

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>March</div>					<div>After Hour Maintenance Emergency.</div> <div>518.419.6661 &amp; wait for live operator</div>	<div>1</div> <div>5:00 - Resident Led Game Night</div> <div>TICKET</div>
<div>2</div> <div>Great Room Reserved</div> <div>2:00 pm- 5:00 pm</div> <div>5:00PM-7:00PM Open Swim</div>	<div>3</div> <div>9:00 - Men’s Coffee Club</div> <div>10:00 - Market 32</div> <div>12:30- Caregiver Seminar</div> <div>3:00 - Bingo</div> <div>BINGO GO</div>	<div>4</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>3:00 - Mexican Train</div>	<div>5</div> <div>9:30am - Stretch &amp; Balance</div> <div>11:00 - Lunch Bunch - Akira Japanese &amp; Hibatchi</div> <div>3:00 - LRC</div> <div>5:00PM-7:00PM Open Swim</div>	<div>6</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00 - Creative Crafts</div> <div>3:00- Bourbon and Bubbles Happy Hour</div>	<div>7</div> <div>10:00 - Colonie Center</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo - GR</div> <div></div>	<div>8</div> <div>5:00 - Resident Led Game Night</div> <div>TICKET</div>
<div>9</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>5:00PM-7:00PM Open Swim</div>	<div>10</div> <div>9:00 - Men’s Coffee Club</div> <div>10:00 - Trader Joes</div> <div>12:00- Free Manis &amp; Bevys</div> <div>3:00 - Bingo</div> <div></div>	<div>11</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>3:00 - Mexican Train</div>	<div>12</div> <div>9:30am - Stretch &amp; Balance</div> <div>10:00 - Lunch Bunch- Silver Spoon</div> <div>1:00 - Birthday Party</div> <div>3:00 - LRC</div> <div>5:00PM-7:00PM Open Swim</div>	<div>13</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00 - Cowboy Poet Performance</div>	<div>14</div> <div>10:00 - Book Club</div> <div>10:00 - Coffee Club</div> <div>11:00 -Ted’s Fish Fry</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo - GR</div>	<div>15</div> <div>5:00 - Resident Led Game Night</div> <div>TICKET</div>
<div>16</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>5:00PM-7:00PM Open Swim</div>	<div>17</div> <div></div> <div>9:00 - Men’s Coffee Club</div> <div>12:00- PM St. Paddy’s Party 1</div> <div>3:00- PM St. Paddy’s Party 2</div>	<div>18</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>12:00 - Chair Yoga</div> <div>11:00 - Aqua Aerobics</div> <div>10:00 - Functional Training</div> <div>3:00 - Mexican Train</div> <div>4:00 - Trivia with Kevin with prizes</div>	<div>19</div> <div>9:30am - Stretch &amp; Balance</div> <div>11:00 - Lunch Bunch- Swifties</div> <div>3:00 - LRC</div> <div>5:00PM-7:00PM Open Swim</div>	<div>20</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00 - Creative Crafts</div>	<div>21</div> <div>10:00 - Crossgates Mall</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Pot Of Gold Bingo with prizes</div>	<div>22</div> <div>5:00 - Resident Led Game Night</div> <div>TICKET</div>
<div>23</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC (Right, Left, Center)</div> <div>5:00PM-7:00PM Open Swim</div>	<div>24</div> <div>9:00 - Men’s Coffee Club</div> <div>10:00 -Walmart</div> <div>12:00- Free Manis &amp; Bevys</div> <div>3:00 - Bingo</div>	<div>25</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>3:00 - Mexican Train</div>	<div>26</div> <div>9:30am - Stretch &amp; Balance</div> <div>11:00 - Lunch Bunch-Texas Roadhouse</div> <div>3:00 - LRC</div> <div>5:00PM-7:00PM Open Swim</div>	<div>27</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>1:00 -Glenmont Abbey Resident Vendor Fair</div>	<div>28</div> <div>10:00 - Rivers Casino</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo - GR</div>	<div>Office Hours</div> <div>Monday - Friday</div> <div>8:00am - 4:30pm</div> <div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Educational Events</div>



Events to Look For...

**Care Giver Seminar- Monday March 3 at 2:00 pm**  
Join Joanna Goldson as she presents services available to make everyday life a little bit easier.

**Bourbon and Bubbles Happy Hour- Thursday March 6 at 3:00 pm**  
Come enjoy various types of bourbon, sparkling wine, appetizers and good company.

**FREE Manis & Bevys- March 10 & 24 at 12:00 PM**  
Come to the great room and enjoy an adult beverage while you get your nails done. There is no cost for Glenmont Abbey Residents.

**Cowboy Poet Performance with Mark Munzert- March 13 at 2:00 PM**  
MARK is the 2024 INTERNATIONAL WESTERN MUSIC ASSOCIATION MALE POET OF THE YEAR. Poetic parlance and rhymical recitin' to make you smile, laugh, tear-up, & ponder. Not exactly Roy Rogers, The Duke, or Gunsmoke, but real experiences of the working cowboy brought to light. I tell the stories and lessons of cowboy life, horse and cow-losophy, wide open spaces, ornery characters, blue skies and starry nights, tragedy and triumph.

**St. Paddy's Day Party- March 17 at 12:00 PM and 3:00 PM**  
Come to the great room for corned beef & cabbage, Irish beer and Irish music. Limited to first 45 people to sign u7p for each seating. Sign up by 3/10/25.

**Glenmont Abbey Resident Vendor Fair- Thursday March 27 at 1:00 pm**  
Join us in the great room while Abbey residents set up tables to showcase and sell various products and services to neighbors and friends.

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



March  
Calendar of Events

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

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.

