SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- Ale	Cem	Derv		CHRISTMAS DINNER SIGN UP REQUIRED BY December 8, 2023 SEATING IS LIMITED	1 10:00 - Book Club 10:00 - Coffee Club 11:00 - Lunch Bunch - Colonie Center <b>*</b> 3:00 - Bingo GR	2 10:00 - Bus Trip * Monet Experience with Amy & Christina 7:00 - Game Night
<b>3</b> 3:00 - LRC (Right, Left, Center)	4 9:00 - Men's Coffee Club 10:00 - Bus Trip - Target 12:30 - Monday Movie Matinee M*A*S*H * 3:00 - Bingo GR	5 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	6 9:30am - Stretch & Balance * 10:00 - Bus Trip - Glenmont Plaza * 1:00 - Dr. Masias / Podiatrist * 3:00 - LRC (Right, Left, Center)	7 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Cornhole	8 10:00 - Coffee Club GAV Sponsored * 11:00 - Lunch Bunch Chili's * 4:00pm - Ken Blatt Lecture Jews & the Great War *	9 7:00 - Game Night
10 3:00 - LRC (Right, Left, Center)	11 9:00 - Men's Coffee Club GAV Sponsored * 10:00 - Bus Trip - Walmart 12:30 - Monday Movie Matinee Jarhead * 3:00 - Bingo GR	12 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 3:00 - Women's Bible Study	<ul> <li>13 9:30am - Stretch &amp; Balance ★</li> <li>10:00 - Brunch Bunch ★</li> <li>Cracker Barrell</li> <li>4:00 - Chanukah Party - with</li> <li>Clara Simon - Great Room ★</li> <li>3:00 - LRC</li> <li>(Right, Left, Center)</li> </ul>	9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics	15 10:00 - Coffee Club 11:00 - Brunch Bunch Akira/Japanese * 3:00 - Bingo	16 7:00 - Game Night
17 3:00 - LRC (Right, Left, Center)	<ul> <li>18 9:00 - Men's Coffee Club 10:00 - Bus Trip - Crossgates Mall</li> <li>12:30 - Holiday Movie Marathon A Christmas Story Love Actually ★ Elf 3:00 - Bingo GR</li> </ul>	19 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	20 9:30am - Stretch & Balance * CHRISTMAS DINNER with Music Cats Duo 3:00PM SIGN UP REQUIRED BY 12/8 SEATING IS LIMITED	21 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga CHRISTMAS DINNER with Music Cats Duo 3:00PM SIGN UP REQUIRED BY 12/8 SEATING IS LIMITED	22 10:00 - Coffee Club 11:00 - Brunch Bunch Track 32 ★ 4:00 - Singing with Seniors Christmas Karaoke ★ with Amy & Christina	23 7:00 - Game Night
24 / 31 3:00 - LRC (Right, Left, Center)	25 Office Closed	26 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	27 9:30am - Stretch & Balance ★ 10:00 - Bus Trip ★ Aldi 3:00 - LRC (Right, Left, Center)	28 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia	29 10:00 - Coffee Club 11:00 - Brunch Bunch ★ Outback Steakhouse 3:00 - Bingo GR	30 7:00 - Game Night
LOCATION KEY GR = Great		• <b>Theater</b> • Healthy • Playful•	◆ Social ◆	<ul><li>•Mindful•</li><li>•Inquisitive •</li></ul>	HOURS Monday - Friday Saturday Sunday	8:30 am - 5:00 pm By Appointment CLOSED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- Ale	Cem	Derv		CHRISTMAS DINNER SIGN UP REQUIRED BY December 8, 2023 SEATING IS LIMITED	1 10:00 - Book Club 10:00 - Coffee Club 11:00 - Lunch Bunch - Colonie Center <b>*</b> 3:00 - Bingo GR	2 10:00 - Bus Trip * Monet Experience with Amy & Christina 7:00 - Game Night
<b>3</b> 3:00 - LRC (Right, Left, Center)	4 9:00 - Men's Coffee Club 10:00 - Bus Trip - Target 12:30 - Monday Movie Matinee M*A*S*H * 3:00 - Bingo GR	5 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	6 9:30am - Stretch & Balance * 10:00 - Bus Trip - Glenmont Plaza * 1:00 - Dr. Masias / Podiatrist * 3:00 - LRC (Right, Left, Center)	7 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Cornhole	8 10:00 - Coffee Club GAV Sponsored * 11:00 - Lunch Bunch Chili's * 4:00pm - Ken Blatt Lecture Jews & the Great War *	9 7:00 - Game Night
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17 3:00 - LRC (Right, Left, Center)	<ul> <li>18 9:00 - Men's Coffee Club 10:00 - Bus Trip - Crossgates Mall</li> <li>12:30 - Holiday Movie Marathon A Christmas Story Love Actually ★ Elf 3:00 - Bingo GR</li> </ul>	19 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	20 9:30am - Stretch & Balance * CHRISTMAS DINNER with Music Cats Duo 3:00PM SIGN UP REQUIRED BY 12/8 SEATING IS LIMITED	21 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga CHRISTMAS DINNER with Music Cats Duo 3:00PM SIGN UP REQUIRED BY 12/8 SEATING IS LIMITED	22 10:00 - Coffee Club 11:00 - Brunch Bunch Track 32 ★ 4:00 - Singing with Seniors Christmas Karaoke ★ with Amy & Christina	23 7:00 - Game Night
24 / 31 3:00 - LRC (Right, Left, Center)	25 Office Closed	26 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	27 9:30am - Stretch & Balance ★ 10:00 - Bus Trip ★ Aldi 3:00 - LRC (Right, Left, Center)	28 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia	29 10:00 - Coffee Club 11:00 - Brunch Bunch ★ Outback Steakhouse 3:00 - Bingo GR	30 7:00 - Game Night
LOCATION KEY GR = Great		• <b>Theater</b> • Healthy • Playful•	◆ Social ◆	•Mindful• •Inquisitive •	HOURS Monday - Friday Saturday Sunday	8:30 am - 5:00 pm By Appointment CLOSED

## ANNOUNCEMENTS & ACTIVITIES

Watch for these upcoming events... Save the date(s)

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

Saturday., Dec 2nd @ 10:00am - Monet Experience with Amy and Christina

Mon., Dec 4th @ 12:30pm - Monday Movie Matinee - M\*A\*S\*H

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

Thurs., Nov 30th @ 2:00pm - Trivia w/Christina

## **OOD PANTRY :**

JUICE CEREAL TOOTHPASTE LAUNDRY DETERGENT

Amy Fischer - Property Manager Christina Harris - Assistant Manager Tylor Harrington - Lead Maint Steven Williams - Maint Tech Raymond Wilson - Housekeeper Greg Douocs - Transportation

## **GLENMONT DIRECTORY**

Office: (518) 419-6661

The Abbey Salon Josie Knack Cell: (518) 275-2216





SUNDAY	MONDAY	<b>TUESDAY</b>	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 10 3:00 - LRC (Right, Left, Center) * = SIGN-UP NEEDED where you see the asterisk.	Dec 11 9:00 - Men's Coffee Club GAV Sponsored 10:00 - Bus Trip * Shop Rite Slingerlong 12:30 - Monday Movie Matinee Meet the Fockers * 3:00 - Bingo	9:00 am - Noon - Dr Appt <b>*</b> 10:00 - Functional Training 11:00 - Aqua Aerobics *	Dec 13 9:30am - Stretch & Balance 10:00 - Bus Trip Cracker Barrell 4:00 - Chanukah Party - with Clara Simon - Great Room <b>*</b>	Dec 14 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia	Dec 15 10:00 - Coffee Club 11:00 - Lunch Bunch * Akira/Japanese 3:00 - Bingo	Dec 16 7:00 - Game Night
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 17 3:00 - LRC (Right, Left, Center) * = SIGN-UP NEEDED where you see the asterisk.	Dec 18 9:00 - Men's Coffee Club 10:00 - Bus Trip * Shop Rite Slingerlong 12:30 - Monday Movie Matinee Meet the Fockers * 3:00 - Bingo	Dec 19 9:00 am - Noon - Dr Appt * 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	Dec 20 9:30am - Stretch & Balance 3:00 - LRC (Right, Left, Center) * * *	Dec 21 First Day of Winter Trip Crossgates Mall - Holiday Shopping! 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia	Dec 22 10:00 - Coffee Club 11:00 - Lunch Bunch XXXXXXX 3:00 - Bingo	Dec 23 7:00 - Game Night
Contribution       B = Bus       FC = Fitness Center       Allure Life       Mindful       Mindful       Monday - Friday       8:30 am - 5:00 pm         LOCATION KEY       B = Bus       FC = Fitness Center       +Healthy+       Allure Life       +Mindful       Social +       +Mindful       By Appointment         KEY       T = Theater       GR = Great Room       Creative +       Centered +       +Inquisitive +       OFFICE HOURS       Monday - Friday       8:30 am - 5:00 pm						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 24 Control of the second	Dec 25 MERRY S HRISTMAS Office Closed	Dec 26 9:00 am - Noon - Dr Appt * 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	Dec 27 9:30am - Stretch & Balance 10:00 - Bus Trip * Monet Experience o or Rivers Casino 3:00 - LRC (Right, Left, Center)	Dec 28 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2:00 - Trivia	Dec 29 10:00 - Coffee Club 11:00 - Lunch Bunch * XXXXXXX 3:00 - Bingo	Dec 30 7:00 - Game Night
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 31 Wey you see the asterisk.	Jan 1 JADA HAPPY HAPPY HEVY Office Closed	Jan 2 9:00 am - Noon - Dr Appt * 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study *	Jan 3 9:30am - Stretch & Balance * 10:00 - Bus Trip * Monet Experience o or Rivers Casino 3:00 - LRC (Right, Left, Center)	Jan 4 9:00 am - Noon - Dr Appt * 11:00 - Aqua Aerobics 12:15 - Chair Yoga *	Jan 5 10:00 - Book Club 11:00 - Lunch Bunch * XXXXXXX 3:00 - Bingo	Jan 6
LOCATION KEY T = Theater		•Healthy •Playful•	◆ Social ◆	•Mindful• •Inquisitive •	Monday - Friday HOURS Saturday Sunday	8:30 am - 5:00 pm By Appointment CLOSED

SUNDAY	<b>MONDAY</b>	TUESDAY	WEDNESDAY	thursday	FRIDAY	SATURDAY
Nov 26 3:00 - LRC (Right, Left, Center) * = SIGN-UP NEEDED where you see the asterisk.	Nov 27 9:00 - Men's Coffee Club - GAV Sponsored 10:00 - Bus Trip * Aldi's 12:30 - Monday Movie Matinee Grumpier Old Men * 3:00 - Bingo	Nov 28 9:00 am - Noon - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 - Women's Bible Study	Nov 29 9:30am - Stretch & Balance * 10:00 - Bus Trip * Trader Joes 1:00 - Bus Trip * Trader Joes 3:00 - Rent Cafe with Christina- set up your online rent account ! * Bring your phone and a computer/Ipad	Nov 30 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:30 - Tree Trimming & Sing Along Christmas Songs with Wally! *	Dec 1 10:00 - Book Club 10:00 - Coffee Club 11:00 - Lunch Bunch * Colonie Center Mall 3:00 - Bingo	Dec 2 10:00 - Bus Trip * Monet Experience with Amy & Christina TENTATIVE, WAITING FOR DATE FROM MONET ORGANIZERS, SIGN UPS NEEDED! 7:00 - Game Night
SUNDAY	MONDAY	<b>TUESDAY</b>	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 3 3:00 - LRC (Right, Left, Center) *= SIGN-UP NEEDED where you see the asterisk.	Dec 4 9:00 - Men's Coffee Club * 10:00 - Bus Trip Target * 12:30 - Monday Movie Matinee M*A*S*H * 3:00 - Bingo	<ul> <li>Dec 5</li> <li>9:00 am - Noon - Dr Appt</li> <li>10:00 - Functional Training</li> <li>11:00 - Aqua Aerobics</li> <li>12:15 - Chair Yoga</li> <li>2:00 - Trivia w/ Christina</li> <li>- Great Room *</li> <li>Image: Image: Image</li></ul>	Dec 6 9:30am - Stretch & Balance* 10:00 - Bus Trip & Glenmont Plaza 1:00 pm - Dr Masias - Podiatrist * Modiatrist * 3:00 pecember Birthday Party *	Dec 7 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 Craft - Ornament * I = I + I + I + I + I + I + I + I + I +	Dec 8 10:00 - Coffee Club * Gav Sponsored 11:00 - Lunch Bunch Chili's * 4PM - Ken Blatt * presentation lecture series Jews and the Great War CHRISTMAS DINNER SIGN UP REQUIRED BY December 8, 2023 SEATING IS LIMITED	<section-header></section-header>
LOCATION B = Bus BP = Back F KEY T = Theater		+Healthy +Playful+	◆ Social ◆	•Mindful• •Inquisitive •	Monday - Friday HOURS Saturday Sunday	8:30 am - 5:00 pm By Appointment CLOSED