






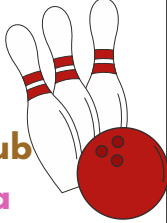


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Seminars</div> <div>Spiritual Events</div>		<div>After Hour Maintenance</div> <div>Emergency.</div> <div>518.419.6661</div> <div>&</div> <div>wait for live operator</div>		<div>1</div> <div>*Office Closed for*</div> <div>*Holiday*</div>	<div>2</div> <div>** NO BUS TODAY**</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div>	<div>3</div> <div>5:00 - Resident Led Game Night</div> <div></div>
<div>4</div> <div>11:00 - Nondenominational Service</div> <div>1:00-4:00 - Geat Room Reserved</div> <div>3:00 - LRC in Game Room</div>	<div>5</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</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>6:00- Mahjong</div>	<div>7</div> <div>9:30 - Stretch & Balance</div> <div>12:00 - Grab-n-Go Luncheon</div> <div>3:00 - LRC</div> <div>4:00 - 5:30pm - Open Swim</div>	<div>8</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div></div>	<div>9</div> <div>** NO BUS TODAY**</div> <div>10:30 - Book Club</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo</div> <div></div>	<div>10</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>11</div> <div>11:00 - Nondenominational Service</div> <div>3:00 - LRC (Left, Right, Center)</div>	<div>12</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></div>	<div>13</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>6:00- Mahjong</div>	<div>14</div> <div>9:30 - Stretch & Balance</div> <div>10:00 Track 32</div> <div>10:00 - Crochet Group</div> <div>1:00 - Birthday Party</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div>	<div>15</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>16</div> <div>10:00 Bethlehem Library</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div>	<div>17</div> <div></div> <div>5:00 - Resident Led Game Night</div>
<div>18</div> <div>11:00 - Nondenominational Service</div> <div>3:00 - LRC (Left, Right, Center)</div>	<div>19</div> <div>9:00 - Men's Coffee Club</div> <div>10:00 - Market 32 - Glenmont</div> <div>12:00 - Chair Zumba</div> <div>3:00 - Bingo</div> <div></div>	<div>20</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>6:00- Mahjong</div>	<div>21</div> <div>9:30 - Stretch & Balance</div> <div>11:00 Outback Steakhouse</div> <div>3:00 - LRC</div> <div>4:00- Trivia</div> <div>4:00 - 5:30pm - Open Swim</div> <div></div>	<div>22</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div>	<div>23</div> <div>11:00- Del Lanes</div> <div>12:30 - Pinochle Club</div> <div>1:00 - Chair Zumba</div> <div>3:00- Bingo</div> <div></div>	<div>24</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>25</div> <div>11:00 - Nondenominational Service</div> <div>3:00 - LRC (Left, Right, Center)</div>	<div>26</div> <div>9:00 - Men's Coffee Club</div> <div>10:00- Hannaford</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Mani's & Mamosa's</div> <div>3:00 - Bingo</div>	<div>27</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 - Hot Soup</div> <div>Dinner</div> <div>6:00- Mahjong</div>	<div>28</div> <div>9:30 - Stretch & Balance</div> <div>2:00- Crochet Group</div> <div>11:00am 1776 Diner</div> <div>3:00 - LRC (Left, Right, Center)</div>	<div>29</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 - Hot Soup Dinner</div>	<div>30</div> <div>10:00- River's Casino</div> <div>12:30 - Pinochle Club</div> <div>1:00 - Chair Zumba</div> <div>3:00- Bingo with snacks</div>	<div>31</div> <div>5:00 - Resident Led Game Night</div>



**** New ****

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



**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



**Garnet ; January birth
stone .**



AQUARIUS



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