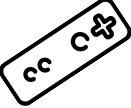











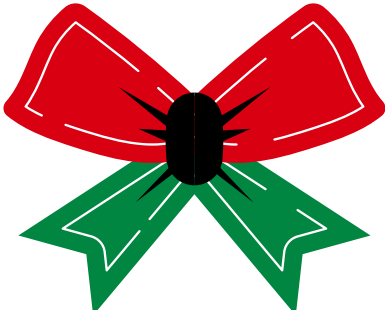



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Seminars</div> <div>Spiritual Events</div>	<div>1</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 River's Casino</div> <div>12:00 - Chair Zumba</div> <div>3:00 - Bingo</div> <div>6:00- Mahjong</div>	<div>2</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>4:00 - 5:30pm - Open Swim</div> <div>6:00- Wii Night</div> <div></div>	<div>3</div> <div>Dr Masias Poditrist - 1:00pm</div> <div>9:30 - Stretch & Balance</div> <div>10:00- Crochet Group</div> <div>11:00 - Olive Garden</div> <div>3:00 - LRC</div> <div>4:00 - 5:30pm - Open Swim</div>	<div>4</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>1:00 - Medicare Seminar</div> <div>2:00 - Creative Crafts</div> <div>6:15pm - 8:15pm - Open Swim</div>	<div>5</div> <div>11:00 - Cracker Barrel</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div> <div>4:00- Cookies and Cocoa</div> <div>*Decorate the Clubhouse*</div>	<div>6</div> <div>12:00am - 3:00pm - Open Swim</div> <div>1:00-5:00 Great Room Reserved</div> <div>5:00-10:00 Great Room Reserved</div>
<div>7</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>5:00 - Resident Led Game Night</div> <div>*Changed Time*</div>	<div>8</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 Walmart</div> <div>12:00 - Chair Zumba</div> <div>3:00 - Bingo</div> <div>6:00- Mahjong</div>	<div>9</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>4:00 - 5:30pm - Open Swim</div> <div>6:00- Wii Night</div>	<div>10</div> <div>9:30 - Stretch & Balance</div> <div>10:00 - Grab-n-Go Breakfast</div> <div>11:00 The Ritz on Union</div> <div>3:00 - LRC</div> <div>4:00 - 5:30pm - Open Swim</div>	<div>11</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00-5:00 - Holiday Movie Film Festival</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></div>	<div>12</div> <div>10:00- Colonie Center</div> <div>10:30 - Book Club</div> <div>12:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo</div> <div></div>	<div>13</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>14</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>15</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 - Mani's & Mamosa's</div> <div>3:00 - Bingo</div> <div>6:00- Mahjong</div>	<div>16</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 - Cookies, Cocoa and Caroling</div> <div>4:00 - 5:30pm - Open Swim</div> <div>6:00- Wii Night</div>	<div>17</div> <div>9:30 - Stretch & Balance</div> <div>10:00 Target</div> <div>10:00 - Crochet Group</div> <div>1:00 - Birthday Party</div> <div>2:00 - Downsizing for the New Year</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div> <div></div>	<div>18</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 - Holiday Dinner</div> <div>6:15pm - 8:15pm - Open Swim</div> <div></div>	<div>19</div> <div>10:00 Silverspoon Cafe</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>2:00- Bingo with snacks</div> <div>3:00 - Holiday Dinner</div> <div> </div>	<div>20</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night</div>
<div>21</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>22</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Market 32 - Glenmont</div> <div>12:00 - Chair Zumba</div> <div>2:00 - Giftwrapping Workshop</div> <div>3:00 - Bingo</div> <div>6:00- Mahjong</div> <div></div>	<div>23</div> <div>** NO BUS TODAY**</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>*No Open Swim*</div> <div>6:00- Wii Night</div>	<div>24</div> <div>*Office Closed for* *Holiday*</div> <div> </div>	<div>25</div> <div>*Office Closed for* *Holiday*</div> <div></div>	<div>26</div> <div>11:00- Akira</div> <div>12:30 - Pinochle Club</div> <div>1:00 - Chair Zumba</div> <div>2:00 - New Resident Welcome Party</div> <div>3:00- Bingo</div> <div></div>	<div>27</div> <div>12:00am - 3:00pm - Open Swim</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>28</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>29</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 & Mamosa's</div> <div>3:00 - Bingo</div> <div>6:00- Mahjong</div>	<div>30</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>*No Open Swim*</div> <div>6:00- Wii Night</div>	<div>31</div> <div>**NO BUS TODAY**</div> <div>9:30 - Stretch & Balance</div> <div>3:00 - LRC</div> <div>(Left, Right, Center)</div> <div>4:00 - 5:30pm - Open Swim</div>	<div></div>	<div>After Hour Maintenance Emergency.</div> <div>518.419.6661 & wait for live operator</div>	<div></div>



**** New ****

**Crochet Group on
alternating Wednesdays
at 10:00 AM**
Come learn to knit with
a friend!



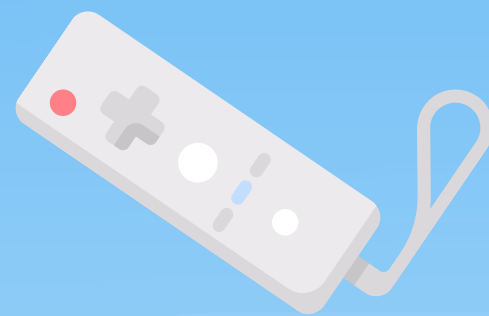
The Abbey Salon

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

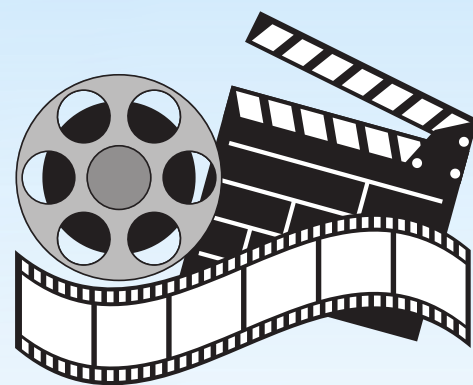
Tuesday | Thursday | Saturday



****New****

Wii Gaming nights!

Come down and enjoy
friendly competition.
Virtual bowling, racing
and more!



December 11th

Christmas Film Festival



**December
Calendar**

**GLENMONT
— ABBEY —**

an allure active adult community



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