

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

October 6: Pancakes
October 13: Breakfast Sandwiches
October 20: Egg Bites
October 27: Strawberry Shortcake

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

October 1: Pretzel Bites
October 8: Buffalo Chicken Dip
October 15: Veggie Tray
October 22: Onion Dip
October 29: Pizza bites



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

OCTOBER 2026



45 Forts Ferry Rd
Latham, NY 12110

Property Manager
Emma Darocha

Assistant Property
Manager
Nicole Richardson

Maintenance
Dan Dane

Office Phone
518-599-2145

October Wellness Tips:

With the weather cooling down and flu season on the horizon, it is important to prioritize fitness! Find creative ways to remain active indoors.

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

Highlights for the Month:

October 5 - Frozen Margaritas & Karaoke
October 6 - Fire Safety Protocols and Lead Fire Drill w/ Colonie Fire Department
October 9 - Breast Cancer Awareness & Mary Kay w/ Erica
October 13 - Proctor Theater Outing
October 14 - October Birthday Celebration
October 16 - Free Flu Shot Clinic
October 19 - Halloween Scavenger Hunt
October 20 - Arts & Crafts w/ Maria
October 21 - Watercolor Painting w/ Deborah
October 22 - Medicare Presentation & Donuts w/ Deborah
October 23 - Casino Outing
October 27 - Baked Goods & Book Club
October 30 - Halloween Bash



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 ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Beetlejuice ► 4:00 - Happy Hour (GR)	² ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 1:00 PM – Matinee Showing: Rear Window ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	³ 5:00 - Lucky Cards Social (GR/LL)
⁴ Resident Breakfast: 10 AM (GR)	⁵ ► 9:00am-2p - Medical Shuttle ► 10:00 - Stretch & Flex (FC) ► 11:00 - Drum Class (FC) ► 1:00 - Mahjong Intro (GR) ► 2:00 - Mahjong (GR) ► 4:00 - Frozen Margaritas & Karaoke (LL)	⁶ ► 11:00 am - Self-guided Chair Yoga (LL) ► 1:00 PM – Matinee Showing: The King & I ► 7:00 - Game Night (LL)	⁷ ► 9:00am-2p - Medical Shuttle ► 12:00 - Pinnacle Living Lunch & Learn (GR) ► 3:30 - Resident activities meeting w/ Nicole (LL) ► 5:30 - Learn Mexican Train (GR)	⁸ ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Superman ► 4:00 - Happy Hour (GR)	⁹ ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 2:30 - Breast Cancer Awareness & Mary Kay w/ Erica (GR) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	¹⁰ 10:30 - Yoga with Laura C. (FC) 5:00 - Lucky Cards Social (GR/LL)
¹¹ Bingo: 2 PM (GR)	¹² WE WILL BE CLOSED ON COLUMBUS DAY 	¹³ ► 11:00 am - Self-guided Chair Yoga (LL) ► 12:00 PM – Proctor Theater Outing (sign up required) (\$V) ► 3:00 - Learn to play Chess w/ Bill (LL) ► 7:00 - Game Night (LL)	¹⁴ ► 9:00am-2p - Medical Shuttle ► 10:00am - Fire Safety Protocols and Lead Fire Drill w/ Colonie Fire Department ► 2:30 - October Birthday Celebration w/ Pizza (GR) ► 5:30 - Learn Mexican Train (GR)	¹⁵ ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Halloweentown ► 3:00 - Live Music w/ Tim Farkas (GR) ► 4:00 - Happy Hour (GR)	¹⁶ ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 1:00 - Free Flu Shot Clinic (GR) (sign up required) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	¹⁷ 5:00 - Lucky Cards Social (GR/LL)
¹⁸ Resident Breakfast: 10 AM (GR)	¹⁹ ► 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 - Halloween Scavenger Hunt (sign up required) (GR)	²⁰ ► 11:00 am - Self-guided Chair Yoga (LL) ► 2:00 - Arts and Crafts w/ Maria (sign up required) (GR) ► 7:00 - Game Night (LL)	²¹ ► 9:00am-2p - Medical Shuttle ► 2:30 - Watercolor painting w/ Deborah (sign up required) (GR) ► 6:00 - Pinnacle Resident Council Meeting & One Year Anniversary - Cider, Cookies, and BYOB (GR)	²² ► 10:00 - Medicare Presentation & Donuts w/ Deborah (GR) ► 11:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Wicked (2024) ► 4:00 - Happy Hour (GR)	²³ ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 12p-2p - Casino Outing (sign up required) (\$V) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	²⁴ 5:00 - Lucky Cards Social (GR/LL)
²⁵ Bingo: 2 PM (GR)	²⁶ ► 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 - Learn to play Chess w/ Bill (LL)	²⁷ ► 11:00 am - Self-guided Chair Yoga (LL) ► 3:00 - Baked Goods and Book Club (sign up required) (GR) ► 7:00 - Game Night (LL)	²⁸ ► 9:00am-2p - Medical Shuttle ► 2:30 - Learn to use QR Codes w/ Nicole (LL) ► 5:30 - Learn Mexican Train (GR)	²⁹ ► 9:30 - Grocery Shuttle (V) ► 1:00 PM – Matinee Showing: Hocus Pocus ► 4:00 - Happy Hour (GR)	³⁰ ► 10:00 - Sit to be Fit (FC) ► 11:00 - Aqua Aerobics (P) ► 1:00 - Halloween Bash (costumes are encouraged, but not required) (sign up required) (GR) ► 4:00 - Mahjong Intro (GR) ► 5:00 - Mahjong (GR)	³¹ 5:00 - Lucky Cards Social (GR/LL)