

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Color Code</p> <p>Exercise</p> <p>Transportation</p> <p>Social Events</p> <p>Seminars</p>			<p>1</p> <p>9:30 - Stretch & Balance</p> <p>**No Bus Today**</p> <p>10:00 - Crochet Group</p> <p>3:00 - LRC</p> <p>4:30-6:30 Open Swim</p>	<p>2</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>1:00 Glenmont Abbey Community Meeting</p> 	<p>3</p> <p>**No Bus Today**</p> <p>1:00 - Chair Zumba</p> <p>12:30 - Pinochle Club</p> <p>3:00- Bingo with snacks</p>	<p>4</p> <p>11:00 - Easter Egg Hunt</p> <p>5:00 - Resident Led Game Night with snacks</p>
<p>5</p> <p>3:00 - LRC (Game Room)</p>	<p>6</p> <p>9:00 - Men's Coffee Club</p> <p>11:00- Market 32 Plaza</p> <p>12:00 - Chair Zumba</p> <p>3:00 - Dyngus Day Celebration</p>	<p>7</p> <p>9:00am-12:00pm Dr Appt</p> <p>10:00 - Functional Training</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>4:30-6:30 Open Swim</p> <p>6:00- Mahjong</p>	<p>8</p> <p>9:30 - Stretch & Balance</p> <p>**No Bus Today**</p> <p>11:00 - Birthday Party</p> <p>1:00 - What's out there for you?</p> <p>3:00 - LRC</p> <p>4:30-6:30 Open Swim</p>	<p>9</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>2:00 - Creative Crafts</p> <p>4:00- Movie Night</p>	<p>10</p> <p>10:00 - New York State Museum</p> <p>10:30 - Book Club (The Plot)</p> <p>1:00 - Chair Zumba</p> <p>2:00 - Garden Club</p> <p>12:30 - Pinochle Club</p> <p>3:00- Bingo</p>	<p>11</p> <p>5:00 - Resident Led Game Night</p>
<p>12</p>  <p>3:00 - LRC (Left, Right, Center)</p>	<p>13</p> <p>9:00 - Men's Coffee Club</p> <p>11:00 - Glenmont Plaza</p> <p>1:00 - Chair Zumba</p> <p>3:00 - Bingo</p>	<p>14</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>10:00 - Functional Training</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>1:00 Event Commitee Meeting</p> <p>4:30-6:30 Open Swim</p> <p>6:00- Mahjong</p>	<p>15</p> <p>9:30 - Stretch & Balance</p> <p>**No Bus Today**</p> <p>10:00 - Crochet Group</p> <p>3:00 - LRC</p> <p>4:30-6:30 Open Swim</p>	<p>16</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>1:00 New Resident Welcome Party</p> <p>2:00 - Cornhole</p>	<p>17</p> <p>**No Bus Today**</p> <p>10:30 - Book Reading**</p> <p>1:00 - Chair Zumba</p> <p>12:30 - Pinochle Club</p> <p>3:00- Bingo with snacks</p>	<p>18</p> <p>5:00 - Resident Led Game Night with snacks</p>
<p>19</p> <p>3:00 - LRC (Left, Right, Center)</p>	<p>20</p> <p>9:00 - Men's Coffee Club</p> <p>11:00 Walmart</p> <p>1:00 - Chair Zumba</p> <p>3:00 - Bingo</p> <p>4:00 Tech workshop</p>	<p>21</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>10:00 - Functional Training</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>4:30-6:30 Open Swim</p> <p>6:00- Mahjong</p>	<p>22</p> <p>9:30 - Stretch & Balance</p> <p>**No Bus Today**</p> <p>11:00 Heart Health</p> <p>3:00 - LRC</p> <p>4:30-6:30 Open Swim</p>	<p>23</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>1:00 - What's out there for you?</p>	<p>24</p> <p>11:00 Bethlehem Town Library</p> <p>12:30 - Pinochle Club</p> <p>1:00 - Chair Zumba</p> <p>3:00- Bingo</p>	<p>25</p> <p>5:00 - Resident Led Game Night</p>
<p>26</p> <p>11:30pm-5:00pm Great Room Reserved</p> <p>3:00 - LRC (Left, Right, Center)</p>	<p>27</p> <p>9:00 - Men's Coffee Club</p> <p>11:00 Hannaford</p> <p>12:00 - Chair Zumba</p> <p>3:00 - Bingo</p>	<p>28</p> <p>9:00am-12:00pm Dr Appt</p> <p>10:00 - Functional Training</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>3:00 - Springtime Dinner</p> <p>6:00- Mahjong</p>	<p>29</p> <p>9:30 - Stretch & Balance</p> <p>**No Bus Today**</p> <p>10:00 - Crochet Group</p> <p>3:00 - LRC</p> <p>4:30-6:30 Open Swim</p>	<p>30</p> <p>9:00am - 12:00pm - Dr Appt</p> <p>11:00 - Aqua Aerobics</p> <p>12:00 - Chair Yoga</p> <p>3:00 - Springtime Dinner</p>		

Highlighted Events:

- April 2nd at 1:00 PM Community Meeting: Come in for drinks and snacks on and come talk about our community! We will be going over things like, how to submit online payments, how to submit work orders, how to avoid charges and the formation of an event committee!
- April 4th at 11:00 AM Egg Hunt!: Join us for a Easter egg hunt around our community on Saturday, have a little extra Easter fun this weekend! Chocolates and treats will be hidden around the Clubhouse and Apartment buildings for you and your family to find!
- April 6th at 3:00 Dyngus Day Celebration: Come Celebrate Spring with traditional Polish food and culture!
- April 8th and April 23rd at 1:00PM What's Out There For You?: Lis Calandrino will host an inspirational informational, on what we can do with our time and energy we have!
- April 22nd at 1:00 PM Heart Health: we are lucky to have Dr. Pietra presenting a seminar on Heart health and how we can keep our bodies healthy.



an allure active adult community

APRIL CALENDAR

The Abbey Salon

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

Tuesday | Thursday | Saturday

the life
LIFESTYLE. INDEPENDENCE.
FRIENDSHIP. ENTHUSIASM.

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