

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Color Code</u> <u>Exercise</u> <u>Transportation</u> <u>Social Events</u> <u>Seminars</u> <u>Spiritual Events</u>	<u>After Hour Maintenance Emergency</u> <b>518.419.6661</b> & wait for live operator					<b>1</b> 12:00am - 3:00pm - Open Swim 5:00 - Resident Led Game Night
<b>2</b> 10:00 - Nondenominational Service 12:00 - 2:00pm - Open Swim 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	<b>3</b> 9:00 - Men's Coffee Club 10:00 Foliage at Thatcher Park 12:00 - Chair Zumba  3:00 - Bingo	<b>4</b> Dr Masias Poditrist - 1:00pm 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Cornhole 4:00 - 5:30pm - Open Swim 6:00- Mahjong	<b>5</b> 9:30 - Stretch & Balance 10:00 - Grab-n-Go Breakfast 11:00 - Aldi's 3:00 - LRC 4:00 - 5:30pm - Open Swim	<b>6</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts 6:15pm - 8:15pm - Open Swim	<b>7</b> 10:00 - Book Club  10:00- Colonie Center 12:00 - Chair Zumba 12:30 - Pinochle Club 1:00 "Bethlehem Neighbors" Presentation 3:00- Bingo	<b>8</b> 12:00am - 3:00pm - Open Swim 5:00 - Resident Led Game Night with snacks
<b>9</b> 10:00 - Nondenominational Service 12:00 - 3:00pm - Open Swim 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	<b>10</b> 9:00 - Men's Coffee Club 10:00 - Market 32 - Glenmont 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 2:00 - Financial Advice 2:00 - Bingo 4:00 - Trivia Night!	<b>11</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 Veteran's Honors  2:00 - Cornhole **NO POOL TODAY** 6:00- Mahjong	<b>12</b> 9:30 - Stretch & Balance  9:00 - Thomas Cole House *Admission Fee* 1:00 - Birthday Party 3:00 - LRC 4:00- 5:30pm - Open Swim	<b>13</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts 6:15pm - 8:15pm - Open Swim	<b>14</b> 11:00 - Chili's 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks	<b>15</b> 12:00am - 3:00pm - Open Swim 5:00 - Resident Led Game Night
<b>16</b> 10:00 - Nondenominational Service 12:00 - 3:00pm - Open Swim 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	<b>17</b> 9:00 - Men's Coffee Club 10:00 - Trader Joe's 12:00 - Chair Zumba 1:00 - Flu Clinic 3:00 - Bingo 	<b>18</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga  3:00 - Thanksgiving Dinner 4:00 - 5:30pm - Open Swim 6:00- Mahjong	<b>19</b> 9:30- Stretch & Balance  11:00- Plum Blossom 2:00 - LRC 3:00 - Wine Tasting 4:00 - 5:30pm - Open Swim	<b>20</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 - Bethlehem Library 3:00 - Thanksgiving Dinner  6:15pm - 8:15pm - Open Swim	<b>21</b> 10:00- Albany Inst. of Arts *Admission Fee* 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo	<b>22</b> 12:00am - 3:00pm - Open Swim 5:00 - Resident Led Game Night with snacks
<b>23/30</b> 10:00 - Nondenominational Service 12:00 - 2:00pm Open Swim 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	<b>24</b> 9:00 - Men's Coffee Club 10:00- Bethlehem Town Library 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 3:00 - Bingo	<b>25</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Cornhole 4:00 - 5:30pm - Open Swim 6:00- Mahjong	<b>26</b> **NO BUS TODAY** 9:30 - Stretch & Balance 3:00 - LRC 4:00 - 5:30pm - Open Swim	<b>27</b>  **Valet Trash Suspended Due to Holiday Today Only**	 <b>28</b> Office Closed 	<b>29</b> 12:00am - 3:00pm - Open Swim 5:00 - Resident Led Game Night



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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



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# November Calendar



**7 Thomas Cole Drive, Glenmont NY 12077**

**518.419.6661 | [www.glenmontabbeyvillage.com](http://www.glenmontabbeyvillage.com)**