

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 - Cornhole 3:00 - LRC (Right, Left, Center) 5:00PM-7:00PM Open Swim	2 9:00 - Men's Coffee Club 10:00 - Walmart 1:00 - Movie Matinee Flags of our Fathers 2:00 - SEMINAR Care Patrol 3:00 - Bingo	3 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train	4 9:30am - Stretch & Balance 11:00 - Lunch Bunch - Teds Fish Fry 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 1:00 - Seminar Healthy Capital District - Manage Care options	6 9:30am - Stretch & Balance 10:00 - Coffee Club 10:00 - Colonie Center Mall 12:30 - Pinochle Club 3:00 - Bingo - GR	7 Great Room Reserved 5:00pm-10:00pm
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 - Rivers Casino 1:00 - Movie Matinee The Notebook 3:00 - Bingo	10 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - SEMINAR Choice Connections 3:00 - Mexican Train	11 9:30am - Stretch & Balance 11:00 - Lunch Bunch -Swiftys 2:00 - December Birthday Party 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 -Author meet & greet and book signing with J. Thalia Cunningham 3:00 Town Hall Meeting	13 9:00 - Womens Coffee Club 10:00 - Book Club 10:00 - Aldis 10:00 - Coffee Club 12:30 - Pinochle Club 3:00 - Bingo - GR	14 <div style="border: 1px solid black; padding: 2px; display: inline-block; background-color: #e91e63; color: white; font-weight: bold;">RAFFLE</div> 5:00 - Resident led Game Night
15 2:00 - Cornhole Christmas Caroling w/Girl Scouts 4:00pm - 5:00pm 3:00 - LRC (Right, Left, Center)	16 9:00 - Men's Coffee Club 10:00 - Stuyvesant Plaza 1:00 - Movie Matinee The Iron Lady 3:00 - Bingo	17 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train	18 9:30am - Stretch & Balance 11:00 - Lunch Bunch Carcker Barrel 3:00 - LRC 5:00PM-7:00PM Open Swim	19 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga Holiday Party #1 3:00 - 5:00pm	20 9:00 - Womens Coffee Club 10:00 - Coffee Club 12:30 - Pinochle Club Holiday Party #2 3:00 - 5:00pm	21 <div style="border: 1px solid black; padding: 2px; display: inline-block; background-color: #e91e63; color: white; font-weight: bold;">RAFFLE</div> 5:00 - Resident led Game Night
22 Great Room Reserved 2:00pm-6:00pm 5:00PM-7:00PM Open Swim	23 9:00 - Men's Coffee Club 10:00 - Trader Joes 1:00 - Movie Matinee A Christmas Story 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 Train	25 <div style="text-align: center;">  <i>Merry Christmas</i> Office Closed </div>	26 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00-4:30 - Holiday Trivia with Kevin Baker	27 9:00 - Womens Coffee Club 10:00 - Coffee Club 10:00 - Glenmont Plaza 12:30 - Pinochle Club 3:00 - Holiday Bingo with Prizes!	28 <div style="border: 1px solid black; padding: 2px; display: inline-block; background-color: #e91e63; color: white; font-weight: bold;">RAFFLE</div> 5:00 - Resident led 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 - Silver Spoon 1:00 - Movie Matinee The Quiet Man 3:00 - Bingo	31 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Mexican Train	<div style="background-color: #add8e6; padding: 10px;">  <h1>Hello December!</h1> </div>		<u>Office Hours</u> Monday - Friday 8:00am - 4:30pm <u>Color Code</u> Exercise Transportation Social Events Educational Events	<u>After Hour Maintenance</u> <u>Emergency.</u> 518.419.6661 & wait for live operator



Glenmont Staff

Property Manager
Stefany Falkowitz

Assistant Property Manager
Christina Harris

Maintenance Supervisor
Todd Herold

Maintenance Tech
Jeff Harris

Porter
Ray Wilson

Transportation
Greg Docous

Events to Look For...

Monday December 5th @ 1:00 pm-
Nadir Conrad from Healthy Capital District will be on site to speak about their long term care options.
Open to the Public too!

Tuesday December 10th @ 2:00 pm-
Choice Connections is a free service that will present on the types of services they can help find for all situations.
Open to the Public too!

Thursday & Friday - December 19th & 20th from 3:00pm-5:00pm
We will be hosting our Holiday parties in the Great Room. Make sure to sign up in the office by December 12, 2024 in the green binder outside the office.

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 December 2024

