

Along with our Continental Breakfast, enjoy a specialty hot breakfast feature on Tuesdays:

September 1: Breakfast Sandwiches
September 8: French Toast
September 15: Egg Bites
September 22: Waffles
September 29: Cinnamon Rolls

Join your neighbors at Happy Hour on Thursdays and enjoy a snack on us!

September 3: Vegetable tray
September 10: Buffalo Chicken Dip
September 17: Charcuterie
September 24: Shrimp Cocktail



Visit the office if you need any administrative functions completed:

Copies
Scanning
Printing
Theatre Instructions

Have a Medical Appointment?
Contact the office to schedule your trip

 **Monday & Wednesday**
 **9:00 AM – 2:00 PM**



PINNACLE
LIVING
AT FORTS FERRY

SEPTEMBER 2026



**45 Forts Ferry Rd
Latham, NY 12110**

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Emma Darocha**

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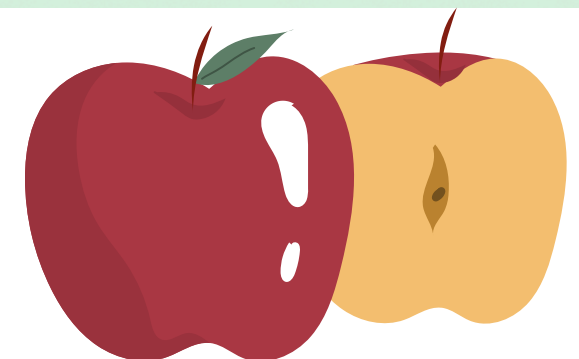
September Wellness Tips:

With colder months and shorter days on the horizon, it is important to adjust your sleep schedule accordingly! Prioritize getting 7-8 hours of sleep a night!

Don't forget to join us for fitness classes, happy hours, and social events throughout the month!

Highlights for the Month:

September 2 – Target and TJ Maxx Outing
September 4 - Live Music w/ Laura C. and Frozen Margaritas
September 8 - End of Summer Ice Cream Social
September 9 – Fort Orange General Store Outing
September 14 – Fall Stenciling Tote Bags
September 15 – Brownies and Book Club
September 18 – Plant Pot Painting
September 21 – History Presentation w/ Jason Kramer
September 23 – Chic Fil A and Live Music w/ Bobby Val
September 25 – Cornhole Tournament
September 28 – Casino Outing



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PT = Patio FC = Fitness Center TH = Movie Theater GR = Great Room P = Pool LL = Library V = We are taking the van \$ = You have to pay for this event		1 ► 11:15 - Balance Fitness (FC) ► 12:15 - Aqua Aerobics (P) ► 4:00 - Scrabble & Sangria (GR) ► 7:00 - Game Night (LL)	2 ► 9:00am-2p - Medical Shuttle ► 2:30 - Target and TJ Maxx Outing ► 5:30 - Learn Mexican Train (GR)	3 ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Paul McCartney: Man on the Run (TH) ► 4:00 - Happy Hour (GR)	4 ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 2:00 - Live Music w/ Laura C. & Frozen Margaritas (GR) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	5 5:00 - Lucky Cards Social
6 Resident Breakfast: 10 AM	7 	8 ► 11:15 - Balance Fitness (FC) ► 12:15 - Aqua Aerobics (P) ► 3:30 - End of Summer Ice Cream Social (PT/GR) ► 7:00 - Game Night (LL)	9 ► 9:00am-2p - Medical Shuttle ► 2:30 -Fort Orange General Store Outing (sign up required) (\$V) ► 5:30 - Learn Mexican Train (GR)	10 ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Lets Make Love (TH) ► 4:00 - Happy Hour (GR)	11 ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 3:00 - 9/11 Remembrance with a First Responder (LL) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	12 10:30 - Yoga with Laura C. (FC) 5:00 - Lucky Cards Social
13 Bring your families for a fun-filled afternoon to celebrate National Grandparents' Day!! 12-2 PM (\$) (sign up required) Bingo: 2 PM	14 ► 9:00am-2p - Medical Shuttle ► 10:00 - Stretch & Flex (FC) ► 11:00 - Drum Class (FC) ► 1:00 - Mahjong Intro (GR) ► 2:00 - Mahjong (GR) ► 3:00- Fall Stencil Tote Bags w/ Maria (GR)	15 ► 9:30 - Balance Fitness (FC) ► 10:30 - Aqua Aerobics (P) ► 3:00 - Brownies and Book Club (sign up required) (PT) ► 7:00 - Game Night (LL)	16 ► 9:30 - On the Hill Cafe Outing (sign up required) (\$V) ► 9:00am-2p - Medical Shuttle ► 3:15 Sunshine Club Meeting (GR) ► 5:30 - Learn Mexican Train (GR) Library Reserved 4:30-7:30	17 ► 9:30 - Grocery Shuttle (V) ► 1:00 - Matinee Showing: Lee (TH) ► 4:00 - Happy Hour (GR)	18 ► 10:00 AM - Self-guided Chair Yoga (FC) ► 2:00 - Plant Pot Painting (sign up required) (GR) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	19 5:00 - Lucky Cards Social
20 Resident Breakfast: 10 AM	21 ► 9:00am-2p - Medical Shuttle ► 10:00 - Stretch & Flex (FC) ► 11:00 - Drum Class (FC) ► 1:00 - Mahjong Intro (GR) ► 2:00 - Mahjong (GR) ► 3:00- History presentation on the Prohibition in Albany w/ Jason Kramer (LL)	22 ► 9:30 - Balance Fitness (FC) ► 10:30 - Aqua Aerobics (P) ► 2:00 - Fall Prevention Seminar for National Fall Prevention Day w/ Tom Moran (sign up required) (LL) ► 7:00 - Game Night (LL)	23 ► 9:00am-2p - Medical Shuttle ► 3:00 - Live Music w/ Bobby Val w/ Chic Fil A ► 6:00 - Resident Council Meeting (GR)	24 ► 9:30 - Grocery Shuttle (V) ► 12:00-3p- Shredding party w/ Secure Scan (LL) ► 4:00 - Happy Hour (GR)	25 ► 10:00 - Self-guided Chair Yoga (FC) ► 2:00 - Cornhole Tournament (sign up required) (GR)	26 5:00 - Lucky Cards Social
27 Bingo: 2 PM	28 ► 9:00am-2p - Medical Shuttle ► 10:00 - Stretch & Flex (FC) ► 11:00 - Drum Class (FC) ► 12:00- Casino Outing (sign up required) (V\$) ► 1:00 - Mahjong Intro (GR) ► 2:00 - Mahjong (GR)	29 ► 9:30 - Balance Fitness (FC) ► 10:30 - Aqua Aerobics (P) ► 3:00 - Frozen Apple Cider and Uno (GR) ► 7:00 - Game Night (LL)	30 ► 9:00am-2p - Medical Shuttle ► 1:00 - Exploring Artificial Intelligence w/ Nicole ► 5:30 - Learn Mexican Train (GR)	► 9:30 - Grocery Shuttle (V) ► 1:30 - Wordle Games (TH) ► 4:00 - Happy Hour (GR)	► 10:00 - Self-Guided Chair Yoga (FC) ► 2:00 - Greeting card painting (GR) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	5:00 - Lucky Cards Social