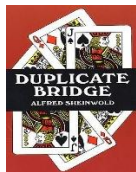
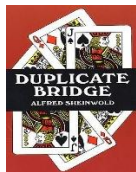
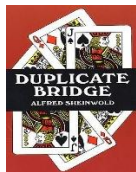
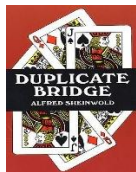
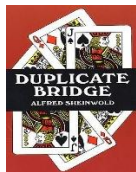
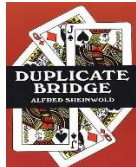


PROGRAM CALENDAR

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
		1 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 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 “Father of the Bride” <td> 2 10:30 AM The Lake George Dinner Theater at Holiday Inn Resort-“The Marvelous Wonderettes” (sign up expired) 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 Food Safety Presentation w/Nina (GR) 3:30 PM Happy Hour at the Lodge 5:00 PM Sisters Private Prayer Group (M) 6:00 PM Sisters Private Prayer Group (CR) 7:15 PM Movie at Lodge <td> 3 10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up) 1:00 PM Billiards (BR) MOVIE MATINEE CANCELLED 2:00 PM Ten Broeck Mansion Presentation w/Hanna Thompkins 3:00 PM Community Services (CR) 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:15 PM Fictionary Game Night (C R) <td> 4 10:00 AM Trip to Guilderland Library (Sign up) 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 – “Father of the Bride II (GR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film (GR) <td> 5 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)  </td></td></td></td>	2 10:30 AM The Lake George Dinner Theater at Holiday Inn Resort-“The Marvelous Wonderettes” (sign up expired) 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 Food Safety Presentation w/Nina (GR) 3:30 PM Happy Hour at the Lodge 5:00 PM Sisters Private Prayer Group (M) 6:00 PM Sisters Private Prayer Group (CR) 7:15 PM Movie at Lodge <td> 3 10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up) 1:00 PM Billiards (BR) MOVIE MATINEE CANCELLED 2:00 PM Ten Broeck Mansion Presentation w/Hanna Thompkins 3:00 PM Community Services (CR) 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:15 PM Fictionary Game Night (C R) <td> 4 10:00 AM Trip to Guilderland Library (Sign up) 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 – “Father of the Bride II (GR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film (GR) <td> 5 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)  </td></td></td>	3 10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up) 1:00 PM Billiards (BR) MOVIE MATINEE CANCELLED 2:00 PM Ten Broeck Mansion Presentation w/Hanna Thompkins 3:00 PM Community Services (CR) 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:15 PM Fictionary Game Night (C R) <td> 4 10:00 AM Trip to Guilderland Library (Sign up) 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 – “Father of the Bride II (GR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film (GR) <td> 5 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)  </td></td>	4 10:00 AM Trip to Guilderland Library (Sign up) 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 – “Father of the Bride II (GR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film (GR) <td> 5 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)  </td>	5 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) 																					
6 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 	7 STAFF OBSERVED HOLIDAY  ENJOY THE LABOR DAY PICNIC BUFFET!	8 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 (CR) 1:30 PM Shopping at Price Chopper Western Ave. (Sign up) 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) 3:00 PM Program Committee Mtg. (CR) 3:30 PM Music with Mike Short (GR) 7:15 PM Evening Movie “Funny Girl” (GR)	9 10:00 AM Visit to Bowman Orchards Country Store 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Nina’s Discussion Group 1950’s (M) 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge w/Paul Quigley/Jackie Wright Duo 7:15 PM Movie at Lodge 	10 9:00 AM Dr, Masias (M) 10:00 AM Shopping Trip to Whole Foods, Boscov, BJ’s, Marshalls 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) MOVIE MATINEE CANCELLED 2:30 PM Bldgs. & Grounds (CR) 3:30 PM Valerie Rapson (GR) 4:00 PM Wine & Cheese w (LR) 7:15 PM Fictionary Game Night (CR)	11 ROSH HASHANAH  10:00 AM Shopping at Stuyvesant Plaza, Crossgates Mall 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM-9:00 PM Screening of Temple Services (GR) 	12 10:00 AM-12:00 PM Screening of Temple Services (GR) 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:00 PM Foreign Film (GR) 7:15 PM Movie at the Lodge (LR) 																					
13 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Sonny Daye (GR) 	14 1:00 PM Bridge (CR) 1:30 PM Shopping at Price Chopper near Kohls (Sign up) 2:00 PM Rabbi Lautman (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	15 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Metropolitan Opera Screening of Cinderella (GR) 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 “A Man Called Otto (GR)	16 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) 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge 	17 10:00 AM Shopping Trip to Key Bank, M&T, Trustco, Broadview, Chase 10:30 AM Resident Council General Mtg. (GR) 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee “Twins” (GR) 2:00 PM Spiritua lity Committee Mtg. 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	18 11:30 AM Golf at Mill Road Acre Golf Course 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Screening of the National Home Theater play: “Our Town” 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 	19 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) 																					
20 10:30 AM Catholic Mass (GR) 12:45 PM Shakespeare & Company “The Norwegians” production (sign up expired) 2:30 PM Scrabble (CR) 7:30 PM-9:00 PM – Screening of Temple Services (GR)  YOM KIPPUR BEGINS	21 10:00 AM Shopping at Hannaford (Sign up) 11:00 AM-1:00 PM Screening of Temple Services (GR) 1:00 PM Bridge (CR) 2:00 PM Nurse Adirondack Nurse Concierge Presentation (GR) 3:00 PM Coloring in the Bistro 4:30 PM – 5:00 PM Prayers before Break-Fast (GR) 7:15 PM Bingo (GR) YOM KIPPUR ENDS	22 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 10:30 AM SUNY Schenectady Culinary – Lunch at Casola Dining Room (limited reservation to six) 11:00 AM Meditation (M) ZOOM 1:00 PM 7 Card Hi Lo Poker (DR) 2:00 PM Scrabble (CR) 2:30 PM Roundtable (M) 7:15 PM Evening Movie – “Remarkably Bright Creatures” (GR) AUTUMANAL EQUINOX	23 10:00 AM Shopping Trip to Bank of Am., NBT, Dollar Tree, Aldi 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Nina’s Discussion Group 1950’s (M) 2:00 PM Bill Griffith Canoe Trip Presentation (GR) 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge w/James Kelly 7:15 PM Movie at Lodge 	24 10:00 AM Flu/Covid Vaccine Clinic (GR) 10:30 AM SUNY Schenectady Culinary – Lunch at Casola Dining Room (limited reservation to six) 10:30 AM Skeptics Guide to American History (Lodge) 1:00 PM Billiards (BR) MOVIE MATINEE CANCELLED 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	25 10:00 AM Visit to Saratoga Casino (Sign up) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 2:00 PM Schenectady County Historical Society (GR) 4:00 PM TGIF Happy Hour (CR) 	26 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 3:00 PM Terra Naomi Music (GR) 7:15 PM Movie at the Lodge (LR)  NATIONAL JOHNNY APPLESEED DAY!																					
27 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Music with Jude Sagor (GR) NATIONAL FORGIVENESS DAY!	28 1:00 PM Bridge (CR) 1:30 PM Shopping at Price Chopper Near Kohls (Sign up) 2:00 PM – George Gerardi’s Environmental (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	29 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Town Hall 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Shopping at Hannaford (Sign up) 2:00 PM Historic Cherry Hill Presentation (GR) 2:30 PM Roundtable (M) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie – “Midwinter Break”(GR)	30 10:00 AM Group Tour at Venfort Hall Gilded Age Mansion, Lenox, MA & Lunch at 51 Park Restaurant (Lee, MA) Sign up expired) 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 Importance of Women’s Health & Fitness with Barbara H. Presentation 3:30 PM Happy Hour at t he Lodge 7:15 PM Movie at Lodge NATIONAL WOMEN’S HEALTH & FITNESS DAY!	“September: it was the most beautiful of words, he’d always felt, evoking orange-flowers, swallows, and regret.” Alexander Theroux “Every leaf speaks bliss to me, fluttering from the autumn tree.” Emily Brontë <table><tr><td>Fitness Center: (FC)</td><td>Meditation Room: (M)</td><td>Wellness Center (WC-112)</td></tr><tr><td>Library: (Lib)</td><td>Craft Room: (CR)</td><td>Media Room: (MR)</td></tr><tr><td>Billiards Room: (BR)</td><td>Resident Center: (RC)</td><td>Living Room: (LR)</td></tr><tr><td>Patio: (P)</td><td>Dining Room: (DR)</td><td>Great Room: (GR)</td></tr><tr><td>Bistro: (B)</td><td>(P) Pool</td><td>(M) Meditation</td></tr><tr><td>(FC-L) = Fitness Center-Lodge</td><td></td><td>(FC) = Fitness Center at</td></tr><tr><td>Avila</td><td></td><td></td></tr></table>			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		
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(FC-L) = Fitness Center-Lodge		(FC) = Fitness Center at																									
Avila																											

FITNESS CALENDAR

SEPTEMBER 2026

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

“The first wealth is health.” — Ralph Waldo Emerson

The body achieves what the mind believes.” — Napoleon Hill

“Pain is temporary. Quitting lasts forever.” — Lance Armstrong



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

