





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			1 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 10:30am - Banker's Life-Medicare - GR 1:30pm-Bible Study - GR	2 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	3 8:30 am - 4:00pm - Swim w/Buddy - P 11:00am - Kunkel Ambulance - GR 12:00pm- Brimfield Winery - B 1:30pm Table Tennis - GR	4 11:00am -1:00pm - Open Swim - P
5 2:00pm - Chips N Chat - GR	6 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR	7 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 10:30am-Tender Loving Care Seminar Seminar on services they offer 11:00am - 4:00pm - Swim w/Buddy P 1:00pm - Movie - Drama - T 6:30pm - Game Night - GR	8 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 9:00am - Waffles & Sausage - GR 1:30pm-Bible Study - GR	9 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 12:00pm-Resident Association - GR Resident Appreciation Luncheon 1:00pm - Rosary - L 1:30pm - Mahjong - GR	10 8:30 am - 4:00pm - Swim w/Buddy - P 8:00am- Veteran's Appreciation - GR 1:30pm Table Tennis - GR	11 SCHUYLER COMMONS HOLIDAY CRAFT FAIR 10:00am-2:00pm 
12 2:00pm - Chips N Chat - GR	13 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy - P 10:00am - Pool/Billiards - G 3:00pm - Book Club - GR Book - "The Personal Librarian" 6:00pm - Bingo GR	14 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 10:30am-DiGiorgio Law Firm - GR "You can't take it with you, but you can decide where it goes" 11:00am - 4:00pm - Swim w/Buddy P 1:00pm - Movie - Comedy - T 6:30pm - Game Night - GR	15 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy - P 9:00 am - Grocery Shopping - B 10:30am - Paint n' Sip w/Anita - CR 1:30pm-Bible Study - GR 2:00pm-DIY Jewelry w/Susan - CR	16 8:30 am - Stamina/Strength/Stretch - GR 9:00 am - 1:00 pm - Dr Appt - B 9:45am - Aqua Aerobics - P 11:00am - 2:00pm - Swim w/Buddy -P RESIDENT'S THANKSGIVING CELEBRATION 3:00PM-5:00PM	17 8:30 am - 4:00pm - Swim w/Buddy - P 1:30pm Table Tennis - GR RESIDENT'S THANKSGIVING CELEBRATION 3:00PM-5:00PM	18 11:00am -1:00pm - Open Swim - P
19 2:00pm - Chips N Chat - GR	20 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 6:00pm - Bingo GR	21 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 10:00am - DIY Craft w/Deb - CR 11:00am - 4:00pm - Swim w/Buddy P 1:00pm - Movie - Musical - T 6:30pm - Game Night - GR	22 8:30am - Flexible Fitness - GR 8:30am - 4:00pm - Swim w/Buddy -P 9:00 am - Grocery Shopping - B 1:30pm-Bible Study - GR	23 	24 OUR OFFICE IS CLOSED FOR THE HOLIDAY! WE WILL BE OPEN MONDAY, NOV. 27TH AT 8:30AM.	25 11:00am -1:00pm - Open Swim - P
26 2:00pm - Chips N Chat - GR	27 8:30am - Fitness w/ Lauren GR 8:30am - 4:00pm - Swim w/Buddy-P 10:00am - Pool/Billiards - G 1:30pm - Bingo GR 2:00pm-DIY Jewelry w/Susan - CR	28 8:30am-Balance & Stretch-GR 9:00 am - 1:00 pm - Dr Appt - B 9:45 am - Aqua Aerobics P 11:00am - 4:00pm - Swim w/Buddy P 1:00pm - Movie - Horror - T 6:30pm - Game Night - GR	29 9:00 am - Grocery Shopping - B HEALTH FAIR 10:00am - 2:00pm Vendors for everything from blood pressure screenings, nutrition, exercise, home care, etc. will be here. We will also have basket giveaways	30 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 - L		

ANNOUNCEMENTS & ACTIVITIES

Watch for these upcoming events...

Save the date(s)

Upcoming activities/events to watch your upcoming calendars for more information:

Weds., Nov. 1st @ 10:30am - Banker's Life - Medicare, Insurance, retirement, etc.

Fri., Nov 10th @ 8:00am - Resident Veteran's Appreciation w/ New Hartford Legion

Sat., Nov. 11th @ 10:00am to 2:00pm - Holiday Craft Fair

Mon., Nov 13th @ 10:30am - The Neighborhood Center - Brain Exercises & prizes

Tues., Nov 14th @ 10:30am - DiGiorgio Law Firm - "You can't take it with you but you can decide where it goes"

Weds., Nov 15th @ 10:30am - Paint n' Sip w/Anita

Weds., Nov 15th @ 2:00pm - DIY Jewelry Class w/Susan

Tues., Nov 21st @ 10:00am - DIY Craft w/Deb from The Grand - Floral

Mon., Nov 27th @ 2:00pm - DIY Jewelry Class w/Susan

Weds., Nov 29th @ 10am-2pm-Senior Health Fair



Jillian Ksiadz - Property Manager
Anita Walker - Assistant Manager
Bradley Patterman - Lead Maint
Justin Weaver - Maint Tech
Alexis Cleavland - Housekeeper
Tony Fraccola - Transportation

SCHUYLER DIRECTORY

Schuyler Office: (315) 266-0145
Schuyler Fax: (315) 266-0274
Nikki's Salon: (315) 266-0252
Nikki's Cell: (315) 794-0612

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FRIENDSHIP ENTHUSIASM


**SCHUYLER
COMMONS**
an allure active adult community
1776 Independence Square
Utica, NY 13502

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