









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	2 Office Closed 	3 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Bible Study - T 3:00 - Mexican Domino's 	4 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Track 32 1:00 -Dr. Masias / Podiatrist 3:00 - LRC 5:00PM-7:00PM Open Swim	5 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00 - Happy Hour with Christina 6:30 PM - Mahjong - GR	6 10:00 - Coffee Club 10:00 -Trader Joes 12:30 - Pinnacle Club 3:00 - Bingo - GR 	7 7:00 - Game Night
8 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	9 9:00 - Men's Coffee Club 10:00 - Crossgates Mall 1:00 - Movie Matinee TRUE LIES Arnold Schwarzenegger 3:00 - Bingo	10 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:30 - Popcorn with Todd 3:00 - Mexican Domino's	11 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Luncheon Steakhouse 3:00 - LRC 5:00PM-7:00PM Open Swim	12 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Fire Safety Seminar with Tom 6:30 PM - Mahjong - GR	13 10:00 - Book Club 10:00 - Coffee Club 12:30 - Pinnacle Club 3:00 - Bingo - GR 	14 7:00 - Game Night
15 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	16 9:00 - Men's Coffee Club 10:00 - Walmart 1:00 - Movie Matinee THE SANDLOT 3:00 - Bingo	17 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - Senior Care Seminar 3:00 - Bible Study - T 3:00 - Mexican Domino's	18 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Swifty's Everett Rd. 1:00 - Birthday Party 3:00 - LRC 5:00PM-7:00PM Open Swim 	19 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00PM - Hearing Aide Clinic with Robert LaCosta 6:30 PM - Mahjong - GR	20 10:00 - Coffee Club 10:00 - Indian Ladder Farms 12:30 - Pinnacle Club 1:00 - Mr. Ding a Ling Ice cream truck 3:00 - Bingo - GR 	21 7:00 - Game Night
22 First Day of Fall 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim 	23 9:00 - Men's Coffee Club 10:00 - Rivers Casino 1:00 - Movie Matinee 13 GOING ON 30 3:00 - Bingo	24 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Domino's	25 9:30am - Stretch & Balance 11:00 - SRISIAM - Rensselaer 3:00 - LRC 5:00PM-7:00PM Open Swim	26 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00PM - Senior Prom Night Hosted by The Young Winchesters 	27 10:00 - Coffee Club 10:00 - Market 32 Latham 12:30 - Pinnacle Club 3:00 - Bingo - GR	28 7:00 - Game Night
29 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	30 9:00 - Men's Coffee Club 10:00 - Carrot Barn 1:00 - Movie Matinee SWEET HOME ALABAMA 3:00 - Bingo			The Allure Life ♦ Playful ♦ ♦ Social ♦ ♦ Healthy ♦ ♦ Centered ♦ Creative ♦ ♦ Mindful ♦ ♦ Inquisitive ♦	Office Hours Monday - Friday 8:00am - 4:30pm	After Hour Maintenance Emergency. 518.419.6661 & wait for live operator

Fire Safety Seminar with Tom:
Day: Thursday
September 12, 2024
Time: 2PM in the GR

Senior Care Seminar with Judy Carhart:
Day: Tuesday
September 17, 2024
Time: 1PM in the GR

Hearing Aide Clinic with Robert LaCosta:
Day: Thursday
September 19, 2024
Time: 2PM in the GR

Senior Prom Night:
Day: Thursday
September 26, 2024
Time: 4PM in the GR
Dress to impress, will be catered!

NEW
Pinnacle Club
Fridays
12:30pm
Beginners Welcome

NEW
Mexican Domino's
Tuesdays
3:00 - 4:30pm
Beginners Welcome

After Hours Maintenance Emergencies
Please call 518.419.6661 and you will be connected to a live operator who will ask for your name, apt #, phone # and purpose of your call.



The Abbey Salon
By Josie Knack
Book Your Appointment TODAY!
Call 518.275.2216
Tuesday | Thursday | Saturday



September 2024
Calendar of Events

Regular Pool Hours:
8AM-4:30PM Weekdays
Open Swim Hours:
5pm-7pm Wednesday Nights and Sunday Nights

Please keep the patio door to the pool room closed at all times!

