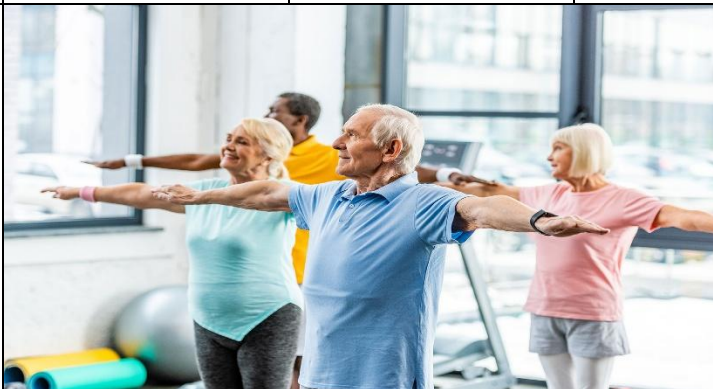


PROGRAM CALENDAR				AUGUST 2026																							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
						1 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 4:00 PM Mark Oldendorf Musical Performance (GR) 7:15 PM Movie at the Lodge (LR)																					
2 10:30 AM Catholic Mass (GR) 11:00 AM Shopping at Lee Premium Outlets with lunch at the food court (Sign up) TO RESCHEDULE 2:30 PM Scrabble (CR) 	3 1:00 PM Bridge (CR) 10:00 Shopping at Price Chopper near Kohls (Sign up) 2:00 PM Roundtable Mtg.(M) 3:00 PM Coloring in the Bistro 3:30 PM Music Mondays with Mike Short (GR) 7:15 PM Bingo (GR) 	4 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 Historic Cherry Hill Presentation w/Anna Doren (GR) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie – “League of their Own”	5 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:00 PM Mac-Haydan Theater – “Newies” 1:30 PM Dominoes (DR) 3:00 PM Laura Collins 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge 	6 9:00AM Clothing Drive (GR) 10:00 AM Shopping Trip to Walmart, TJ Max, Target (Sign up) 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee “The Holdovers” (GR) Community Services Mtg. CANCELLED 4:00 PM Wine & Cheese w/Brian Zappel (LR) 7:15 PM Fictionary Game Night (CR)	7 10:00 AM Trip to Guilderland Library (Sign up) 11:00 AM Nina’s Immunization Presentation (GR) 1:00 PM Protestant Worship Group (GR) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR)	8 12:00 PM Duplicate Bridge (GR) 1:00 PM Capital Rep Theater production of Mystic Pizza (Sign up expired) 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 																					
9 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Joe Sorrtino Music with Crick Diefendorf (GR) 	10 1:00 PM Bridge 1:30 PM Shopping at Price Chopper Off Western Ave. (Sign up) 2:00 PM Roundtable Mtg.(M) 2:00 PM Mindfulness presentation w/Nina (GR) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) 	11 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) 1:00 PM Guided tour of VIA Aquarium (Sign up expired) 2:00 PM Scrabble (CR) 3:00 PM Program Committee Mtg. (CR) 7:15 PM Evening Movie -Mrs. Harris Goes to Paris” (GR)	12 1:00 PM Quilting/Project Linus (4th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM Tracy Loring Art Class (CR) 3:30 PM Happy Hour at the Lodge w/John Hill Music 7:15 PM Movie at Lodge 	13 9:00 AM Dr, Masias (M) 10:00 AM Shopping Trip to Whole Foods, Boscov, BJ’s, Marshalls 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 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)	14 10:00 AM Shopping at Stuyvesant Plaza, Crossgates Mall 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 2:00 PM New Resident Conversation (M) 4:00 PM TGIF Happy Hour (CR) 5:00 PM Dinner at Café Calabria II (Sign up) 	15 12:00 PM Duplicate Bridge (GR) 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 6:00 SPAC -The Philadelphia Orchestra with Yannick Beethoven’s Ninth (Sign up expired) 7:15 PM Movie at the Lodge (LR) 																					
16 10:30 AM Catholic Mass (GR) 11:45 AM Self-Guided Tour Clark Museum/ lunch at museum café! (Sign up expired) 2:30 PM Scrabble (CR) 	17 10:00 AM Shopping at Price Chopper near Kohls (Sign up) 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg.(M) 2:30 PM Music with Lucia & Levi Byrd Music (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) 	18 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Den nis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Meditation (M) 1:00 PM 7 Card Hi Lo Poker (DR) 1:30 PM Book Club (M) 1:30 PM Shopping at Trader Joe’s (Sign up) 2:00 PM Scrabble (CR) 7:15 PM Evening Movie – The Brutalist” (GR)	19 10:00 AM Visit to Empire State Aerosciences Museum & Lunch at Glenville Queen Diner (Sign up expired) 1:00 PM Quilting/Project Linus (4th Fl. West) 1:00 PM Caregiver Peer Support Group (M) 1:00 PM Metropolitan Opera Screening La Traviata (GR) 1:30 PM Dominoes (DR) 3:30 PM Happy Hour at the Lodge 7:15 PM Movie at Lodge NATIONAL AVIATION DAY!	20 10:00 AM Shopping Trip to Key Bank, M&T, Trustco, Broadview, Chase 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee – “Past Lives” (GR) 2:00 PM Spirituality Committee Mtg. (M) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	21 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 7:00 PM Foreign Film Evening (GR) NATIONAL SENIOR CITIZENS DAY!	22 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 4:00 PM Music by the Woodchucks (GR) 7:15 PM Movie at the Lodge (LR) 																					
23 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:00 PM Jazz Vespers and Dinner at Blue Ribbon (Sign up) 	24 1:00 PM Bridge (CR) 1:30 PM Shopping at Price Chopper Off Western Ave. (Sign up) 2:00 PM Roundtable Mtg.(M) 2:30 PM Studio One Chair Dancing w/Ashley (FC) 3:00 PM Jennifer Price – Travel Presentation (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR) 	25 9:30 AM Bocce Ball (weather permitting) - Lodge 10:00 AM Dennis Murphy – iPhone Assistance (Lobby-Main Bldg.) 11:00 AM Town Hall Mtg. (GR) 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 – “Killers of the Flower Moon” (GR) NATIONAL PARK SERVICE FOUNDERS DAY!	26 10:00 AM George Gerardi’s Environmental Group Visit to Thatcher Park Visitor Ctr. w/Boxed Lunch (Sign up) 1:00 PM Quilting/Project Linus (4 th Fl. West) 1:30 PM Dominoes (DR) 2:00 PM Schenectady County Historical Presentation - "At War's End: Schenectady After the Revolution"(GR) 3:30 PM Happy Hour at the Lodge w/Izzy Music 7:15 PM Movie at Lodge	27 10:00 AM Shopping Trip to Bank of Am., NBT, Dollar Tree, Aldi 10:30 AM Lecture Series at the Lodge “The History of America” (LR-L) 1:00 PM Billiards (BR) 1:30 PM Movie Matinee – “The Unbearable Weight of Massive Talent” (GR) 4:00 PM Wine & Cheese (LR) 7:15 PM Fictionary Game Night (CR)	28 10:00 AM Visit to Saratoga Casino (Sign up) 11:00 AM Nina’s Grief Awareness Presentation (GR) 1:00 PM 7 Card Hi Lo Poker (DR) 1:00 PM Canasta (CR) 4:00 PM TGIF Happy Hour (CR) 	29 1:30 PM Avila Singers (M) 2:00 PM Scrabble (CR) 7:15 PM Movie at the Lodge (LR) 																					
30 10:30 AM Catholic Mass (GR) 2:30 PM Scrabble (CR) 4:30 PM Dinner at Pegasus Restaurant, Cossackie, NY (Sign up) 	31 10:00 AM Shopping at Price Chopper near Kohls (Sign up) 1:00 PM Bridge (CR) 2:00 PM Roundtable Mtg.(M) 2:00 PM Rabbi Latman (GR) 3:00 PM Coloring in the Bistro 7:15 PM Bingo (GR)	AVILA <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 colspan="3">(FC-L) = Fitness Center-Lodge</td></tr><tr><td colspan="3">(FC) = Fitness Center at Avila</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			PLEASE REMEMBER ALL BOXED LUNCHES FOR EVENTS - ONE (1) POINT	
Fitness Center: (FC)	Meditation Room: (M)	Wellness Center (WC-112)																									
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(FC) = Fitness Center at Avila																											

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”
— Victoria Erickson

FITNESS CALENDAR

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 “The only person you are destined to become is the person you decide to be.” Ralph Waldo Emerson “Success usually comes to those who are too busy to be looking for it.” Henry David Thoreau						1 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)
2 2:00 PM Strength Training (Inhouse TV Channel 1390)	3 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)	4 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)	5 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)	6 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)	7 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)	8 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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THE LODGE AT AVILA (L)

Library: (Lib-L)

Patio: (PL)

Living Room: (LR-L)

Fitness Center: (FC-L)

Room: (DR-L)

Dining