

PROGRAM CALENDAR

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div></div> <div>LABOR DAY!</div>	<div>2</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Dining Committee Mtg. (GR) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Scrabble (CR) 3:30 PM Music w/Mike Short (GR) 7:15 PM Evening Movie (GR)</div>	<div>3</div> <div>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-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge</div>	<div>4</div> <div>10:00 AM Visit to Guilderland Library 1:00 PM Billiards (BR) 1:00 PM Shopping Trip 1:30 PM Movie Matinee w/popcorn & candy (GR) 3:00 PM Community Services Mtg (CR) 4:00 PM Wine & Cheese w/Brian Zapel (LR) 7:15 PM Fictionary Game Night (CR) NATIONAL WILDLIFE DAY!</div>	<div>5</div> <div>10:00 AM Shopping at Trader Joe’s 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 1:00 PM Protestant Worship (GR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR)</div>	<div>6</div> <div>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-L) NATIONAL READ A BOOK DAY!</div>
<div>7</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) NATIONAL GRANDPARENT DAY! </div>	<div>8</div> <div>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 Chair Dancing w/Ashley Studio One (FC) 7:15 PM Bingo (GR) </div>	<div>9</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to Schoharie Valley Farms 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo (DR) 1:30 PM Hospitality Committee Mtg (CR) 2:00 PM Shopping Trip 2:00 PM Andrew Batista Town Techs Computer Clinic (GR) 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg. (CR) 7:15 PM Evening Movie (GR)</div>	<div>10</div> <div>10:00 AM Shopping at Honest Weight Coop 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Visit to Albany Center Gallery 1:30 PM Dominoes (DR) 2:00 PM Noreen’s Art Class (CR) 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 w/ music by Flutists: Woodyd Womyn Duo 7:15 PM Movie at Lodge NATIONAL TV DINNER DAY!</div>	<div>11</div> <div>9:00 AM Dr. Masias 12:00 PM Visit to Hyde Collection w/boxed lunch! 1:00 PM Billiards (BR) 1:30 PM Movie Matinee w/popcorn & candy (GR) 2:30 PM Bldgs. & Grounds Mtg (CR) 3:30 PM Valerie Rapson (GR) “Findings from the Parker Solar Probe” 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) </div>	<div>12</div> <div>10:00 AM Visit to Saratoga Casino 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 1:30 PM In honor of National Mayflower Day (8/16/25) A “Mayflower” Presentation (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) NATIONAL HUG AND HIGH-FIVE DAY!</div>	<div>13</div> <div>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-L) UNCLE SAM DAY! </div>
<div>14</div> <div>10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Music by Rose Hargrave (Soprano Opera) & Michael Clement (Pianist) (GR) NATIONAL LIVE CREATIVE DAY!</div>	<div>15</div> <div>10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00PM Shopping Trip 2:00 PM Roundtable Mtg. (M) 3:00 PM NYS Trooper Steven Rothwein Sr presentation on “Scam Prevention for Seniors” (GR) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR) </div>	<div>16</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 Shopping at Hannaford 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Scrabble (CR) 1:30 PM Book Club (GR) 3:00-4:30 PM Symposium: Living with Joy” Presenter Jane T. Brady-Close (GR) 7:15 PM Evening Movie (GR) NATIONAL MAYFLOWER DAY!</div>	<div>17</div> <div>11:30 AM Western Turnpike Golfing 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:00 PM Shopping Trip 1:30 PM Dominoes (DR) 2:00 PM Sandra Kahlon Medicare Updates Presentation (GR) 2:00 PM-3:00 PM Civics Club at the Lodge – Video Series “U.S. Constitution” (LR-L) 3:30 PM Happy Hour Lodge (LR-L) 7:15 PM Movie at Lodge</div>	<div>18</div> <div>10:00 AM Shopping at Target 10:30 PM Resident Council General Mtg (GR) 1:00 PM Billiards (BR) 1:00 PM Guided tour Thomas Cole Historic Site 1:30 PM Movie Matinee w/popcorn & candy (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR) NATIONAL CHEESEBURGER DAY!</div>	<div>19</div> <div>10:00 AM Visit to Clark Museum 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 5:00 PM Dinner at Boat House Restaurant, Lake George NY 7:15 PM Trivial Pursuit (CR) NO DUPLICATE BRIDGE TODAY</div>	<div>20</div> <div>1:30 PM Ustabe Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR-L) NO DUPLICATE BRIDGE TODAY</div>
<div>21</div> <div>10:30 AM Catholic Mass (GR) 1:00 PM Private Party (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrentino (LR-Lobby Area Main Bldg.) NATIONAL NEW YORK DAY!</div>	<div>22</div> <div>AUTUMNAL EQUINOX 10:00 AM Guided tour Martin Van Buren’s Historic Site & Lunch at Four Brothers Pizza Restaurant 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg. (M) 2:30 PM Chair Dancing w/Ashley Studio One (FC) 3:00 PM Shopping at Price Chopper 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (CR) 7:30 PM Erev Rosh Hshanah Service (GR) Rosh Hashanah Begins</div>	<div>23</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 10:00 AM Visit to Bowman Orchards 1:00 PM 7 Card Hi Lo (DR) 2:00 PM Scrabble (CR) Mtg (CR) 2:30 PM Laudato Si Environmental Study Group Presentation (GR) 3:00 PM Late Day Shopping Trip 7:15 PM Evening Movie (GR)</div>	<div>24</div> <div>10:00 AM Flu Shot Day! (GR) 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) 3:30 PM Happy Hour at the Lodge (LR-L) with music by: Mary Heffner Duo 7:15 PM Movie at Lodge</div>	<div>25</div> <div>12:30 PM Proctor’s Theater – Musical – A Beautiful Noise” (sign-up date expired) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee w/popcorn & candy (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)</div>	<div>26</div> <div>10:00 AM Visit to Albany Institute 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Canasta (CR) 2:00 PM Enjoy Apple dessert in the Bistro!! 2:00 PM New Resident Conversation (M) 3:00 PM Mass – Anointing of the Sick (GR) 4:00 PM TGIF Happy Hour (CR) 7:15 PM Trivial Pursuit (CR) 7:15 PM Daniel Pascoe Aguilar Opera Music NATIONAL JOHNNY APPLESEED DAY!</div>	<div>27</div> <div>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-L) NATIONAL HUNTING & FISHING DAY!</div>
<div>28</div> <div>10:30 AM Catholic Mass (GR) 1:00 PM The Neil Diamond Musical “A Beautiful Noise” (sign-up date expired) 2:30 PM Scrabble (CR) NATIONAL GOOD NEIGHBOR DAY!</div>	<div>29</div> <div>10:00 AM Shopping at Price Chopper 1:00 PM Bridge (CR) 1:00 PM Shopping Trip 2:00 PM Roundtable Mtg. (M) 3:00 PM Coloring in the Bistro! 7:15 PM Bingo (GR)</div>	<div>30</div> <div>9:30 AM Bocce Ball – Lodge Bocce Ball Court 11:00 AM Town Hall Mtg. (GR) 1:00 PM 7 Card Hi Lo (DR) 1:00 PM Shopping Trip 2:00 PM Health Presentation w/Barbara Howansky (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie (GR) NATIONAL WOMEN’S HEALTH & FITNESS DAY!</div>				




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

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY!	2 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)	3 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	4 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)	5 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)	6 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)
7 2:00 PM Strength Training (Inhouse TV Channel 1390) 	8 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)	9 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	10 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	11 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)	12 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)	13 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)
14 2:00 PM Strength Training (Inhouse TV Channel 1390) 	15 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)	16 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)	17 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	18 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)	19 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)	20 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)
21 2:00 PM Strength Training (Inhouse TV Channel 1390)	22 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)	23 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	24 9:15 AM Chair Yoga (FC) 10:00AM Aqua Motion (P) 11:00 AM Sit To Be Fit (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 1:00PM PRN Balance Class (FC)	25 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)	26 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)	27 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)
28 2:00 PM Strength Training (Inhouse TV Channel 1390)	29 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)	30 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)				



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

