






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 9:00 - Men's Coffee Club 10:00 - Bus Trip - Market 32 * 12:30 - Monday Movie Matinee 3:00 - Bingo - Great Room</p>	<p>2 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</p>	<p>3 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Cracker Barrel * 3:00 - LRC (Right, Left, Center) 5PM-7PM - Summer Splash - Pool</p>	<p>4 Office Closed Residents may celebrate the Holiday in the Great Room!</p>	<p>5 10:00 - Coffee Club 10:00 - Bus Trip - Trader Joes * 3:00 - Bingo - Great Room 2PM-3PM - Cornhole & Coolers in the Great Room *</p>	 <p>6 5PM-7PM - Summer Splash - Pool 7:00 - Game Night</p>	
<p>7 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)</p>	<p>8 9:00 - Men's Coffee Club 10:00 - Bus Trip - Crossgates Mall * 12:30 - Monday Movie Matinee 3:00 - Bingo - GR</p>	<p>9 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00-4:00 * Education Staycation TedTalk with Robert Waldinger</p>	<p>10 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Track 32 * 1:00 - Dr. Masias / Podiatrist* 3:00 - LRC 5PM-7PM - Summer Splash</p>	<p>11 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00PM-4:00PM July Birthdays * 6:30 PM - Mahjong - GR</p>	<p>12 10:00 - Book Club 10:00 - Coffee Club 10:00 - Bus Trip - Aldis * 3:00 - Bingo - Great Room Sign Ups Due for 7/30/2024</p>	<p>13 Great Room Reserved 4:00PM-9:00PM 5PM-7PM - Summer Splash - Pool 7:00 - Game Night</p>
<p>14 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)</p>	<p>15 9:00 - Men's Coffee Club 10:00 - Bus Trip - Hannaford * 12:30 - Monday Movie Matinee 3:00 - Bingo - Great Room</p>	<p>16 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</p>	<p>17 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Rain - Chinese * 3:00 - LRC 5PM-7PM - Summer Splash</p>	<p>18 9:00 am - 12:00 pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00PM-3:00PM - * Craft - Mason Jar Candle 6:30 PM - Mahjong - GR</p>	<p>19 9:30am - Stretch & Balance 10:00 - Coffee Club 10:00 - Bus Trip - Glenmont Plaza * Great Room Reserved 4:00PM-9:00PM</p>	<p>20 Great Room Reserved 6:00PM-11:00PM 5PM-7PM - Summer Splash - Pool 7:00 - Game Night</p>
<p>21 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)</p>	<p>22 9:00 - Men's Coffee Club 10:00 - Bus Trip - Marshalls * 12:30 - Monday Movie Matinee 3:00 - Bingo - Great Room</p>	<p>23 National Vanilla Ice Cream Day Dr Appointments - CANCELLED 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00PM-4:00PM - Ice Cream with Christinal!</p>	<p>24 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Sawa * 3:00 - LRC (Right, Left, Center) 5PM-7PM - Summer Splash</p>	<p>25 National Wine & Cheese Day Dr Appointments - CANCELLED 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00PM - 5:00PM * Wine & Cheese Pairings 6:30 PM - Mahjong - GR</p>	<p>26 10:00 - Coffee Club 10:00 - Bus Trip - Walmart * 3:00PM - Bingo & Pizza Sign Ups Needed</p>	<p>27 5PM-7PM - Summer Splash - Pool 7:00 - Game Night</p>
<p>28 2PM-3PM - Cornhole * 3:00 - LRC (Right, Left, Center)</p>	<p>29 9:00 - Men's Coffee Club 10:00 - Bus Trip - Silver Spoon * 12:30 - Monday Movie Matinee 3:00 - Bingo - Great Room</p>	<p>30 9:00 am - 12:00 pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:30PM-4:30PM * WOW Dinner & Trivia w/ Kevin</p>	<p>31 9:30am - Stretch & Balance 11:00 - Bus Trip - * Farmer's India Market & Khols 3:00 - LRC (Right, Left, Center) 5PM-7PM - Summer Splash</p>			

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♦

Allure Life

OFFICE HOURS
 Monday - Friday
 Saturday
 Sunday

8:30 am - 5:00 pm
 By Appointment
 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!!! - Our Monday Movie Matinee will include popcorn!

NEW!!! - July 5th : Celebrate the Holiday with us with some refreshing coolers during a game of Cornhole in the Great Room!

NEW!!! - July 9th : A short video lecture will be given in the Great Room. This is a 55 minute long educational video lecture presented by Robert Waldinger on "Unlocking the Secret to Happiness". Everyone is encouraged to discuss the lecture after the video.

NEW!!! - July 18th : We are making a (DIY) - do it yourself - mason jar candle for our craft

NEW!!! - July 23th : Come beat the heat with some Ice Cream Sandwiches in the Great Room with Christina!

NEW!!! - July 25th : We will be enjoying different flavors of wine with their designated cheese pairings in the Great Room!

NEW!!! - July 26th : Bingo will be sponsored with a Pizza night. If you are planning to participate in Bingo, sign up for a slice!

NEW!!! - July 30th : We are excited to bring back our WOW dinners starting this month! Please sign up by July 12, 2024!

POOL HOURS:

To celebrate the upcoming summer season, the pool is now open on Wednesday & Saturday evenings from 5:00-7:00PM. Make sure to sign in with our pool monitor before swimming!

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

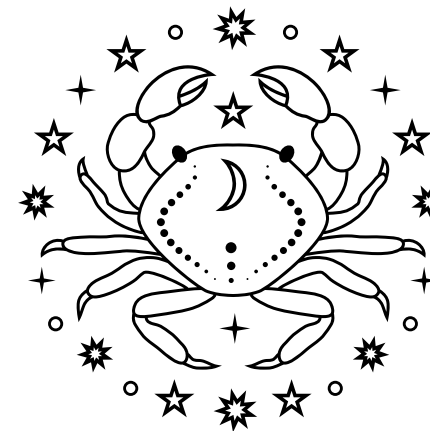
GLENMONT DIRECTORY

Office: (518) 419-6661

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



HELLO
July



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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