SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am - Stretch & Balance 10:00 - Bus Trip - Colonie Center 3:00 - LRC (Right, Left, Center)	2 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 4:00 - Happy Hour w/ Music by Billy Bob Dunn	3 10:00 - Book Club 11:00 - Lunch Bunch Track 32 3:00 - Bingo GR	4 7:00 - Game Night
5 3:00 - LRC (Right, Left, Center)	6 9:00 - Men's Coffee Club 10:00 - Bus Trip - Veterans Recognition Luncheon Colonie PRE SIGN UP REG. Limited Seating 12:30 - Monday Movie Matinee 3:00 - Bingo GR	7 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	8 9:30am - Stretch & Balance 10:00 - Bus Trip - Trader Joes 1:00 - Bus Trip - Trader Joes 1:00 -Dr. Masias / Podiatrist 3:00 - LRC (Right, Left, Center)	9 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Happy Hour	10 10:00 - Book Club 11:00 - Lunch Bunch Long Horn Steakhouse 3:00 - Bingo GR LAST DAY TO SIGN UP FOR THANKSGIVING DINNER	11 ***** DAY ***** 7:00 - Game Night
12 3:00 - LRC (Right, Left, Center)	13 9:00 - Men's Coffee Club 10:00 - Bus Trip - Walmart 12:30 - Monday Movie Matinee 3:00 - Bingo GR	14 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	 15 9:30am - Stretch & Balance 3:00 - LRC (Right, Left, Center) 3:00 - Thanksgiving Dinner SIGN UP REQUIRED BY NOV 10th 	16 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 -Thanksgiving Dinner SIGN UP REQUIRED BY NOV 10th	17 10:00 - Book Club 11:00 - Brunch Bunch Sawa Resturant 3:00 - Bingo GR	18 7:00 - Game Night
19 3:00 - LRC (Right, Left, Center)	20 9:00 - Men's Coffee Club 10:00 - Bus Trip - Market 32 Latham 12:30 - Monday Movie Matinee 3:00 - Bingo GR	21 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	22 9:30am - Stretch & Balance 10:00 - Brunch Bunch Silver Spoon 3:00 - LRC (Right, Left, Center)	23 OFFICE CLOSED Happy Thanksgiving	24 10:00 - Book Club 3:00 - Bingo GR	25 7:00 - Game Night
26 3:00 - LRC (Right, Left, Center)	27 9:00 - Men's Coffee Club - GAV Sponsored 10:00 - Bus Trip - Shop Rite Slingerlong 12:30 - Monday Movie Matinee 3:00 - Bingo GR	28 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	29 9:30am - Stretch & Balance 10:00 - Bus Trip Monet Experience o or Rivers Casino 3:00 - LRC (Right, Left, Center)	30 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia		
LOCATION KEY B = Bus BP = Back Patio R = Great Room FC = Fitness Center T = Theater G = Game Room +Healthy+ +Healthy+ +Playful+ Allure Life +Social+ +Playful+ +Mindful+ +Social+ +Creative + OFFICE HOURS Saturday Sunday Monday - Friday By Appointment CLOSED 8:30 am - 5:00 pm By Appointment CLOSED						