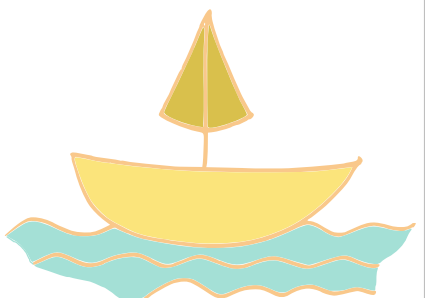
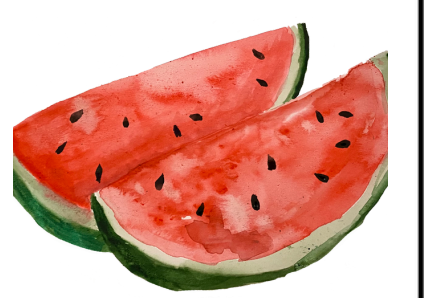
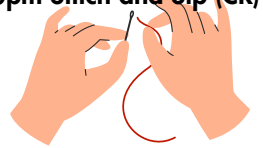


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GET SOCIAL WITH US! FOLLOW US ON 			LOCATION KEY • CR - Community Room • L - Library • T - Theater • DMR - Dance + Music Room • TDR - Tavern & Game Room • ACR - Art & Crafts Room • P - Pool • G - Gym			► 9:00am Daily Walking Club 1
► 9:30am Daily Walking Club 2	► 9:am Daily walking club 3 ► 2:00pm Chair Yoga (DMR) ► 3:30pm Stitch and Sip (CR)	► 9:00am Daily Walking Club 4 ► 9:00am-2:00pm Drs. Appointments ► 5:00pm-7:00pm MOVIE NIGHT Resident Choice (T) 	► 8:30am Breakfast with your neighbors (Jimmy's Egg) (CR) ► 9:00am Daily Walking Club ► 5:30pm-6:30pm Aquatic Boot Camp 	► 8:15am Aquatic Boot Camp (PL) 6 ► 9:00am-2:00pm Drs.Appointments ► 9:00am Daily Walking Club ► 1:30PM MAH JONGG (TDR) ► 3:00pm Town Hall Meeting (CR) ► 6:30-8:00pm Float & Chat Club (P)	► 9:00am Daily Walking Club 7 ► 9:30am-10:30am Mat Yoga(DMR) ► 11:00am-1:00pm Shopping Trip (Trader Joes Glenmont Plaza) ► 2:00pm Trivia Friday ► 6:15pm-7:00pm Line Dancing With Linda (DMR) 	► 9:00am Daily Walking Club 8 ► 9:45am Hudson Athens Light House
► 9:30am Daily Walking Club 9 ► 2:00pm Parc Page Turners Book Club (L)	► 8:15am Aquatic Boot Camp(PL) 10 ► 9:am Daily walking club ► 1:00pm Make your own Sundays (CR) ► 3:30pm Stitch and Sip (CR) 	► 9:00am Daily Walking Club 11 ► 9:00am-2:00pm Drs. Appointments ► 5:00pm-7:00pm MOVIE NIGHT Resudent choice (T) 	► 9:00am Daily Walking Club 12 ► 5:00pm-7:00pm Happy Hour (POTLUCK) W/ Jim Hoffman Soft Classic Rock 	► 8:15am Aquatic Boot Camp (PL) 13 ► 9:00am Drs.appointments ► 9:00am Daily Walking Club ► 1:30PM MAH JONGG (TDR) ► 5:00pm Bingo (CR) ► 6:30pm Float & Chat Club (P) 	► 9:00am Daily Walking Club 14 ► 10:00am-12:00pm Shopping Trip (Hannaford) ► 2:00pm Trivia Friday ► 2:30pm Resident Bday party ► 6:15pm-7:00pm Line Dancing With Linda (DMR) 	► 9:00am Daily Walking Club 15 ► 11:00am Finanacial Security after 50 (CR) Matt Miller ► 4:00pm-5:00pm Aquatic Boot Camp with Zach ► 5:00pm-6:00pm OPEN SWIM with Zach
► 9:30am Daily Walking Club 16 ► 2:00pm - Writer's Club (L)	► 8:15am Aquatic Boot Camp(PL) 17 ► 9:am Daily walking club ► 3:30pm Stitch and Sip (CR) ► 5:00pm - 7:00pm GAME NIGHT (TDR)	► 9:00am Daily Walking Club 18 ► 9:00am-2:00pm Drs. Appointments ► 1:00pm TKT Insurance w/ Sherry ► 2:00pm-3:00pm Painting with Janice (AR) ► 5:00pm-7:00pm MOVIE NIGHT Resident Choice (T) 	► 9:00am Daily Walking Club 19 ► 2:00pm Town Hall Meeting (CR) ► 5:30pm-6:30pm Aquatic Boot Camp With Zach	► 8:15am Aquatic Boot Camp (P) 20 ► 9:00am Daily Walking Club ► 9:00am-2:00pm Drs.appointments ► 1:30pm MAH JONGG (TDR) ► 6:30-8:00pm Float & Chat Club (P)	► 9:00am Daily Walking Club 21 ► 11:00am-1:00pm Shopping Trip (Walmart) ► 2:00pm Trivia Friday ► 6:15pm-7:00pm Line Dancing With Linda (DMR) 	► 9:00am Daily Walking Club 22 ► 2:22pm THINK ART APT 222
► 9:30am Daily Walking Club 23 30 ► 9:30am Daily Walking Club	► 8:15am Aquatic Boot Camp(PL) 24 ► 9:am Daily walking club ► 3:30pm Stitch and Sip (CR) 31 ► 8:15am Aquatic Boot Camp(PL) ► 9:am Daily walking club ► 1:00pm CRAZE GUILDERLAND POLICE DEPT ► 3:30pm Stitch and Sip (CR)	► 9:00am Daily Walking Club 25 ► 9:00am-2:00pm Drs. Appointments ► 5:00pm-7:00pm MOVIE NIGHT Resident Choice (T) 	► 9:00am Daily Walking Club 26 ► 11:00am CASINO TRIP (SARATOGA) 	► 8:15am Aquatic Boot Camp (PL) 27 ► 9:00am Drs.appointments ► 9:00am Daily Walking Club ► 1:30pm MAH JONGG (TDR) ► 5:00pm Bingo (CR) ► 6:30pm Float & Chat Club (P) 	► 9:00am Daily Walking Club 28 ► 9:30am-10:30am Mat Yoga(DMR) ► 11:00am-1:00pm Shopping Trip (Target) ► 2:00pm Trivia Friday ► 6:15pm-7:00pm Line Dancing With Linda (DMR)	► 9:00am Daily Walking Club 29 ► 4:00pm-5:00pm Aquatic Boot Camp with Zach ► 5:00pm-6:00pm OPEN SWIM with Zach