

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Community Events</u>= ✨</p> <p><u>Bus Trips</u>= ✨</p>			<p>1</p> <p>9:30:Stretch &amp; Balance</p> <p>1:Dr.Masias Podiatrist</p> <p>3:LRC</p>	<p>2</p> <p>11-12:Aqua Aerobics</p> <p>2:Blood Pressure Clinic</p> <p>3:Dominoes' Club</p> <p> <u>Groundhog Day.</u></p>	<p>3</p> <p>12:30:Bill's 100th Birthday!</p> <p><u>Great Room Reserved</u></p> <p>3:30 to 9:00</p> <p>  </p>	<p>4</p> <p><u>Great Room Reserved</u></p> <p>10:00 to 6:00</p>
<p>5</p> <p>3:LRC</p>	<p>6</p> <p>9:Coffee Club</p> <p>10&amp;1:Trader Joe's</p> <p>2:Cornhole w/Hard Lemonade!</p> <p>3:Bingo</p>	<p>7</p> <p>9-12:Scheduled Trips</p> <p>9:30:Coffee &amp; Conversations</p> <p>10-11:Functional Training</p> <p>11-12:Aqua Aerobics</p> <p>3:Bible Studies</p>	<p>8</p> <p>9:30:Stretch &amp; Balance</p> <p>11:30: Chili's Lunch Trip</p> <p>1:Valentine Wreath Craft!</p> <p>3:LRC</p>	<p>9</p> <p>9-12:Scheduled Trips</p> <p>9:30:Big Heart Breakfast!</p> <p>11-12:Aqua Aerobics</p> <p>2:Blood Pressure Clinic</p> <p>3:Dominoes' Club</p>	<p>10</p> <p>10:Book Club!</p> <p>11:Rivers Casino</p> <p>1:30:Calendar Meeting</p> <p>4:Bingo</p>	<p>11</p> <p>5:Game Night!</p>
<p>12</p> <p>3:LRC</p> <p><u>Super Bowl LVII</u></p> <p></p>	<p>13</p> <p>9:Coffee Club</p> <p>10:Walmart</p> <p>3:Bingo Sponsored By GAV</p>	<p>14</p> <p>9-12:Scheduled Trips</p> <p>10-11:Functional Training</p> <p>11-12:Aqua Aerobics</p> <p>3:30:Heart Hearing Valentine Event!</p> <p> <u>Happy Valentine's Day!</u></p>	<p>15</p> <p>9:30:Stretch &amp; Balance</p> <p>10-12:Wits End</p> <p>1:30:Karaoke Time w/ Mikel!</p> <p>3:LRC</p>	<p>16</p> <p>9-12:Scheduled Trips</p> <p>11-12:Aqua Aerobics</p> <p>2:Blood Pressure Clinic</p> <p>3:Dominoes' Club</p>	<p>17</p> <p>1:Tech Tutorial w/ Mikel!</p> <p>11:30:market Bistro &amp; Hobby Lobby</p> <p>2:30: Love Potion Happy Hour!</p> <p>4:Bingo</p>	<p>18</p> <p>5:Game Night!</p>
<p>19</p> <p>3:LRC</p>	<p>20</p> <p>9:Coffee Club Sponsored By GAV!</p> <p>10&amp;1:Trader Joe's</p> <p>3:Bingo</p> <p> <u>Presidents Day.</u></p>	<p>21</p> <p>9-12:Scheduled Trips</p> <p>9:30:Coffee &amp; Conversations</p> <p>10-11:Functional Training</p> <p>11-12:Aqua Aerobics</p> <p>2:30:Birthday Party</p> <p>3:Bible Studies</p>	<p>22</p> <p>9:30:Stretch &amp; Balance</p> <p>12:30:Lovers Lunch!</p> <p>3:LRC</p> <p></p>	<p>23</p> <p>9-12:Scheduled Trips</p> <p>11-12:Aqua Aerobics</p> <p>1:Craft TBD</p> <p>2:Blood Pressure Clinic</p> <p>3:Dominoes' Club</p>	<p>24</p> <p>9:Ladies Coffee &amp; Pastries</p> <p>11:Colonie Center</p> <p>1:Trivia Time /w Mike!</p> <p>4:Bingo</p>	<p>25</p> <p>5:Game Night!</p>
<p>26</p> <p>3:LRC</p>	<p>27</p> <p>9:Coffee Club</p> <p>11:CVS/SEFCU/PC</p> <p>1:Town Hall Meeting</p> <p>3:Bingo</p>	<p>28</p> <p>9-12:Scheduled Trips</p> <p>9:30:Coffee &amp; Conversations</p> <p>10-11:Functional Training</p> <p>11-12:Aqua Aerobics</p> <p>4:"Grease" Movie Night!</p>	<p><u>Community Reminders/Announcments</u></p> <ul style="list-style-type: none"> <li>• Are you looking for a group of poker players? Look no further! Richard M is looking for more people to join in some Poker! Contact Richard at (518)263-2023.</li> <li>• If you need updates to our resident directory please contact Mike in the office with updated contact information.</li> <li>• Nadine is looking for more Mahjong players! Contact Nadine if you are interested at (518)334-5796</li> </ul>			

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♦Healthy♦

♦Creative♦

♦Playful♦

♦Mindful♦

♦Inquisitive♦

♦Social♦

Life.

♦Centered♦

OFFICE HOURS

Monday - Friday

8:00 am - 4:30 pm

## ACTIVITIES

Feb 3rd "Bill's 100th Birthday Party!" 3:30pm: Today we honor our legendary resident, William Scharoun. We will be having a celebration in the Great Room, You must have RSVP'd by the end of January.

Feb 6th "Cornhole w/ Hard Lemonade 2:00pm: Welcome back a staple to the Abbey, Corn hole! We will have Hard lemonade to make feel like summer days through the harsh cold.

Feb 8th "Valentine Wreath Craft!" 1:00pm: Join us in the Great Room to Make beautiful wreath decorations for your home! Sign up is required.

Feb 9th "Big Heart Breakfast" 9:30am: Nothing warms our hearts like a nice lovely breakfast with people we love! Sign up is required.

Feb 14th "Heart of Hearing Valentine Event" 3:30pm: Calling all lovers! Heart Hearing is putting on an event in the Great Room this valentines day. Food and drinks will be provided as well as information on Heart Hearing! Much RSVP by Feb 7th EOD.

Feb 22nd "Lovers Lunch" 12:30pm: Lunch goes a long way when its shared with family and friends! Please join us in the Great room, Sign up is required.



### GLENMONT DIRECTORY

Office Phone Number: (518)419-6661



7 Thomas Cole drive, Glenmont NY 12207