







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fools Day 9:00 - Men's Coffee Club 11:00 - Bus Trip - Walmart * 12:30 - Monday Movie Matinee * "Dial M for Murder" - Theatre Room 3:00-4:00PM - Stand-up Comedy Show Hosted by Judi Clements *	2 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga	3 9:30am - Stretch & Balance 11:00 - Bus Trip - * Clifton Park Center Mall 1:00 - Dr. Masias / Podiatrist *	4 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 	5 National Popcorn Day 10:00 - Coffee Club 11:00 - Lunch Bunch - SAWA - Japanese * 3PM-4PM - HAPPY HOUR Red Wine and Beer with * What's Poppin Popcorn	6 7:00 - Game Night
7 2PM-3PM - Cornhole *  3:00 - LRC (Right, Left, Center)	8 9:00 - Men's Coffee Club 11:00 - Bus Trip - CVS & Key Bank * 12:30 - Monday Movie Matinee * "Queen" - Theatre Room 3:00 - Bingo - Great Room	9 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00PM-4:00PM - Spring Cleaning Seminar with Judy Carhart *	10 9:30am - Stretch & Balance 11:00 - Bus Trip - Trader Joes * 3:00 - LRC (Right, Left, Center)	11 National Pet Day 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - Pet Pictures! * 6PM-7PM - GAV Sponsored Line Dancing with Hannah*	12 10:00 - Book Club 10:00 - Coffee Club 11:00 - Lunch Bunch - Del Lanes Bowling * 3:00 - Bingo - Great Room	13 7:00 - Game Night
14 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)	15 9:00 - Men's Coffee Club 11:00 - Bus Trip - Rivers Casino * 12:30 - Monday Movie Matinee "Red Dragon" - Theatre Room * 3:00 - Bingo - Great Room	16 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Women's and Men's Bible Study Movie Thratre Room	17 9:30am - Stretch & Balance 11:00 - Brunch Bunch - Track 32 * 1PM-2PM - April Birthdays * 3:00 - LRC (Right, Left, Center)	18 National Exercise Day 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3PM-4PM - * Spring Bonnets Craft	19 10:00 - Coffee Club 11:00 - Bus Trip * Emack & Bolios Ice Cream 3PM-4PM -HAPPY HOUR with Wally *	20 7:00 - Game Night
21 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)	22 9:00 - Men's Coffee Club 11:00 - Bus Trip - Hannaford * 12:30 - Monday Movie Matinee "Zulu" * 3:00 - Bingo - Great Room	23 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4-5PM - Trivia Nights Live with Kevin Baker *	24 9:30am - Stretch & Balance 11:00 - Bus Trip - Aldis - Rensselaer * 3:00 - LRC (Right, Left, Center)	25 9:00 am - 12:00 pm - Dr Appt 9AM-10AM - Grab N' Go Breakfast - Brueggers - The Great Room * 11:00 - Aqua Aerobics 12:00 - Chair Yoga	26 10:00 - Coffee Club 11:00 - Bus Trip Museum of Art and History Rain Modern Chinese * 3:00 - Bingo - Great Room	27 7:00 - Game Night
28 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)	29 9:00 - Men's Coffee Club 11:00 - Bus Trip - * Lee Premium Outlets Massachusetts 12:30 - Holiday Movie Matinee "The Searchers" * 3:00 - Bingo - Great Room	30 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Women's and Men's Bible Study Movie Thratre Room				More information on the back of Calendar ★

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

♦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!!! - *SIGN UPS* are required for activities with *asterics* on the calendar. Please use the sign up book in the office building!

NEW!!! - April 1st : Stand-up Comedy Show with Judi Clements! 3:00-4:00PM in the great room. We are celebrating April fools with jokes and snacks!

NEW!!! - April 5th : Happy Hour with What's Poppin Popcorn with non-alcoholic and alcoholic beverages provided by Glenmont Abbey Village.

NEW!!! - April 8th : CVS and Key Bank errand run, suggestions for errand runs welcome!

NEW!!! - April 9th : Spring Cleaning Seminar with Judy Carhart. Please ask her any questions you have regarding preparation for springtime in your home/garden.

NEW!!! -April 11th : Please drop off or email us photos of your pets to celebrate National Pet Day! We can post these on our Facebook website! - Line dancing with Hannah will run from 6PM-7PM in the fitness studio.

NEW!!! - April 12th : Del Lanes Bowling - We only have 12 spots available, make sure to sign up to secure a spot! This trip will be paid by management, so there is limited seating!

NEW!!! - April 18th - 3PM-4PM in the great room - we will be making floral hats!

FOOD PANTRY :

Paper Towels
Apple Juice/Apple Sauce
Broth
Canned Pineapple
Sugar
Tea/Coffee
Ketchup
Honey
Cleaning Supplies

Our pool is open from 8AM-5PM on weekdays
and unlocked during office hours.

Remember to prioritize safety by having
someone on the pool deck while swimming.

Please change in the locker room before leaving the pool.

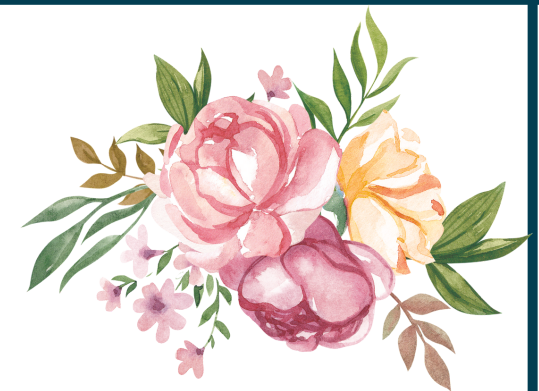
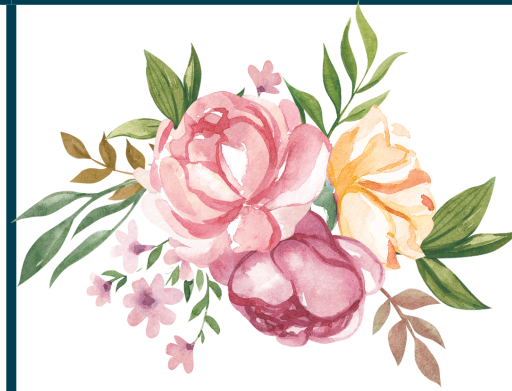
Thank you!

Christina Harris - Assistant Manager
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



Happy
April



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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