

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> *Office Closed for* *Holiday*	<b>2</b> ** NO BUS TODAY** 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks	<b>3</b> 5:00 - Resident Led Game Night 
<b>4</b> 11:00 - Nondenominational Service 1:00-4:00 - Great Room Reserved 3:00 - LRC in Game Room	<b>5</b> 9:00 - Men's Coffee Club 10:00 Walmart 12:00 - Chair Zumba 3:00 - Bingo	<b>6</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	<b>7</b> 9:30 - Stretch & Balance 12:00 - Grab-n-Go Luncheon 3:00 - LRC 4:00 - 5:30pm - Open Swim	<b>8</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 	<b>9</b> ** NO BUS TODAY** 10:30 - Book Club 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo	<b>10</b> 5:00 - Resident Led Game Night with snacks
<b>11</b> 11:00 - Nondenominational Service 3:00 - LRC (Left, Right, Center)	<b>12</b> 9:00 - Men's Coffee Club 10:00 - Trader Joe's 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 3:00 - Bingo 	<b>13</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	<b>14</b> 9:30 - Stretch & Balance 10:00 Track 32 10:00 - Crochet Group 1:00 - Birthday Party 3:00 - LRC 4:00 - 5:30pm - Open Swim	<b>15</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts	<b>16</b> 10:00 Bethlehem Library 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks	<b>17</b>  5:00 - Resident Led Game Night
<b>18</b> 11:00 - Nondenominational Service 3:00 - LRC (Left, Right, Center)	<b>19</b> 9:00 - Men's Coffee Club 10:00 - Market 32 - Glenmont 12:00 - Chair Zumba 3:00 - Bingo 	<b>20</b> ** NO BUS TODAY** 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	<b>21</b> 9:30 - Stretch & Balance 11:00 Outback Steakhouse 3:00 - LRC 4:00- Trivia 4:00 - 5:30pm - Open Swim	<b>22</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga	<b>23</b> 11:00- Del Lanes 12:30 - Pinochle Club 1:00 - Chair Zumba 3:00- Bingo	<b>24</b> 5:00 - Resident Led Game Night with snacks
<b>25</b> 11:00 - Nondenominational Service 3:00 - LRC (Left, Right, Center)	<b>26</b> 9:00 - Men's Coffee Club 10:00- Hannaford 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 3:00 - Bingo	<b>27</b> 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - Hot Soup Dinner 6:00- Mahjong	<b>28</b> 9:30 - Stretch & Balance 2:00- Crochet Group 11:00am 1776 Diner 3:00 - LRC (Left, Right, Center)	<b>29</b> 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts 3:00 - Hot Soup Dinner	<b>30</b> 10:00- River's Casino 12:30 - Pinochle Club 1:00 - Chair Zumba 3:00- Bingo with snacks	<b>31</b> 5:00 - Resident Led Game Night

# the life

LIFESTYLE. INDEPENDENCE.  
FRIENDSHIP. ENTHUSIASM.

\*\* New\*\*

Crochet Group on  
alternating Wednesdays  
Come learn to knit with  
a friend!



Garnet ; January birth  
stone .

AQUARIUS



Welcome aboard both of our  
new team members - D'Avone  
and Harlen!!

**The Abbey Salon**  
By Josie Knack  
Book Your Appointment TODAY!  
Call 518.275.2216  
Tuesday | Thursday | Saturday



# January Calendar

GLENMONT  
ABBAY

an allure active adult community

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