

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>GLENMONT — ABBEY — an allure active adult community</p></div>	<div>SEPTEMBER</div>				<div>1</div> <div>10: Coffee Club in Game Room</div> <div>11: Track 32 Lunch Trip</div> <div>3: Bingo</div>	<div>2</div> <div>7: Game Night!</div>
<div>3</div> <div>3: LRC</div>	<div>4</div> <div>Office Closed</div> <div></div>	<div>5</div> <div>National Cheese Pizza Day</div> <div>9:30 Coffee &amp; Conversations</div> <div>10-11 Functional Training</div> <div>11-12 Aqua Aerobics</div> <div>12:15 Chair Yoga</div> <div>1:30 Cheese Pizza in Great Room</div> <div>3 Bible Study</div> <div></div>	<div>6</div> <div>9:30 Stretch &amp; Balance</div> <div>11 Colonie Center Mall Trip</div> <div>12:30 "Monday" Movie:</div> <div>The Lost City</div> <div>1 Dr. Masias</div> <div>3 LRC</div>	<div>7</div> <div>9-12 Scheduled Trips</div> <div>11-12 Aqua Aerobics</div> <div>12:15 Chair Yoga</div>	<div>8</div> <div>10 Book Club</div> <div>11 Yanni's Lunch Trip</div> <div>3 Bingo</div> <div></div>	<div>9</div> <div>7: Game Night!</div>
<div>10</div> <div>3: LRC</div>	<div>11</div> <div>9: Coffee Club</div> <div>10 Aldi's Trip</div> <div>12:30 Monday Movie</div> <div>Shotgun Wedding</div> <div>3: Bingo</div>	<div>12</div> <div>9-12: Scheduled Trips</div> <div>10-11 Functional Training</div> <div>11-12: Aqua Aerobics</div> <div>4pm August &amp; September</div> <div>Birthday cake!</div>	<div>13</div> <div>9:30 Stretch &amp; Balance</div> <div>11 Van Rensselaer/Shoprite</div> <div>1:00 Cornhole</div> <div>3: LRC</div>	<div>14</div> <div>National Cream-filled</div> <div>Donut Day</div> <div>9-12 Scheduled Trips</div> <div>9:30 cream filled donuts</div> <div>11-12 Aqua Aerobics</div> <div>12:15 Chair Yoga</div> <div></div>	<div>15</div> <div>10 Coffee Club</div> <div>11 Cracker Barrell Lunch Trip</div> <div>2 Fall planning mtg.</div> <div>3 Bingo GAV</div>	<div>16</div> <div>7: Game Night!</div>
<div>17</div> <div>3: LRC</div>	<div>18</div> <div>National burger day</div> <div>9: Coffee Club GAV Sponsored</div> <div>10 &amp; 1 Trader Joe's Trip(s)</div> <div>12pm Burgers in Great room</div> <div>12:30 Monday Movie</div> <div>Ticket to Paradise</div> <div>3: Bingo</div> <div></div>	<div>19</div> <div>9-12: Scheduled Trips</div> <div>9:30: Coffee &amp; Conversations</div> <div>10-11: Functional Training</div> <div>11-12: Aqua Aerobics</div> <div>12:15: Chair Yoga</div> <div>3: Bible Study</div>	<div>20</div> <div>9:30 Stretch &amp; Balance</div> <div>11 Windy Hill Orchard Trip</div> <div>(formerly Goolds)</div> <div>3 LRC</div>	<div>21</div> <div>9-12 Scheduled Trips</div> <div>11-12 Aqua Aerobics</div> <div>12:15 Chair Yoga</div> <div>3;30 Happy Hour</div>	<div>22</div> <div>10 Coffee Club</div> <div>11 Skyline Diner Lunch Trip</div> <div>3: Bingo</div>	<div>23</div> <div>7: Game Night!</div>
<div>24</div> <div>3: LRC</div>	<div>25</div> <div>9: Coffee Club</div> <div>10 WalMart Trip</div> <div>12:30 Monday Movie</div> <div>Bliss</div> <div>3: Bingo</div> <div></div>	<div>26</div> <div>9-12: Scheduled Trips</div> <div>10-11 Functional Training</div> <div>11-12 Aqua Aerobics</div>	<div>27</div> <div>National Chocolate Milk Day</div> <div>9:30 Stretch &amp; Balance</div> <div>11 Mohawk Commons</div> <div>1:00 Cornhole</div> <div>3 LRC</div> <div></div>	<div>28</div> <div>9-12 Scheduled Trips</div> <div>11-12 Aqua Aerobics</div> <div>12:15 Chair Yoga</div> <div>4 Izzy One Man Band</div> <div>Music Performance</div> <div></div>	<div>29</div> <div>10 Coffee Club</div> <div>11 Applebee's Lunch Trip</div> <div>3 Bingo</div> <div>Community Garage sale 9-3</div>	<div>30</div> <div></div>

Community Events

Bus Trips

A...

♦Healthy♦

♦Creative♦

♦Playful♦

♦Mindful♦

♦Inquisitive♦

♦Social♦

Life.

♦Centered♦

OFFICE HOURS

Monday - Friday 8:30 am - 5:00 pm