGIF Happy Hour (CR) 5:00 PM Plum Blossom Restaurant Troy, NY (Sign up) AVILA’S OPEN HOUSE	24 10:00AM ALZHEIMERS Walk at Siena College (Sign up) 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) WALK TO END ALZHEIMER’S ALZHEIMER’S ASSOCIATION
25 10:30 AM Catholic Mass (GR) 2:00 PM Capital Region Classical Concert – Union College -Modigliani Quartet (Sign up expired) 2:30 PM Scrabble (CR) 	26 1:00 PM Bridge (CR) 1:30 PM Shopping at Price Chopper (Sign up) 2:00 PM Rabbi Lautman (M) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Schenectady County Historical Society (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	27 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 11:00 AM Town Hall (GR) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Shopping at Hannaford (Sign up) 1:30 PM – 3:00 PM Continuum Wealth Advisors Presentation (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie “The Wizard of Oz”	28 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:15-2:45 PM Tracy Loring Art Class (GR) (Sign up) 1:30 PM Dominoes (DR) 7:15 PM Movie at Lodge 	29 10:00 AM Shopping Trip to Key Bank, Bank of Am., NBT, Dollar Tree, Aldi (Sign up) 10:30 AM Skeptics Guide to American History (Lodge) 11:00 AM Check Your Meds w/Nina (GR) 1:00 PM Billiards (BR) 3:30 PM Valerie Rapson Astronomy Presentation (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	30 10:00 AM Visit to Saratoga Casino (Sign up) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 3:00-5:00 PM Halloween Party (GR) TGIF HAPPY HOUR CANCELLED 	31 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 



THE LODGE AT AVILA (L)

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

“October is the month of painted leaves. Their rich glow now flashes round the world.”
— Henry David Thoreau
After the keen still days of September, the October sun filled the earth with mellow warmth.”
— Elizabeth George Speare

FITNESS CALENDAR				OCTOBER 2026		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 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)	2 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)	3 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)
4 2:00 PM Strength Training (Inhouse TV Channel 1390)	5 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)	6 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)	7 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)	8 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)	9 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)	10 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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“You’re never too old to set another goal or to dream a new dream.”

C.S. Lewis

“Movement is the medicine for creating change in a person’s physical, emotional, and mental states, especially as we navigate the golden years of our lives.”

Movement & Aging Philosophy

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 Avila		(FC) = Fitness Center at