







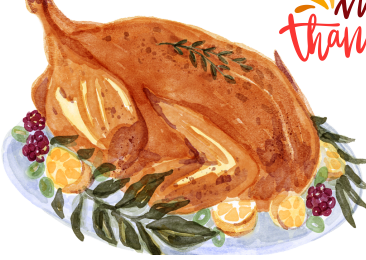




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Seminars</div> <div>Spiritual Events</div>	<div>After Hour Maintenance</div> <div>Emergency.</div> <div>518.419.6661</div> <div>&amp;</div> <div>wait for live operator</div>					<div>1</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night</div>
<div>2</div> <div>10:00 - Nondenominational Service</div> <div>12:00 - 2:00pm - Open Swim</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Left, Right, Center)</div>	<div>3</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 Foliage at Thatcher Park</div> <div>12:00 - Chair Zumba</div> <div>3:00 - Bingo</div> <div></div>	<div>4</div> <div>Dr Masias Poditrist - 1:00pm</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>4:00 - 5:30pm - Open Swim</div> <div>6:00- Mahjong</div>	<div>5</div> <div>9:30 - Stretch &amp; Balance</div> <div>10:00 - Grab-n-Go Breakfast</div> <div>11:00 - Aldi's</div> <div>3:00 - LRC</div> <div>4:00 - 5:30pm - 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>6:15pm - 8:15pm - Open Swim</div>	<div>7</div> <div>10:00 - Book Club</div> <div>10:00- Colonie Center</div> <div>12:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>1:00 "Bethlehem Neighbors" Presentation</div> <div>3:00- Bingo</div> <div></div>	<div>8</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>9</div> <div>10:00 - Nondenominational Service</div> <div>12:00 - 3:00pm - Open Swim</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Left, Right, Center)</div>	<div>10</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Market 32 - Glenmont</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Mani's &amp; Mamosa's</div> <div>2:00 - Financial Advice</div> <div>2:00 - Bingo</div> <div>4:00 - Trivia Night!</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>1:00 Veteran's Honors</div> <div>2:00 - Cornhole</div> <div>**NO POOL TODAY**</div> <div>6:00- Mahjong</div> <div></div>	<div>12</div> <div>9:30 - Stretch &amp; Balance</div> <div>9:00 - Thomas Cole House *Admission Fee*</div> <div>1:00 - Birthday Party</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div> <div></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 - Creative Crafts</div> <div>6:15pm - 8:15pm - Open Swim</div>	<div>14</div> <div>11:00 - Chili's</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div>	<div>15</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night</div>
<div>16</div> <div>10:00 - Nondenominational Service</div> <div>12:00 - 3:00pm - Open Swim</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Left, Right, Center)</div>	<div>17</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Trader Joe's</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Flu Clinic</div> <div>3:00 - Bingo</div> <div></div>	<div>18</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 - Thanksgiving Dinner</div> <div>4:00 - 5:30pm - Open Swim</div> <div>6:00- Mahjong</div> <div></div>	<div>19</div> <div>9:30- Stretch &amp; Balance</div> <div>11:00- Plum Blossom</div> <div>2:00 - LRC</div> <div>3:00 - Wine Tasting</div> <div>4:00 - 5:30pm - Open Swim</div> <div></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>1:00 - Bethlehem Library</div> <div>3:00 - Thanksgiving Dinner</div> <div>6:15pm - 8:15pm - Open Swim</div> <div></div>	<div>21</div> <div>10:00- Albany Inst. of Arts *Admission Fee*</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo</div>	<div>22</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>23/30</div> <div>10:00 - Nondenominational Service</div> <div>12:00 - 2:00pm Open Swim</div> <div>2:00 - Cornhole</div> <div>3:00 - LRC</div> <div>(Left, Right, Center)</div>	<div>24</div> <div>9:00 - Men's Coffee Club</div> <div>10:00- Bethlehem Town Library</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Mani's &amp; Mamosa's</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>2:00 - Cornhole</div> <div>4:00 - 5:30pm - Open Swim</div> <div>6:00- Mahjong</div>	<div>26</div> <div>**NO BUS TODAY**</div> <div>9:30 - Stretch &amp; Balance</div> <div>3:00 - LRC</div> <div>4:00 - 5:30pm - Open Swim</div>	<div>27</div> <div></div> <div>Happy Thanksgiving</div> <div>**Valet Trash Suspended Due to Holiday Today Only**</div>	<div></div> <div>28 Office Closed</div> <div></div>	<div>29</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night</div>



Dear Resident,

Changes at the post office have resulted in resident mail being mistakenly delivered to 7 Thomas Cole Dr. Please confirm your address is listed as either:

6 Thomas Cole Dr. (Your Apt #)

or

9 Thomas Cole Dr. (Your Apt #)

Whichever building you live in.

You may also need to follow up with any organizations who are currently sending mail to 7 Thomas Cole Dr.

Thank you,

**Garth Geritz**  
Assistant Property Manager  
518-419-6661



### The Abbey Salon

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

Tuesday | Thursday | Saturday

# November Calendar



**7 Thomas Cole Drive, Glenmont NY 12077**  
**518.419.6661 | [www.glenmontabbeyvillage.com](http://www.glenmontabbeyvillage.com)**