
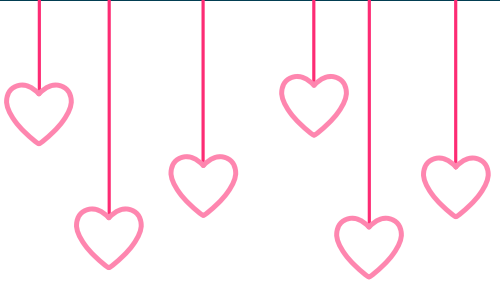


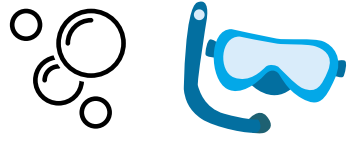










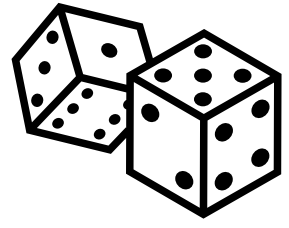


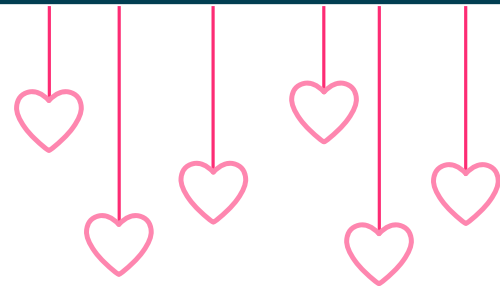



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		To those born in February, the Glenmont Abbey team wishes you the Happiest of Birthdays!		1 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 4PM-5PM - Snapshot in Time Residents can discuss their * adventures from their lives and their careers. - The Great Room	2 Groundhogs Day 10:00 - Book Club 10:00 - Coffee Club 10:00 - Bus Trip - Price Chopper * 3:00 - Bingo GR 	3 6PM-10PM Great Room Reserved 7:00 - Game Night
4 2PM - 3PM - Cornhole * with Christina 3:00 - LRC (Right, Left, Center)	5 9:00 - Men's Coffee Club 10:00 - Bus Trip - Walmart * 12:30 - Monday Movie Matinee "The Sting" 3:00 - Bingo GR 	6 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:00 Craft - Paint and Sip with Christina *	7 9:30am - Stretch & Balance 10:00 - Bus Trip - Boscov's * 3:00 - LRC (Right, Left, Center)	8 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 	9 National Pizza Day 10:00 - Coffee Club 11:00 - Lunch Bunch * Panera Bread 3:00 - Bingo - * GAV Sponsored 	10  7:30PM - 8:30PM - DANCING JAM IN THE GREAT ROOM * with Shelley, D.J. 
11 Superbowl Sunday  11AM-2PM Great Room Reserved 3:00 - LRC (Right, Left, Center)	12 9:00 - Men's Coffee Club GAV Sponsored * 10:00 - Bus Trip - Trader Joes * 12:30 - Monday Movie Matinee Jurassic Park 3:00 - Bingo GR 	13 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 3:00 - Women's Bible Study Movie Thratre Men's Bible Study - Game Room	14 Valentine's Day 9:30am - Stretch & Balance 11AM-12PM * Rhythms of Romance with Ken Blatt 3:00 - LRC (Right, Left, Center) 	15 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 	16 10:00 - Coffee Club 11:00 - Brunch Bunch * Pearl's Bagels & Bakery 3:00 - Bingo 	17 3:00pm-4:00pm - Conversations about God Game Room * with Shelley 7:00 - Game Night
18 2PM - 3PM - Cornhole * with Christina 3:00 - LRC (Right, Left, Center)	19 9:00 - Men's Coffee Club 10:00 - Bus Trip - Market 32 - Latham 12:30 - Monday Movie Matinee Sleepless in Seattle 3:00 - Bingo GR 	20 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:15 - Chair Yoga 3:30 - General Cardiology * Questions in the Great Room	21 9:30am - Stretch & Balance 10:00 - Bus Trip Colonie Center Mall 3:00 - LRC (Right, Left, Center)	22 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 2PM-3PM * Errands on the Run with Judy Carhart	23 10:00 - Coffee Club 11:00 - Lunch Bunch Track 32 * 3:00 - Bingo GR 	24  7:00 - Game Night
25 2PM - 3PM - Cornhole * with Christina 3:00 - LRC (Right, Left, Center)	26 10:00 - Bus Trip - Aldis * 12:30 - Monday Movie Matinee The Quiet Man 3:00 - Bingo GR 	27 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 Movie Thratre Men's Bible Study - Game Room	28 National Art Day 9:30am - Stretch & Balance 11:00 - Bus Trip Akira * 3:00 Craft - Bee Kind Tote Bags with Karen Harpe			 More information on the back of Calendar

ANNOUNCEMENTS & ACTIVITIES

Watch for these upcoming events...

Save the date(s)

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

NEW!!! - Our Monday Movie Matinees will have a discussion following each movie!

NEW!!! - **SIGN UPS** are required for ALL activities on the calendar. The sign up book is right outside the Great Room! We are returning to signing up for events with an asterisk!

NEW!!! - FEB. 10TH DANCING JAM, FEB. 14TH KEN BLATT LECTURE, FEB. 17TH CONVERSATIONS ABOUT GOD, FEB. 20TH GENERAL CARDIOLOGY, FEB. 22ND ERRANDS ON THE RUN, FEB. 28TH BEE KIND TOTE BAG CRAFT.

Monday Movie Matinees:

Mon., Feb. 5th @ 12:30pm - "The Sting" - 2hrs,9min, Paul Newman, Robert Redford, Comedy/Crime

Mon., Feb. 12th @ 12:30pm - "Jurassic Park" - 2hrs,7min, Sam Neill, SciFi Action

Mon., Feb. 19th @ 12:30pm - "Sleepless in Seattle" - 1hr,45min, Tom Hanks, Meg Ryan, RomCom

Mon., Feb. 26th @ 12:30pm - "The Quiet Man" - 2hrs,9min, John Wayne, Maureen O'Hara, Romantic Western

FOOD PANTRY :

KETCHUP
LAUNDRY DETERGENT
DRYER SHEETS
JELLO MIXES

Our pool hours are from 8AM-5PM weekdays.

The pool is unlocked during office hours!

It is important to remember safety first!

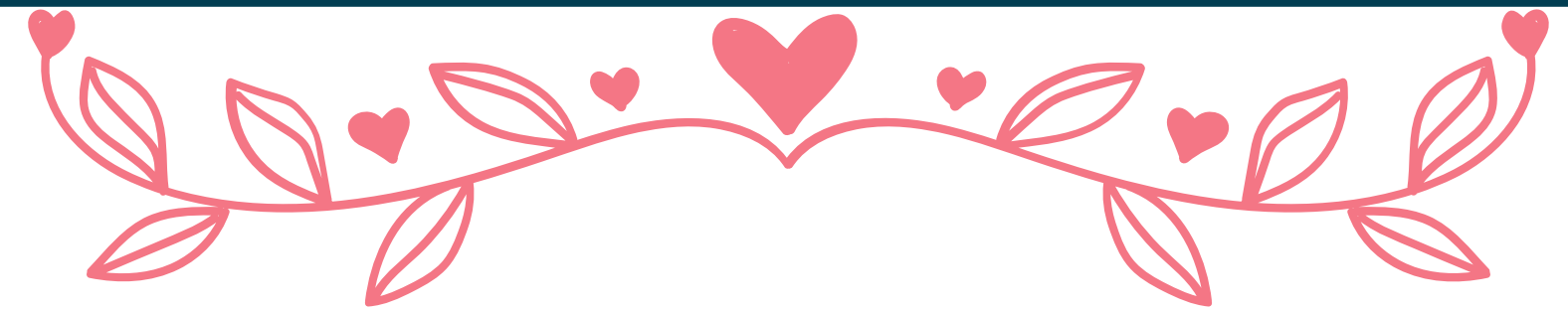
You cannot swim without someone on the pool deck.

GLENMONT DIRECTORY

Office: (518) 419-6661

The Abbey Salon
Josie Knack Cell: (518) 275-2216
Tuesday, Thursday, Saturday

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



HELLO
February



the life
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FRIENDSHIP. ENTHUSIASM.


GLENMONT ABBEY
— VILLAGE —
an allure active adult community

7 Thomas Cole Drive
Glenmont, NY 12077

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