SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	2 Office Closed **** LABOR DAY ****	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	9:30am - Stretch & Balance 11:00 - Lunch Bunch - Track 32 1:00 - Dr. Masias / Podiatrist 3:00 - LRC 5:00PM-7:00PM Open Swim	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	7:00 - 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	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	9:30am - Stretch & Balance 11:00 - Lunch Bunch - Luncheon Steakhouse 3:00 - LRC 5:00PM-7:00PM Open Swim	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
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	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	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	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
of Fall 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	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	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	S	HELLO EPTEMBER!	The Allure Life Inquisitive The Allure Life Social Centered Mindful Inquisitive The Allure Life Social Mindful Inquisitive The Allure Life Social Inquisitive Inquisitive The Allure Life	Office Hours Monday - Friday 8:00am - 4:30pm	After Hour Maintenance Emergency 518.419.6661 & wait for live operator



Events to Look For...

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

500000000 Senior Prom Night:

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

After Hours

Maintenance Emergencies

your call.

NEW

Pinnacle Club Fridays 12:30pm

Beginners Welcome

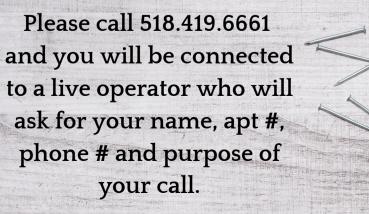
NEW

1000 00000

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

Beginners Welcome

The Abbey Salon







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!



7 Thomas Cole Drive, Glenmont Ny 12077 | 518.419.6661 | www.glenmontabbeyvillage.com