

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



November



Nov 1

Nov 2



DAYLIGHT SAVINGS TIME ENDS!

Nov 3

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy - P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR

Nov 4

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
10:00am- Veteran's Coffee Hour-GR
11:00am - 4:00pm - Swim w/Buddy P
1:00pm-Movie Matinee-T
6:30pm - Game Night - GR

Nov 5

8:30am-Flexible Fitness GR
8:30am - 4:00pm - Swim w/Buddy - P
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Pam

Nov 6

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am-10:45am - Aqua Aerobics - P
10:00am - Pool/Billiards - G
11:00am - Grab n' Go Lunch - GR
Chili Cheese Nacho Bar
1:30pm - Mahjong - GR

Nov 7

8:30 am - 4:00pm - Swim w/Buddy - P
1:30pm Table Tennis - GR
11:00am - Kunkel Ambulance-GR
Kunkel will here to do blood pressure and sugar checks for those interested.

Nov 8



Nov 9

Nov 10

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy - P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR
3:00pm-Book Club - GR
"The Measure" Nikki Erlick

Nov 11

SCHUYLER COMMONS 
Veteran's Appreciation Breakfast w/New Hartford Legion Color Guard
Posting colors & 21 Gun Salute-
9:00am
9:00 am - 1:00 pm - Dr Appt - B
6:30pm - Game Night - GR

Nov 12

8:30am-Flexible Fitness GR
8:30am - 4:00pm - Swim w/Buddy - P
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Pam

Nov 13

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am - Aqua Aerobics - P
10:00am - Pool/Billiards - G
10:00 am - BOSCOVs - B
11:00am - 4:00pm - Swim w/Buddy - P

Nov 14

8:30 am - 4:00pm - Swim w/Buddy - P
10:30am-Lunch Bunch - Eclectic Chic-B
1:30pm Table Tennis - GR 

Nov 15

SCHUYLER COMMONS
HOLIDAY CRAFT FAIR
10:00AM-2:00PM

Nov 16



Nov 17

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy-P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR

Nov 18

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
10:00am- Veteran's Outreach - GR
1:00pm-Movie Matinee-T
6:30pm - Game Night - GR

Nov 19

8:30am-Flexible Fitness GR
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Pam
12:00pm-Vernon Downs - B

Nov 20

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am - Aqua Aerobics - P
Resident Thanksgiving Dinner
3:30pm-5:30pm

Nov 21

8:30 am - 2:00pm - Swim w/Buddy - P
Resident Thanksgiving Dinner
3:30pm-5:30pm

Nov 22



Nov 23

Nov 30

Nov 24

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy-P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR

Nov 25

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
11:00am - 4:00pm - Swim w/Buddy P
1:00pm-Movie Matinee-T
6:30pm - Game Night - GR

Nov 26

8:30am-Flexible Fitness GR
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Pam

Nov 27



Nov 28



Nov 29

LOCATION KEY

B = Bus
BP = Back Patio
CR = Craft Room
FC = Fitness Center
G = Game Room
GR = Great Room
L = Library
P = Pool
T = Theater

♦Healthy♦
♦Playful♦

Allure Life

♦Social♦
♦Creative♦
♦Centered♦
♦Inquisitive♦

OFFICE HOURS

Monday - Friday
Saturday
Sunday

8:30 am - 4:30 pm
By Appointment
CLOSED