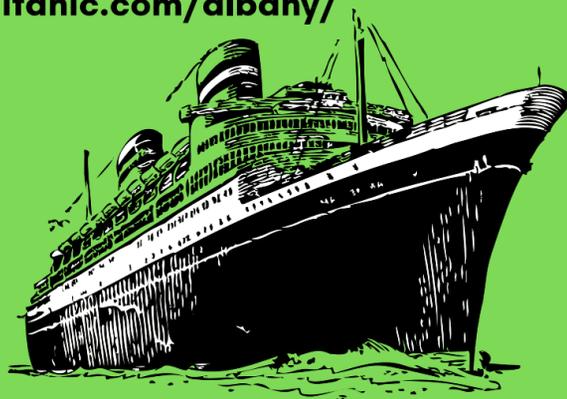


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3:00 - LRC (Left, Right, Center)	2 9:00 - Men's Coffee Club 10:00- Market 32 Plaza 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 3:00 - Bingo	3 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00 - Purim Celebration (Game Room) 4:00-8:00 Great Room Reserved 6:00- Mahjong	4 9:30 - Stretch & Balance ** NO BUS TODAY ** 10:00 Grab - N - Go Breakfast 10:00 - Crochet Group 3:00 - LRC 4:30-6:30 Open Swim	5 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga	6 11:00 - Silverspoon Cafe 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks 6:00- Movie Night	7 1:00pm-5:00pm Great Room Reserved 5:00 - Resident Led Game Night with snacks
8 Set your clocks forward!  12:30-6:00 Great Room Reserved 3:00 - LRC (Game Room)	9 9:00 - Men's Coffee Club 11:00- Glenmont Plaza 12:00 - Chair Zumba 3:00 - Bingo	10 9:00am-12:00pm Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	11 9:30 - Stretch & Balance ** NO BUS TODAY ** 11:00 - Happiness 101 1:00 - Birthday Party 3:00 - LRC 4:30-6:30 Open Swim	12 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts	13 10:00 - Titanic, an Immersive Voyage (Armory Studios, Schenectady) 10:30 - Book Club 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo 	14 11:00 - Irish Dance 5:00 - Resident Led Game Night
15  3:00 - LRC (Left, Right, Center)	16 9:00 - Men's Coffee Club 11:00 - Walmart 12:00 - Chair Zumba 1:00 - Mani's & Mamosa's 3:00 - Bingo	17 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 4:00 - St. Patrick's Day Happy Hour 6:00- Mahjong 	18 9:30 - Stretch & Balance ** NO BUS TODAY ** 10:00 - Crochet Group 3:00 - LRC 4:30-6:30 Open Swim	19 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts 4:00 Trivia Night	20 10:00 Emma Cleary's Cafe 10:30 - Book Reading** 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks	21 5:00 - Resident Led Game Night with snacks
22 3:00 - LRC (Left, Right, Center)	23 9:00 - Men's Coffee Club 11:00 Hannaford Plaza 12:00 - Chair Zumba 3:00 - Bingo	24 9:00am - 12:00pm - Dr Appt **No Functional Training** 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - St. Patrick's Dinner 6:00- Mahjong 	25 9:30 - Stretch & Balance ** NO BUS TODAY ** 11:00 Daughters for Hire 3:00 - LRC 4:30-6:30 Open Swim	26 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 3:00 - St. Patrick's Dinner 	27 11:00 - Bethlehem Town Library 12:30 - Pinochle Club 1:00 - Chair Zumba 3:00- Bingo	28 12:00-2:00 Open House! (Tell Your Friends!) 5:00 - Resident Led Game Night
29 3:00 - LRC (Left, Right, Center)	30 9:00 - Men's Coffee Club 11:00 Stuyvesant Plaza 12:00 - Chair Zumba 3:00 - Bingo	31 9:00am-12:00pm Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	Color Code Exercise Transportation Social Events Seminars			

Titanic: An Immersive Voyage

Armory Studios in Schenectady is presenting an exhibit on the titanic that includes 3-D representations and re-creations of the Titanic. Tickets for this event must be purchased from the venue and are available online at Expo-Titanic.com/albany/



March Calendar



Happiness 101

“Is the glass half empty or full?”
Learn about the parasympathetic nervous system and how it affects your body

****New****

Book reading with gold-medal winning author, Steve Burt! Friday March, 20th at 10:30

Glenmont Abbey resident Steve Burt’s stories have appeared in Chicken Soup for the Soul, Family Circle, and Reader’s Digest. Since 1975 he has authored many award-winning books including adult thrillers, teen mysteries, adventure chapter books for 6-12 year-olds, weird tales collections, joke books for kids and adults, and Christmas story collections. He’ll share a few short stories with us and will set up a table of his books that are available

The Abbey Salon

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

Tuesday | Thursday | Saturday



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