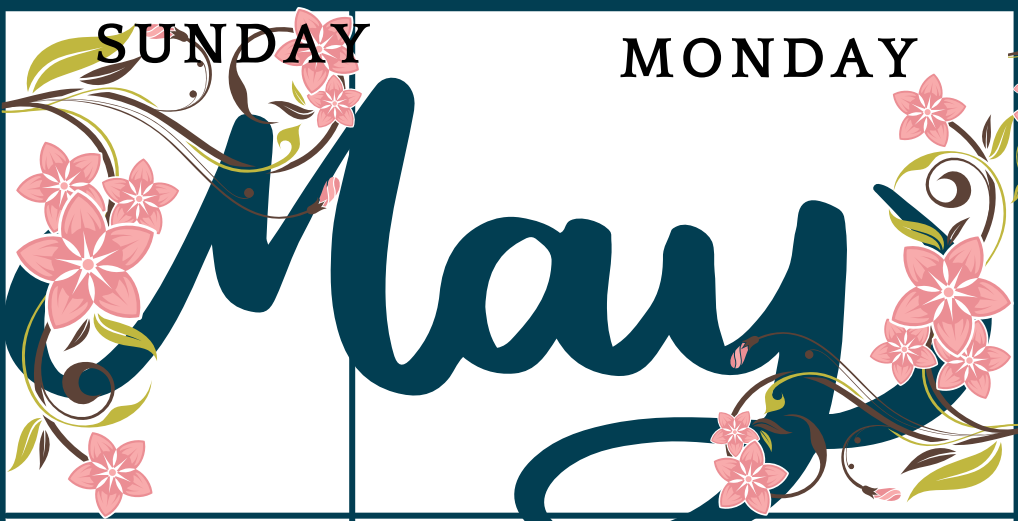






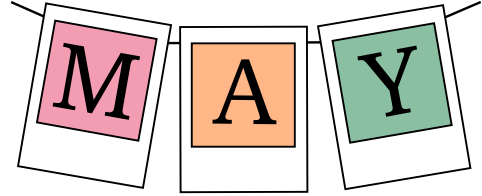


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am - Stretch & Balance 11:00 - Bus Trip - Olive Garden *  3:00 - LRC (Right, Left, Center)	2 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 	3 10:00 - Coffee Club 10:00 - Bus Trip - Target * 3:00 - Bingo (GR) Cinco De Mayo Last Day to Sign Up for Sunday Tacos! 	4 May the 4th be with you!  -Star Wars Movie Marathon- 7:00 - Game Night
5 Cinco De Mayo 2PM-3PM - Cornhole & Tacos * 3:00 - LRC (Right, Left, Center)	6 9:00 - Men's Coffee Club 10:00 - Bus Trip - * The Potter Hill Barn 3:00 - Bingo - Great Room	7 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 	8 9:30am - Stretch & Balance - Cancelled 11:00 - Lunch Bunch - Gold Coin - Chinese * 3:00 - LRC (Right, Left, Center)	9 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga	10 10:00 - Book Club 10:00 - Coffee Club 10:00 - Bus Trip - Stuyvestant Plaza * 3:00 - Bingo - Great Room	11 7:00 - Game Night
12 Mother's Day	13 9:00 - Men's Coffee Club 10:00 - Bus Trip - Saratoga Casino * 2PM-3PM - Tai Chi with Bill Houting * 3:00 - Bingo - Great Room	14 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00-5:00PM - May Birthdays Great Room *	15 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Track 32 * 3:00 - LRC (Right, Left, Center) Last Day to Sign Up for Memorial Day Party	16 National Mimosa Day 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00-5:00PM - HAPPY HOUR Wine Tasting with Gary Goddard *	17 9:30am - Stretch & Balance 10:00 - Coffee Club 10:00 - Brunch Bunch - Silver Spoon * 3:00 - Bingo - Great Room	18 Great Room Reserved 7:00 - Game Night
19 2PM-3PM - Cornhole  3:00 - LRC (Right, Left, Center)	20 9:00 - Men's Coffee Club 10:00 - Bus Trip - Aldis - Rensselaer * 3:00 - Bingo - Great Room	21 9:00 - Grab 'N Go Breakfast * 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Bible Study Movie Theatre	22 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Market 32 - Latham * 3:00 - LRC (Right, Left, Center)	23 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00-4:00PM - HAPPY HOUR with Rick Berdosian (GR) *	24 10:00 - Coffee Club 10:00 - Bus Trip - Walmart * 3:00 - Bingo - Great Room 5:00PM - Memorial Day Party *	25 7:00 - Game Night
26 2PM-3PM - Cornhole 3:00 - LRC (Right, Left, Center)	27 9:00 - Men's Coffee Club 3:00 - Bingo - Great Room Memorial Day Office Closed	28 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00-5:00PM - Trivia Nights Live with Kevin Baker *	29 9:30am - Stretch & Balance 10:00 - Bus Trip - Van Rensselaer Plaza - North Greenbush * 3:00 - LRC (Right, Left, Center)	30 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - LRC (Left, Right Center)	31 10:00 - Coffee Club 11:00 - Lunch Bunch - Sawa - Japanese * 3:00 - Bingo - Great Room	 More information on the back of Calendar

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

 Healthy
 Playful
 Social
 Creative
 Centered
 Mindful
 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 in **BLUE** on the calendar. Please use the sign up book in the office building!

NEW!!! - Book Club - "The Boys in the Boat" - Open to anyone that wants to join!

NEW!!! - May 5th : Cinco De Mayo - Cornhole and Tacos! Sign up by Friday, May 3rd 2024.

NEW!!! - May 6th : Bus Trip to The Potter Hill Barn. If you like gift shops and antiques, this is the store for you!

NEW!!! - May 13th : Saratoga Casino - have fun at the slot machines or tables and win some cash. Good Luck!!

NEW!!! - May 13th : Tai Chi - A practice that involves a series of slow movements and physical postures, a meditative state of mind, and controlled breathing.

NEW!!! - May 23rd - Happy Hour with Rick Berdosian, get ready to sip and listen to some background music!

NEW!!! - May 24th : We are celebrating Memorial Day early because the office will be closed on the Holiday.

FOOD PANTRY :

PEACHES
PAPER TOWELS
SPAGHETTI SAUCE - JARS
KETCHUP
OIL
SUGAR
SYRUP
CANNED POTATOES
JUICE
APPLESAUCE

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.

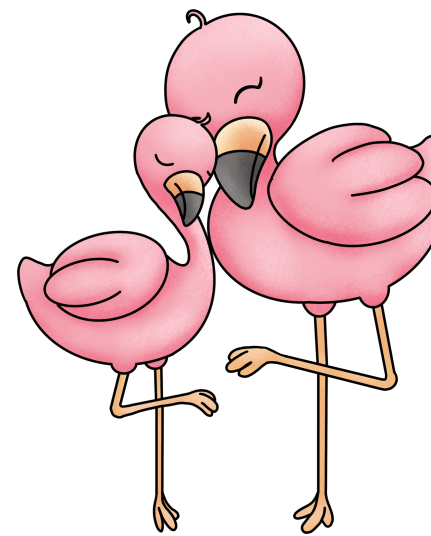
Thank you!

Jillian Ksiadz - Fill in Manager
Christina Harris - Assistant Manager
Todd Herold - Maint Supervisor
Steven Williams - Maint Tech
Raymond Wilson - Housekeeper
Greg Douocs - Bus Driver

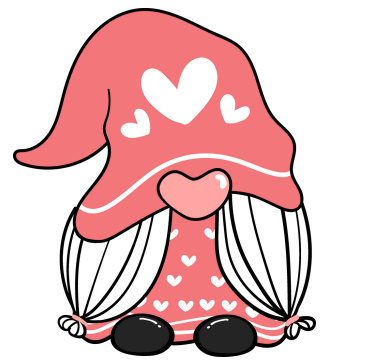
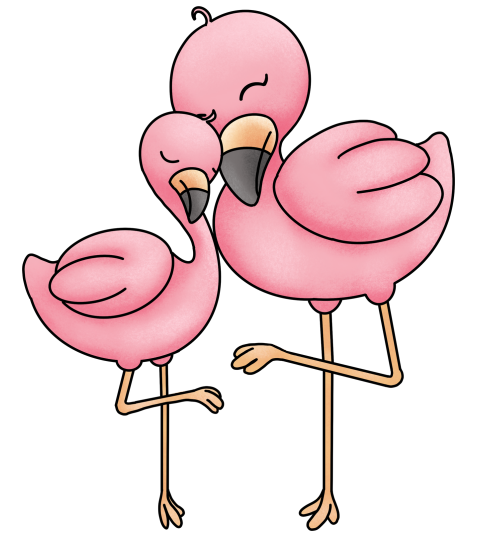
GLENMONT DIRECTORY

Office: (518) 419-6661

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



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LIFESTYLE. INDEPENDENCE.
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Hi Hello
May

GLENMONT ABBEY
— VILLAGE —
an allure active adult community

7 Thomas Cole Drive
Glenmont, NY 12077