









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>The Allure Life</b></p> <p>♦ Playful ♦ ♦ Social ♦ ♦ Centered ♦ ♦ Healthy ♦ ♦ Mindful ♦ ♦ Inquisitive ♦ Creative</p>	<p><b>After Hour Maintenance Emergency</b></p> <p>518.419.6661 &amp; wait for live operator</p>	<p>1</p> <p>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 Train</p>	<p>2</p> <p>9:30am - Stretch &amp; Balance 11:00 - Lunch Bunch Plum Blossom 1:00 -Dr. Masias / Podiatrist 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>3</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Bethlehem Neighbors Seminar</p>	<p>4 <b>Community Garage Sale</b></p> <p>9:00 - Women's Coffee Club 10:00 - Colonie Center Mall 12:30 - Pinochle Club  12:30 - News of the World 1:00 - Birthday Party 3:00 - Bingo - GR</p>	<p>5 <b>Community Garage Sale</b></p> <p>7:00 - Game Night</p>
<p>6</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>7</p> <p>9:00 - Men's Coffee Club 10:00 - Target East Greenbush 1:00 - Movie Matinee Casino - 1995 Drama 3:00 - Bingo</p>	<p>8</p> <p>9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train</p>	<p>9</p> <p>9:30am - Stretch &amp; Balance 11:00 - Lunch Bunch - Lakeside Farms 2:00 - Halloween Craft 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>10</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga</p> 	<p>11</p> <p>9:00 - Women's Coffee Club 10:00 - Book Club  11:00 - Outback Steakhouse 11:00 - MEDICARE Seminar 12:30 - Pinochle Club 3:00 - Bingo - GR</p>	<p>12 <b>National Chess Day</b></p> <p>Chess developed in India during the fifth century. As the strategic game spread across continents, the pieces and rules evolved.</p> <p>7:00 - Game Night</p>
<p>13</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>14</p> <p>9:00 - Men's Coffee Club 10:00 - Trader Joes 1:00 - Movie Matinee Freaky Friday - 2003 Comedy 3:00 - Bingo</p>	<p>15</p> <p>9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - Health Clinic Flu/Covid 3:00 - Bible Study - T 3:00 - Mexican Train</p>	<p>16</p> <p>9:30am - Stretch &amp; Balance 11:00 - Lunch Bunch Olive Garden 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>17</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga  4:00 - Trivia w/ Kevin Baker</p>	<p>18</p> <p>9:00 - Women's Coffee Club 10:00 - Silver Spoon 12:30 - Pinochle Club 3:00 - Bingo - GR</p>	<p>19</p> <p>7:00 - Game Night</p>
<p>20</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>21</p> <p>9:00 - Men's Coffee Club 10:00 - Walmart 1:00 - Movie Matinee At War with the Army 1951 Comedy 3:00 - Bingo</p>	<p>22</p> <p>9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - CARE PATROL Seminar 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train</p>	<p>23</p> <p>9:30am - Stretch &amp; Balance 10:00 - Rivers Casino  3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>24</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - The Education of Crazy Jane Book Talk with Steven Sandler</p>	<p>25</p> <p>9:00 - Women's Coffee Club 10:00 - Market 32 Latham 12:30 - Pinochle Club 3:00 - Bingo - GR Frights &amp; Bites Sign Ups Due</p>	<p>26</p> <p>7:00 - Game Night</p>
<p>27</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>28</p> <p>9:00 - Men's Coffee Club 10:00 - Gardening Club 1:00 - Movie Matinee Away &amp; Back - 2015 Romance 3:00 - Bingo</p>	<p>29</p> <p>9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train</p>	<p>30</p> <p>9:30am - Stretch &amp; Balance 11:00 - Spooky Waffles with Jeff 2:00 - Spooktacular Door Decor Contest! 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>31 <b>Halloween</b></p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics  12:00 - Chair Yoga 3:00 - Frights &amp; Bites with Ken Blatt </p>	 <p>HELLO OCTOBER!</p>	<p><b>Office Hours</b></p> <p>Monday - Friday 8:00am - 4:30pm</p>



# Events to Look For...

## MEDICARE SEMINAR

FRIDAY - 10/11

11:00 - 1:00pm

Come learn about all the changes happening



## CARE PATROL SEMINAR

TUESDAY - 10/22

1:00pm

Lisa will be here to talk about the services provides.



## Health Clinic Flu/Covid

Tuesday - 10/15

1:00pm

A Price Chopper Pharmacist will be in the Great Room with Flu shots and Covid-19 vaccines.

Don't forget to bring your insurance cards!

## Spooktacular Door Decor Contest

Wednesday - 10/30

2:00pm

The Selkirk Fire Department will be judging the best decorated apartment door!

Our winner will be announced during our Frights & Bites event!

## Frights & Bites

THURSDAY, 10/31

3:00pm

Sign-Up Required

By Friday 10/25

## 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



# Calendar of Events October 2024

