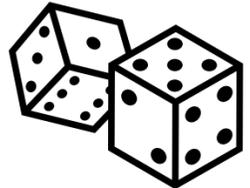
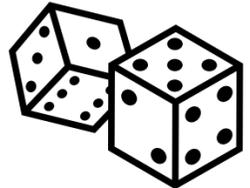


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>To those born in February, the Glenmont Abbey team wishes you the Happiest of Birthdays!</p>	<p>1 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:15 - Chair Yoga 4PM-5PM - Snapshot in Time Residents can discuss their * adventures from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

**LOCATION KEY**  
 B = Bus      FC = Fitness Center    T = Theater  
 BP = Back Patio    G = Game Room  
 GR = Great Room    P = Pool

**Allure Life**  
 ♦Healthy♦    ♦Social♦  
 ♦Playful♦    ♦Creative♦    ♦Centered♦    ♦Inquisitive♦

**OFFICE HOURS**  
 Monday - Friday 8:30 am - 5:00 pm  
 Saturday By Appointment  
 Sunday CLOSED

# 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!**

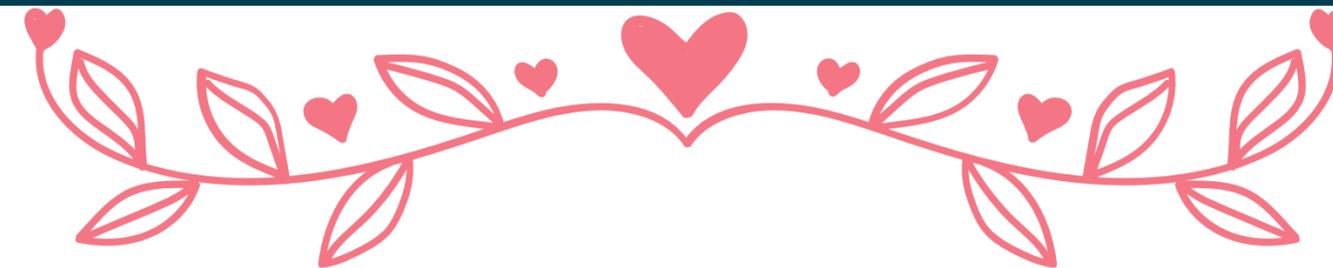
**You cannot swim without someone on the pool deck.**

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  
Tuesday, Thursday, Saturday



HELLO  
*February*



**the life**  
LIFESTYLE. INDEPENDENCE.  
FRIENDSHIP. ENTHUSIASM.

  
**GLENMONT ABBEY**  
— VILLAGE —  
an allure active adult community

7 Thomas Cole Drive  
Glenmont, NY 12077

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