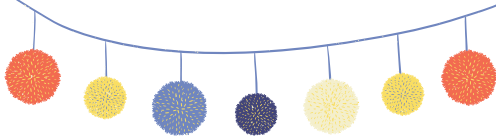








| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|--|
| <div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Educational Events</div> | <div>After Hour</div> <div>Maintenance</div> <div>Emergency</div> <div>518.419.6661 & wait for live operator</div> | <div>HELLO</div> <div>May</div> | | <div>1</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00- Daughters For Hire Seminar</div> | <div>2</div> <div>10:00- River's Casino</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div> <div></div> | <div>3</div> <div>5:00 - Resident Led Game Night</div> <div></div> |
| <div>4</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Right, Left, Center)</div> | <div>5</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Market 32</div> <div>3:00 - Bingo</div> <div>5:00 PM-7:00 PM Open Swim</div> <div>Coffee Break</div> | <div>6</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>2:00- Choice Connections Seminar</div> <div>2:00 - Cornhole</div> | <div>7</div> <div>9:30am - Stretch & Balance</div> <div>10:00 am- Silver Spoon</div> <div>2:00 - Comic Couples Comedy Show</div> <div>3:00 - LRC</div> <div>5:00 PM-7:00 PM Open Swim</div> | <div>8</div> <div></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>9</div> <div>10:00 - Book Club</div> <div>10:00- Lee Mass Outlets</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo - GR</div> | <div>10</div> <div>5:00 - Resident Led Game Night with snacks</div> <div></div> |
| <div>11</div> <div></div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Right, Left, Center)</div> | <div>12</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Trader Joes</div> <div>12:00- Free Manis & Bevys</div> <div>3:00 - Bingo</div> <div>5:00PM-7:00PM Open Swim</div> | <div>13</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>2:00 - Cornhole</div> | <div>14</div> <div>9:30am - Stretch & Balance</div> <div>11:00- Swiftie's</div> <div>2:00- Healthy food with Margot</div> <div>3:00 - LRC</div> <div>5:00 PM-7:00 PM Open Swim</div> | <div>15</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>3:00- Patio Happy Hour</div> | <div>16</div> <div>11:00 - Walmart</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo with snacks</div> | <div>17</div> <div>5:00 - Resident Led Game Night</div> <div></div> |
| <div>18</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Right, Left, Center)</div> | <div>19</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Van Rensslear Shopping Center</div> <div>12:00- Paint & Sip with Sue</div> <div>3:00- Bingo</div> <div>5:00PM-7:00PM Open Swim</div> | <div>20</div> <div>9:00am -</div> <div>12:00pm - Dr Appt</div> <div>12:00 - Chair Yoga</div> <div>11:00 - Aqua Aerobics</div> <div>10:00 - Functional Training</div> <div>2:00 - Cornhole</div> | <div>21</div> <div>9:30am - Stretch & Balance</div> <div>11:00- Dinosaur BBQ</div> <div>1:00 - Birthday Party</div> <div>3:00 - LRC</div> <div>5:00 PM-7:00 PM Open Swim</div> | <div>22</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00 - Pre-Memorial Day BBQ</div> | <div>23</div> <div>10:00 -Lakeside Farms</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo</div> <div></div> | <div>24</div> <div>5:00 - Resident Led Game Night With Snacks</div> <div></div> |
| <div>25</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Right, Left, Center)</div> | <div>26</div> <div></div> | <div>27</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>2:00 - Cornhole</div> | <div>28</div> <div>9:30am - Stretch & Balance</div> <div>11:00 - Belini's</div> <div>2:00- Life Story Hour</div> <div>5:00P M-7:00 PM Open Swim</div> | <div>29</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>30</div> <div>10:00- Bagel Breakfast</div> <div>11:00 -Jericho Drive In</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Bingo with snacks</div> | <div>31</div> <div>5:00 - Resident Led Game Night</div> <div></div> |

Events to Look For...

Choice Connections Seminar- Tuesday May 6 at 2:00 PM

Choice Connections New York is a FREE senior housing advisory service. Whether you are looking for Independent Living, Assisted Living, Enhanced Care, or Alzheimer's/Dementia Care, the search to find the "perfect fit" home has never been simpler.

Comic Couples Comedy Show- Wednesday May 7 at 2:00 pm

Want to relive the glory days of 20th century radio, tv, and Broadway? Then, join Judi and Steve as they recreate scenes from some of the funniest shows every broadcast. From the earliest days of radio, audiences have been entertained by actors playing zany couples. In this show, Judi and Steve bring these funny couples to life with a staged reading and music from America's favorite media of all time.

Healthy Food With Margot May 14 at 2:00 PM

Paint & Sip With Sue Baker- Monday May 19 at 12:00 pm

Join us for a fun and relaxed event hosted by your neighbor, Sue Baker! No painting experience needed—this beginner-friendly event is perfect for all skill levels. We'll walk through a simple step-by-step painting, enjoy some drinks, and share some laughs. All supplies are provided.

Pre-Memorial Day BBQ- Thursday May 22at 2:00 pm

Join us for a relaxed and friendly afternoon as we kick off summer with a Pre-Memorial Day BBQ! Enjoy delicious grilled favorites, great music, and time with neighbors. As we come together, we'll also take a moment to honor the true meaning of Memorial Day—remembering and giving thanks to the brave men and women who gave their lives in service to our country. Let's celebrate the season and our community with good food, good company, and heartfelt gratitude.

Life Story Hour- Wednesday May 28 at 2:00 pm

Come share, listen, and connect through meaningful conversation. This gathering celebrates the power of personal stories—how our experiences shape who we are today—and how being heard and understood fosters empathy, laughter, and a true sense of belonging in our community.

Notes from the office...

- 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
- Please pick up after your pets

Glenmont Staff

Property Manager
Stefany Falkowitz

Assistant Property Manager
Tiffany Connery

Maintenance Supervisor
Todd Herold

Maintenance Tech
Jesse Perry

Transportation
Greg



The Abbey Salon

By Josie Knack
Book Your Appointment
TODAY!

Call 518.275.2216
Tuesday | Thursday | Saturday

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.