

LOCATION KEY	B = Bus	FC = Fitness Center	T = Theater	 Healthy   Mindful 	OFFICE HOURS	Monday - Friday	8:30 am - 5:00 pm
	BP = Back Patio	G = Game Room	 Playful  Creative  Centered  Inquisitive 			Saturday	By Appointment
	GR = Great Room	P = Pool				Sunday	CLOSED

LOCATION KEY	B = Bus	FC = Fitness Center	T = Theater	<div>◆Healthy◆</div> <div><u>Allure Life</u></div> <div>◆Social◆</div> <div>◆Playful◆</div> <div>◆Creative◆</div> <div>◆Centered◆</div> <div>◆Mindful◆</div> <div>◆Inquisitive◆</div>				OFFICE HOURS		Monday - Friday	8:30 am - 5:00 pm
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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
- Mon., Dec 11th @ 12:30pm - Monday Movie Matinee - XXXXXXXXXXXXXXXXXXXXXXXX
- Wed., Nov 15th @ 3:00pm - Holiday Party ** Sign-up required by XXXXXXXXXXXXXXXX
- Thurs., Nov 16th @ 3:00pm - Holiday Party **sign-up required by XXXXXXXXXXXXXXXX
- Mon., Dec 18th @ 12:30pm - Monday Movie Matinee - XXXXXXXXXXXXXXXXXXXXXXXx
- 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



7 Thomas Cole Drive
Glenmont, NY 12077



 SUNDAY	 MONDAY	 TUESDAY	 WEDNESDAY	 THURSDAY	 FRIDAY	 SATURDAY
<div>Dec 10</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>* = SIGN-UP NEEDED where you see the asterisk.</div>	<div>Dec 11</div> <div>9:00 - Men's Coffee Club GAV Sponsored</div> <div>10:00 - Bus Trip *</div> <div>Shop Rite Slingerlong</div> <div>12:30 - Monday Movie Matinee Meet the Fockers *</div> <div>3:00 - Bingo</div>	<div>Dec 12</div> <div>9:00 am - Noon - Dr Appt *</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics *</div> <div>12:15 - Chair Yoga *</div> <div>3:00 - Women's Bible Study</div>	<div>Dec 13</div> <div>9:30am - Stretch & Balance</div> <div>10:00 - Bus Trip Cracker Barrell</div> <div>4:00 - Chanukah Party - with Clara Simon - Great Room *</div>	<div>Dec 14</div> <div>9:00 am - 12:00 pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:15 - Chair Yoga</div> <div>2:00 - Trivia</div>	<div>Dec 15</div> <div>10:00 - Coffee Club</div> <div>11:00 - Lunch Bunch * Akira/ Japanese</div> <div>3:00 - Bingo</div>	<div>Dec 16</div> <div>7:00 - Game Night</div>
 SUNDAY	 MONDAY	 TUESDAY	 WEDNESDAY	 THURSDAY	 FRIDAY	 SATURDAY
<div>Dec 17</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>* = SIGN-UP NEEDED where you see the asterisk.</div>	<div>Dec 18</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Bus Trip *</div> <div>Shop Rite Slingerlong</div> <div>12:30 - Monday Movie Matinee Meet the Fockers *</div> <div>3:00 - Bingo</div>	<div>Dec 19</div> <div>9:00 am - Noon - Dr Appt *</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:15 - Chair Yoga</div> <div>3:00 - Women's Bible Study</div> <div>* * *</div>	<div>Dec 20</div> <div>9:30am - Stretch & Balance</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>* * * *</div>	<div>Dec 21</div> <div>First Day of Winter </div> <div>Bus Trip Crossgates Mall - Holiday Shopping!</div> <div>9:00 am - 12:00 pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:15 - Chair Yoga</div> <div>2:00 - Trivia</div>	<div>Dec 22</div> <div>10:00 - Coffee Club</div> <div>11:00 - Lunch Bunch XXXXXXX</div> <div>3:00 - Bingo</div>	<div>Dec 23</div> <div>7:00 - Game Night</div>

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