

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

February

**After Hour
Maintenance
Emergency.**

518.419.6661 & wait for
live operator

1
Great Room Reserved
1:00 -6:00

6:00 - Resident
Lead Game Night



2
2:00 - Cornhole
3:00 - LRC
(Right, Left, Center)
5:00PM-7:00PM
Open Swim

3
9:00 - Men's Coffee Club
10:00 - Market 32
12:00- Manis &
Mimosas
3:00 - Bingo



4
9:00am - 12:00pm - Dr Appt
10:00 - Functional Training
11:00 - Aqua Aerobics
12:00 - Chair Yoga
1:00 - Taco Tuesday
Lunch
3:00 - Mexican Train



5
9:30am - Stretch & Balance
11:00 - Lunch Bunch -
Dinosaur BBQ
2:00 - Healthy Living for the
Brain & Body Seminar
3:00 - LRC
5:00PM-7:00PM Open Swim

6
9:00am - 12:00pm - Dr Appt
11:00 - Aqua Aerobics
12:00 - Chair Yoga
2:00 - Creative Crafts
4:00- Wine & Chocolate
Happy Hour

7
10:00 - Book Club
10:00 - Colonie Center
12:30 - Pinochle Club
3:00 - Bingo - GR



8
5:00 - Resident
Lead Game Night



9
2:00 - Cornhole
3:00 - LRC
(Right, Left, Center)
5:00PM-7:00PM
Open Swim

10
9:00 - Men's Coffee Club
10:00 - Trader Joes
1:00 - Trader Joes
3:00 - Bingo

11
9:00am - 12:00pm - Dr Appt
10:00 - Functional Training
11:00 - Aqua Aerobics
12:00 - Chair Yoga
3:00 - Valentines Dinner #1

12
9:30am - Stretch & Balance
10:00 - Lunch Bunch- Blue
Ribbon Diner
3:00 - LRC
3:00 - Valentines Dinner #2
5:00PM-7:00PM Open Swim



13
9:00am - 12:00pm - Dr Appt
11:00 - Aqua Aerobics
12:00 - Chair Yoga
2:00 - Creative Crafts

14
*Valentine's
Day*
10:00 - Coffee Club
10:00 - Stuyvesant Plaza
12:30 - Pinochle Club
3:00 - Bingo - GR

15
Great Room Reserved
11:00 -5:00
5:00 - Resident
Lead Game Night



16
2:00 - Cornhole
3:00 - LRC
(Right, Left, Center)
5:00PM-7:00PM
Open Swim

17
9:00 - Men's Coffee Club
10:00 - Walmart
12:00- Manis &
Mimosas
3:00 - Bingo



18
9:00am - 12:00pm - Dr Appt
12:00 - Chair Yoga
11:00 - Aqua Aerobics
10:00 - Functional Training
3:00 - Mexican Train

19
9:30am - Stretch & Balance
11:00 - Lunch Bunch-
Tippy Moose- Troy
3:00 - LRC
5:00PM-7:00PM Open Swim

20
9:00am - 12:00pm - Dr Appt
11:00 - Aqua Aerobics
12:00 - Chair Yoga
2:00- Cornhole Tournament

21
*Happy
SHOPPING*
10:00 - Crossgates Plaza
12:30 - Pinochle Club
3:00 - Bingo - GR

22
5:00 - Resident
Lead Game Night



23
2:00 - Cornhole
3:00 - LRC
(Right, Left, Center)
5:00PM-7:00PM
Open Swim

24
9:00 - Men's Coffee Club
10:00 - Hannaford
3:00 - Bingo



25
9:00am - 12:00pm - Dr Appt
10:00 - Functional Training
11:00 - Aqua Aerobics
12:00 - Chair Yoga
3:00 - Mexican Train

26
9:30am - Stretch & Balance
11:00 - Lunch Bunch- Rain
2:00- Paint & Sip
3:00 - LRC
5:00PM-7:00PM
Open Swim



27
9:00am - 12:00pm - Dr Appt
11:00 - Aqua Aerobics
12:00 - Chair Yoga
1:00 - Birthday Party



28
10:00 - Coffee Club
10:00 - New York State
Museum
12:30 - Pinochle Club
3:00 - Bingo - GR

Office Hours
Monday - Friday
8:00am - 4:30pm
Color Code
Exercise
Transportation
Social Events
Educational Events

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.

Events to Look For...

Taco Tuesday Lunch on February 4th
Sign up by 2/2/25

Healthy Living for The Brain & Body on February 4 at 2:00
The Alzheimer's Association will be here to present a program on keeping your mind and body healthy.

Valentines Dinner February 11 & 12 at 3:00
Come by yourself or with a loved one and celebrate Valentines Day with your neighbors.

Creative Crafts on February 6 and 13 at 2:00
Come down to the great room and use your creative side while making a craft with neighbors and friends.

Indoor Cornhole Tournament with Prizes February 20 at 2:00
Come show off your cornhole skills for this indoor tournament. Prizes will be awarded to 1st, 2nd and 3rd place teams. Registration required by 2/17/25.

Paint & Sip February 26 at 2:00
An instructor from "Paint The Town" will be coming in to lead a paint and sip activity. Registration required by 2/17/25.

Notes from the office...

- Make sure to sign up for any events you would like to attend in the green binder
- Please make sure your rent check has your apartment number on it
- Call, visit or email the leasing office to sign up for Dr. Appointment Transportation
- If you are looking for Stefany, the best idea is to make an appointment

Glenmont Staff

Property Manager
Stefany Falkowitz

Maintenance Supervisor
Todd Herold

Maintenance Tech
Jeff Harris

Transportation
Greg

The Abbey Salon

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

February

Calendar of Events

7 Thomas Cole Drive, Glenmont Ny 12077

518.419.6661

www.glenmontabbeyvillage.com

