HAMILTON PARC

NOVEMBER 2026

SUN PROGRAM

November Birthday's
Marilee M. 11/06
Alison S. 11/16
Judith G. 11/30
Julie M. 11/08
Inge O. 11/08
Bill M. 11/29
Joe L. 11/8





Community Reminders

- Our community is smoke-free! Smoking within your apartment/community will result in an immediate lease violation
- Please share your suggestions for breakfast items!
- Adam Edwards very kindly donates his time to the food pantry every Tuesday! If you are feeling charitable this holiday season, please stock our pantry with non-perishable items.
- If you plan to attend a community event, please sign up in the sign-up binder in the back of the community room!

Highlights for the Month!

- **Make Your Own Perfume:** $35 per person! Ashton and Sophia tried this in September and LOVED it! Totally custom scents. Please sign up no later than October 30th
- **Breakfast with your Neighbors!** A fun, more robust version of our daily breakfast
- **Football with Friends! -** Enjoy the 1:00 pm game with pizza and wings in the tavern!
- **Pie in the Sky Happy Hour!** A happy hour with festive pie offerings
- **Cinema Club -** Join us for an evening movie and a lively discussion the following afternoon!
- **Technology Workshop -** Come with your tech questions to the library!
- **Stitch-a-Long** - Enjoy making a crochet-based project with your community! Please sign up no later than November 4th!

6051 State Farm Road
Guilderland, NY 12084

Property Manager
Ashton Villeneuve

Leasing Specialist
Sophia Riggi

Lifestyle Coordinator
Katherine Moran

Concierge
Bonnie Lipari
Annabel Blair

Maintenance Supervisor:
Frank Lincourt
John Dolan - Temp

Porter
Jesus Silva Camacho

Shuttle Driver
TBD

ANY EMERGENCIES AFTER HOURS, PLEASE CALL:
(518)-874-0890





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NOVEMBER 2026

SUN PROGRAM

- Health/Wellness
- Community/Friendship
- Fun/Recreation
- Education/Lifelong Learning
- Finance/Legal/Admin
- Safety/Security
- Convenience/Economies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ▸ 9:00am Daily Walking Club 	2 ▸ 8:15am Aquatic Boot Camp (PL) ▸ 9:00am Daily walking club ▸ 2:00pm Chair Yoga (DR) ▸ 3:30pm Stitch and Sip (CR) ▸ 4:00pm Make your own perfume with Cosmova - $35 per person	3 ▸ 9:00am Daily Walking Club ▸ 9:00am-2:00pm Drs. Appointments ▸ 10:00am Stretch and Balance with Julie ▸ 2:00PM Town Hall (CR) ▸ 5:00pm-7:00pm Cinema Club - Bad Education (T)	4 ▸ 8:15am Aquatic Boot Camp (PL) ▸ 9:00am Daily Walking Club ▸ 11:00am Trip to Stuyvesant Plaza ▸ 1:00pm Cinema Club Discussion - Bad Education (L) ▸ 2:30-3:30 Technology Workshop with Katherine (L)	5 ▸ 8:15am Aquatic Boot Camp (PL) ▸ 9:00am-2:00pm Drs.Appointmens ▸ 9:00am Daily Walking Club ▸ 1:30pm MAH JONGG (TDR) ▸ 5:00pm BINGO (CR) ▸ 6:30-8:00pm Float & Chat Club (P)	6 ▸ 9:00am Daily Walking Club ▸ 9:00 am Breakfast With Your Neighbors (CR) ▸ 11:00am-12:00pm - Market Bistro (Latham) ▸ 11:00am Canasta (CR) ▸ 2:00pm Trivia Friday (CR) ▸ 6:15pm-7:00 pm Line Dancing With Linda (DMR)	7 ▸ 9:00am Daily Walking Club ▸ 4:00pm Aquatic Boot Camp
8 ▸ 9:00am Daily Walking Club ▸ 2:00pm Parc Page Turners Book Club (L) ▸ 1:00pm - Football with Friends (TDR) 	9 ▸ 8:15am Aquatic Boot Camp ▸ 9:00am Daily walking club ▸ 11:00am Identify Theft Seminar (T) ▸ 2:00pm Chair Yoga (DR) ▸ 3:30pm Stitch and Sip (CR) ▸ 5:00pm Stitch-a-Long Amigurumi Bees (CR) ▸ 6:00pm MAH JONGG - ADVANCED (TDR)	10 ▸ 9:00am Daily Walking Club ▸ 9:00am-2:00pm Drs. Appointments ▸ 1:30pm DIAMOND ART W INGE (AR) ▸ 5:00pm-7:00pm Cinema Club - The Goonies (T) 	11 ▸ 8:15am Aquatic Boot Camp ▸ 9:00am Daily Walking Club ▸ 11:00am Trip to Crossgates Mall ▸ 1:00pm Cinema Club Discussion - The Goonies (L) ▸ 5:00pm - 7:00 pm - Game Night - TDR 	12 ▸ 9:00am Drs.appointments ▸ 9:00am Daily Walking Club ▸ 1:30PM MAH JONGG (TDR) ▸ 5:00pm Friendsgiving Open House & WOW Dinner (CR) ▸ 5:30pm-6:30pm Aquatic Boot Camp ▸ 6:30pm Float & Chat Club (P)	13 ▸ 9:00am Daily Walking Club ▸ 11:00am-1:00pm - Whole Foods and Colonie Center ▸ 11:00am Canasta (CR) ▸ 2:00pm Trivia Friday (CR) ▸ 5:00pm Happy Hour with Entertainment (CR) ▸ 6:15pm-7:00pm Line Dancing With Linda (DMR)	14 ▸ 9:00am Daily Walking Club 
15 ▸ 9:00am - Daily Walking Club ▸ 2:00pm - Writer's Club (L) 	16 ▸ 8:15am Aquatic Boot Camp (PL) ▸ 9:00am Daily walking club ▸ 12:00pm Therapy Informational with Erin from Infinite Health (CR) ▸ 2:00pm Chair Yoga (DR) ▸ 3:30pm Stitch and Sip (CR)	17 ▸ 9:00am Daily Walking Club ▸ 9:00am-2:00pm Drs. Appointments ▸ 2:00pm-3:00pm Painting with Janice (AR) ▸ 10:00am Stretch and Balance with Julie ▸ 5:00pm-7:00pm MOVIE NIGHT Resident Choice (T)	18 ▸ 8:15am Aquatic Boot Camp ▸ 9:00am Daily Walking Club ▸ 11:00am Trip to Northway Shopping Center ▸ 2:00pm Orange Garland Craft (ACR) ▸ 2:30pm-3:30pm Technology Workshop with Katherine (L)	19 ▸ 9:00am-2:00pm Drs.Appointmens ▸ 9:00am Daily Walking Club ▸ 1:30pm MAH JONGG (TDR) ▸ 5:00pm BINGO (CR) ▸ 6:30-8:00pm Float & Chat Club (P)	20 ▸ 9:00am Daily Walking Club ▸ 10:00am-12:00pm Hannaford ▸ 11:00am Canasta (CR) ▸ 2:00pm Trivia Friday (CR) ▸ 3:30pm Resident Bday Party (CR) ▸ 6:15pm-7:00pm Line Dancing With Linda (DMR)	21 ▸ 9:00am Daily Walking Club ▸ 4:00pm -5:00pm Aquatic Boot Camp with Zach ▸ 4:00pm Aquatic Boot Camp 
22 ▸ 9:00am Daily Walking Club ▸ 2:00pm Parc Page Turners Book Club (L) ▸ 1:00pm - Football with Friends	23 ▸ 8:15am Aquatic Boot Camp(PL) ▸ 9:00am Daily walking club ▸ 11:00am Glemont Plaza and Trader Joes ▸ 2:00pm Chair Yoga (DR) ▸ 3:30pm Stitch and Sip (CR) ▸ 5:00pm Stitch-a-Long Amigurumi Bees (CR) ▸ 6:00pm MAH JONGG - ADVANCED (TDR)	24 ▸ 9:00am Daily Walking Club ▸ 9:00am-2:00pm Drs. Appointments ▸ 4:00pm - Pie in the Sky Happy Hour (CR) ▸ 5:00pm-7:00pm Cinema Club - The Pink Panther (T)	25 ▸ 9:00am Daily Walking Club ▸ 1:00pm Cinema Club Discussion - The Pink Panther(L) 	26  Our office is closed	27 ▸ 9:00am Daily Walking Club ▸ 11:00am Canasta (CR) ▸ 2:00pm Trivia Friday (CR)  Our office is closed	28 ▸ 9:00am Daily Walking Club ▸ 4:00pm Aquatic Boot Camp with Zach ▸ 5:00pm-6:00pm OPEN SWIM with Zach
29 ▸ 9:00am - Daily Walking Club 	30 ▸ 8:15am Aquatic Boot Camp (PL) ▸ 9:00am Daily walking club ▸ 2:00pm Chair Yoga (DR) ▸ 2:00pm Jewish Family Services Learning and Discussion (L) ▸ 3:30pm Stitch and Sip (CR)	**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	**GET SOCIAL WITH US!** FOLLOW US ON	Pool Hours are M-F 9:00am - 8:00pm Sat, Sun 10:00am-2:00pm Remember to have a pool buddy	Breakfast/Brunch is served Monday-Friday 8:00am - 10:00am Saturday-Sunday 10:00am -12:00pm 	Please make sure you're signing up for special events in the community binder so that we can have a head count!!