



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|--|
|  | May 1 8:30am - Fitness w/ Lauren GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 11:00am - Pool/Billiards - G ♦ 6:00pm - Bingo GR ♦ ♦ | 2 9:00 am - Aqua Aerobics - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 10:00am - 4:00pm - Swim w/Buddy - P ♦ 1:00am - Movie - Romance - T ♦ 6:30pm - Game Night - GR ♦ ♦ | 3 8:30am - Flexible Fitness - GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - Grocery Shopping - B ♦ 1:30pm-Bible Study - GR ♦ | 4 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 1:00pm - Rosary - GR ♦ 1:30pm - Mahjong - GR ♦ | 5 8:30 am - Stamina/Strength/Stretch - GR ♦ 9:45am - Aqua Aerobics - P ♦ 11:00am - 4:00pm - Swim w/Buddy - P ♦ 1:30pm Table Tennis - GR ♦ ♦ 2:00-3:00pm - Cinco DeMayo ♦ ♦ Meet n' Greet - Back patio weather permitting. | 6 11:00am -1:00pm - Open Swim - P ♦ |
| 7 2:00pm - Chips N Chat - GR ♦ | 8 8:30am - Fitness w/ Lauren GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 10:00am - Pool/Billiards - G ♦ ♦ 1:30pm - Bingo GR ♦ ♦ | 9 9:00 am - Aqua Aerobics - P ♦ 10:00am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 10:00am - Munson Sports Fashion ♦ 1:00am - Movie - Drama - T ♦ 6:30pm - Game Night - GR ♦ ♦ | 10 8:30am - Flexible Fitness - GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - Grocery Shopping - B ♦ 1:30pm-Bible Study - GR ♦ | 11 8:30 am - Stamina/Strength/Stretch - GR ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 9:45am - Aqua Aerobics - P ♦ 11:am - 4:00pm - Swim w/Buddy - P ♦ 11:30 - DIY Spring Craft w/The Grand ♦ 1:00pm - Rosary - L ♦ 1:30pm - Mahjong - GR ♦ | 12 8:30 am - 4:00pm - Swim w/Buddy - P ♦ 10:30 - Oneida County Health Dept. ♦ 1:30pm Table Tennis - GR ♦ | 13 11:00am -1:00pm - Open Swim - P ♦ |
| 14 2:00pm - Chips N Chat - GR ♦  | 15 8:30am - Fitness w/ Lauren GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 10:30am - Neighborhood Center - GR ♦ 11:00am - Pool/Billiards - G ♦ ♦ 3:00pm - Book Club GR ♦ 6:00pm - Bingo GR ♦ ♦ | 16 9:00 am - Aqua Aerobics - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 10:00am - 4:00pm - Swim w/Buddy - P ♦ 1:00pm - Movie - Comedy - T ♦ 6:30pm - Game Night - GR ♦ ♦ | 17 8:30am - Flexible Fitness - GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - Grocery Shopping - B ♦ 10:30 - Retirement, Medicare, Estate & Memorial Planning Seminar-GR ♦ 1:30pm-Bible Study - GR ♦ | 18 8:30 am - Stamina/Strength/Stretch - GR ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 9:45am - Aqua Aerobics - P ♦ 11:-0am - 4:00pm - Swim w/Buddy - P ♦ 1:00pm - Rosary - L ♦ 1:30pm - Mahjong - GR ♦ | 19 8:30am - 4:00pm - Swim w/Buddy - P ♦ 1:30pm Table Tennis - GR ♦ | 20 11:00am -1:00pm - Open Swim - P ♦ |
| 21 Senior Vendor Fair 10:00am - 2:00pm 2:00pm - Chips N Chat - GR ♦ | 22 8:30am - Fitness w/ Lauren GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 10:00am - Pool/Billiards - G ♦ ♦ 1:30pm - Bingo GR ♦ ♦ | 23 9:00 am - Aqua Aerobics - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 10:00am - 4:00pm - Swim w/Buddy - P ♦ 1:00pm - Movie - Drama - T ♦ 1:00pm - ALS Seminar - GR ♦ 6:30pm - Game Night - GR ♦ ♦ | 24 8:30am - Flexible Fitness - GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - Grocery Shopping - B ♦ 1:30pm-Bible Study - GR ♦ | 25 8:30 am - Stamina/Strength/Stretch - GR ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 9:45am - Aqua Aerobics - P ♦ 11:00am - 4:00pm - Swim w/Buddy - P ♦ 1:00pm - Rosary - L ♦ 1:30pm - Mahjong - GR ♦ | 26 8:30am - 4:00pm - Swim w/Buddy -P ♦ 1:30pm Table Tennis - GR ♦ | 27 SCHUYLER COMMONS ♦ & RESIDENT ASSOCIATION MEMORIAL DAY RESIDENT PICNIC! |
| 28 2:00pm - Chips N Chat - GR ♦ | 29 8:30am - Fitness w/ Lauren GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 11:00am - Pool/Billiards - G ♦ ♦ 6:00pm - Bingo GR ♦ ♦ | 30 9:00 am - Aqua Aerobics - P ♦ 9:00 am - 1:00 pm - Dr Appt - B ♦ 10:00am - 4:00pm - Swim w/Buddy - P ♦ 1:00pm - Movie - Romance - T ♦ 6:30pm - Game Night - GR ♦ ♦ | 31 8:30am - Flexible Fitness - GR ♦ 8:30am - 4:00pm - Swim w/Buddy - P ♦ 9:00 am - Grocery Shopping - B ♦ 1:30pm-Bible Study - GR ♦ 7:00PM - MVCC Concert Band - P ♦ | | | |

LOCATION KEY
 B = Bus
 BP = Back Patio
 CR = Craft Room
 FC = Fitness Center
 G = Game Room
 GR = Great Room
 L = Library
 P = Pool
 T = Theater

Allure Life
 ♦Healthy♦ ♦Social♦ ♦Mindful♦
 ♦Playful♦ ♦Creative♦ ♦Centered♦ ♦Inquisitive♦

OFFICE HOURS
 Monday - Friday
 Saturday
 Sunday
 8:30 am - 4:30 pm
 By Appointment
 CLOSED