

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hello September					1 8:30 am - 4:00pm - Swim w/Buddy - P 11:00am - Lunch Bunch - B Red Lobster 11:00am - Kunkel Ambulance - GR 1:30pm Table Tennis - GR	2 11:00am -1:00pm - Open Swim - P
3 2:00pm - Chips N Chat - GR	4 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:30am-Neighborhood Center - GR Alafia will be here with tips on managing stress. 11:00am - Pool/Billiards - G 6:00pm - Bingo GR	5 9:00 am - Aqua Aerobics P 9:00 am - 1:00 pm - Dr Appt - B 10:00am - 4:00pm - Swim w/Buddy P 10:30am - Mary Kay Presentation - GR 1:00pm - Movie - Drama - T 6:30pm - Game Night - GR	6 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 11:30am - Turning Stone - B 12:00pm - Resident Meet N' Greet - P 1:30pm-Bible Study - GR	7 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 1:00pm - Rosary - L 1:30pm - Mahjong - GR	8 8:30 am - 4:00pm - Swim w/Buddy - P 10:30am - 1st Source Seminar - GR Cristina will be here talking about Cyber Security & On-line awareness 1:30pm Table Tennis - GR	9 11:00am -1:00pm - Open Swim - P 
10 2:00pm - Chips N Chat - GR 	11 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 3:00pm- Book Club - GR Heidi will be here. Book is "Drums Along The Mohawk"	12 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	13 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR 1:30pm - New Hartford Farmer's Mkt-B. 3:00pm-5:00pm - Resident Association Resident Meeting - GR	14 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 1:00am- DIY Craft w/Deb - CR 1:00pm - Rosary - L 1:30pm - Mahjong - L	15 8:30 am - 4:00pm - Swim w/Buddy - P 1:30pm Table Tennis - GR 	16 8TH ANNUAL FALL VENDOR CRAFT FESTIVAL 10:00am - 2:00pm Crafters, music, vendor, and more! Also, Motley Chew Food Truck will be here!
17 2:00pm - Chips N Chat - GR	18 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:30am - Wellcare Seminar - GR medicare, etc. Luis will be presenting 11:00am - Pool/Billiards - G 6:00pm - Bingo GR 	19 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 - Musical - T 6:30pm - Game Night - GR	20 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	21 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 10:30am - M&T Seminar w/Travis - GR 11:00am - 4:00pm - Swim w/Buddy -P 1:00pm - Rosary - L 1:30pm - Mahjong - L	22 8:30am - 4:00pm - Swim w/Buddy -P 12:00pm - Lunch Bunch - B Celtic Harp 1:30pm Table Tennis - GR	23 Defensive Driving Course 8:30am - 2:30pm 11:00am -1:00pm - Open Swim - P
24 2:00pm - Chips N Chat - GR 	25 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 	26 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 	27 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B 12:30pm - Sangertown Square - B. 1:30pm-Bible Study - GR	28 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 10:00am - Clinton Farmer's Market-B 11:00am - 4:00pm - Swim w/Buddy P 1:00pm - Rosary - L 1:30pm - Mahjong - GR	29 8:30am - 4:00pm - Swim w/Buddy -P 10:30am- Lunch Bunch - B Sylvan Beach - Eddie's 1:30pm Table Tennis - GR	30 11:00am -1:00pm - Open Swim - 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♦
♦Playful♦

♦Social♦
♦Creative♦

♦Mindful♦
♦Inquisitive♦

♦Centered♦

22
OFFICE HOURS

Monday - Friday
Saturday
Sunday

8:30 am - 4:30 pm
By Appointment
CLOSED