





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Allure Life</p> <p>♦ Playful ♦ ♦ Social ♦ ♦ Centered ♦ ♦ Healthy ♦ ♦ Mindful ♦ ♦ Inquisitive ♦ Creative</p>	<p>After Hour Maintenance Emergency.</p> <p>518.419.6661 & wait for live operator</p>	<p>Office Hours</p> <p>Monday - Friday 8:00am - 4:30pm</p>			<p>1 National Jersey Day 10:00 - Coffee Club 10:00 - Blitz 'N Bagels Wear a Jersey, Grab a Bagel 12:30 - Pinochle Club 1:00 - SEMINAR Appointments on the Go 3:00 - Bingo - GR</p>	<p>2</p> <p>7:00 - Game Night</p>
<p>3</p> <p>2:00 - Cornhole 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>4</p> <p>9:00 - Men's Coffee Club 10:00 - Price Chopper 12:00 - SEMINAR Helping Hands at Home 3:00 - Bingo</p>	<p>5</p> <p>9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - Birthday Party 3:00 - Mexican Train</p> 	<p>6</p> <p>9:30am - Stretch & Balance 11:00 - Lunch Bunch - Akira 1:00 - Dr. Masias / Podiatrist 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>7</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - SEMINAR Capital Region Hearing</p>	<p>8</p> <p>10:00 - Book Club 10:00 - Coffee Club 10:00 - Walmart 12:00 - Mini Manis & Margaritas with Sue 12:30 - Pinochle Club 3:00 - Bingo - GR</p>	<p>9 National Chess Day</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>10</p> <p>2:00 - Cornhole 3:00 - Great Room Reserved 5:00PM-7:00PM Open Swim</p>	<p>11 Veterans Day</p> <p>9:00 - Men's Coffee Club 1:00 - Veterans Day 1:00 - Movie Matinee 50 First Dates 3:00 - Bingo</p> 	<p>12</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>13</p> <p>Last Day to sign up for both Thanksgiving Dinners 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Garden Bistro 3:00 - LRC 5:00PM-7:00PM Open Swim</p>	<p>14</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - SEMINAR Capital Telephone</p>	<p>15</p> <p>10:00 - Coffee Club 10:00 - Glenmont Plaza 12:30 - Pinochle Club 3:00 - Bingo - GAV sponsored, win Prizes!</p>	<p>16</p> <p>Great Room Reserved 4pm -9pm 7:00 - Game Night</p>
<p>17</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>18</p> <p>9:00 - Men's Coffee Club 10:00 - Lee Outlets MA 1:00 - Movie Matinee The Wedding Planner 12:00 - Mini Manis & Mulled Cider 3:00 - Bingo</p>	<p>19</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>20</p> <p>9:30am - Stretch & Balance 11:00 - Trader Joes Thanksgiving Dinner 3 pm - 5 pm</p>	<p>21</p> <p>9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga Thanksgiving Dinner 3 pm - 5 pm</p>	<p>22</p> <p>10:00 - Coffee Club 10:00 - Target 11:00 - Medicare Seminar 12:30 - Pinochle Club</p>	<p>23</p> <p>7:00 - Game Night</p>
<p>24</p> <p>2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim</p>	<p>25</p> <p>9:00 - Men's Coffee Club 11:00 - Del Lanes 1:00 - Movie Matinee Night at the Museum 3:00 - Bingo</p>	<p>26</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>27</p> <p>9:30am - Stretch & Balance 11:00 - Track 32 2:00 - Make Your Own Turkey Craft 3:00 - LRC 5:00PM-7:00PM Open Swim</p> 	<p>28</p> <p>Happy Thanksgiving</p> <p>Office Closed</p>	<p>29</p> <p>10:00 - Coffee Club 12:30 - Pinochle Club 3:00 - Bingo</p>	<p>30</p>

Events to Look For...

Blitz 'N Bagels

Friday 11/1

10:00am

Stop in the Great Room to celebrate National Jersey Day! If you wear a jersey or anything sports related, you will receive a bagel on us!

Appointments on the Go

Friday - 11/1

1:00pm

Betsy will be here to talk about the services she provides.

VETERANS DAY

Monday 11/11

1:00PM

This is a celebratory Luncheon for our Veterans!

This is a private event for our Veterans at Glenmont Abbey Village. It will be located in the Great Room!

Thanksgiving Dinner

THURSDAY - 11/21

4:00pm - 6:00pm

OR

FRIDAY - 11/22

4:00pm - 6:00pm

Please sign up for 1 seating by calling the office 518-419-6661

NO LATER than November 13th!

BINGO

Friday - 11/15

3:00pm

Win Prizes - Glenmont Abbey Village will sponsor goodies!

After Hours Maintenance Emergency

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 November 2024

Gratitude is a many-colored quality, reaching in all directions. It goes out for small things and for large...

-Faith Baldwin