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

November 3: Bacon
November 10: Waffle Bar
November 17: Egg Bites
November 24: Sausage

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

November 5: Pigs in a Blanket
November 12: Charcuterie
November 19: Mac and Cheese

NOTES

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

Highlights for the Month:

November 3: Shuttle to Voting Polls
November 4: Frozen Margaritas & Karaoke
November 6: Live Music w/ Laura C.
November 10: Holiday Card Making w/ Erika
November 11: Ice Cream Social in Honor of Veteran's Day
November 13: Learn How to Use QR Codes
November 14: Yoga w/ Laura C.
November 16: Candy Bar Bingo
November 17 & 18: Safe Driving Course w/ AARP
November 18: Baked Goods and Book Club
November 19: Emergency Preparedness Seminar w/ Citizen Prepardeness Corps
November 20: Arts & Crafts w/ Maria
November 21: Pajama Party Matinee Showing: Mamma Mia
November 23: Friendsgiving Dinner
November 24: Ettinger Legal Presentation
November 30: Holiday Decorating Party

PINNACLE LIVING AT FORTS FERRY

NOVEMBER 2026

SUN® PROGRAM

45 Forts Ferry Rd
Latham, NY 12110

Property Manager
Emma Darocha

Assistant Property Manager
Nicole Richardson

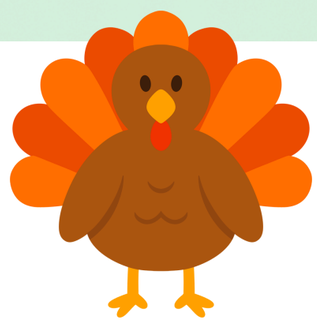
Maintenance
Dan Dane

Office Phone
518-599-2145

November Wellness Tips:

Welcome the busy Holiday season by remembering to stay hydrated! Prioritize drinking a minimum of 8 cups a day of water!

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



PINNACLE LIVING AT FORTS FERRY

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 Resident Breakfast: 10 AM (GR)	2 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 12:00 - 3:00 PM - Shuttle to Voting Polls (sign up required) (V) 4:00 PM – Matinee Showing: We Live in Time 7:00 - Game Night (LL)	4 9:00am-2p - Medical Shuttle 3:00 - Frozen Margaritas & Karaoke (LL) 5:30 - Learn Mexican Train (GR)	5 9:30 - Grocery Shuttle (V) 1:00 PM – Matinee Showing: Grease 4:00 - Happy Hour (GR)	6 10:00 - Sit to be Fit (FC) 11:00 - Balance Fitness (FC) 1:00 - Live Music w/ Laura C. (GR) 4:00 - Mahjong Intro (GR) 5:00 - Mahjong (GR) Theater Reserved: 2:00 PM	7 5:00 - Lucky Cards Social (GR/LL)
8 Great Room Reserved: 2:00 PM - 4:00 PM / 5:30 - 7:00 Library Reserved : 11:30 AM - 4 PM	9 9:00am-2p - Medical Shuttle 10:00 - Stretch & Flex (FC) 11:00 - Drum Class (FC) 1:00 - Mahjong Intro (GR) 2:00 - Mahjong (GR)	10 1:00 - Holiday Card Making w/ Erika (GR) (sign up required) 4:30 - Resident Town Hall Meeting (GR) 7:00 - Game Night (LL)	11 9:00am-2p - Medical Shuttle 3:00 - Ice Cream Social in Honor of Veteran's Day (GR) (sign up required) 5:30 - Learn Mexican Train (GR)	12 9:30 - Grocery Shuttle (V) 1:00 PM – Matinee Showing: Little Women (2019) 4:00 - Happy Hour (GR)	13 10:00 - Sit to be Fit (FC) 11:00 - Balance Fitness (FC) 2:00 - Learn how to use QR Codes w/ Nicole (LL) 4:00 - Mahjong Intro (GR) 5:00 - Mahjong (GR)	14 10:30 - Yoga with Laura C. (FC) 5:00 - Lucky Cards Social (GR/LL)
15 Resident Breakfast: 10 AM (GR)	16 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 - Candy Bar Bingo (GR)	17 1:00 - 4:00 - Safe Driving Course w/ AARP (LL) (sign up required) 10:00 - Trader Joes Grocery Shuttle (sign up required) (V$) 7:00 - Game Night (LL)	18 9:00am-2p - Medical Shuttle 1:00 - 4:00 - Safe Driving Course w/ AARP (LL) (sign up required) 6:00 - Resident Council Meeting (GR)	19 9:30 - Grocery Shuttle (V) 1:00 PM – Emergency Preparedness Seminar w/ Citizen Prepardeness Corps (GR) 4:00 - Happy Hour (GR)	20 10:00 - Sit to be Fit (FC) 11:00 - Aqua Aerobics (P) 2:00 - Arts and Crafts w/ Maria (GR) 4:00 - Mahjong Intro (GR) 5:00 - Mahjong (GR	21 2:00 PM – Pajama Party Matinee Showing: Mamma Mia! 5:00 - Lucky Cards Social (GR/LL)
22 Bingo: 2 PM (GR)	23 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 - Friendsgiving Dinner Potluck (GR) (sign up required)	24 3:00 - Ettinger Legal Presentation (LL) (sign up required) 7:00 - Game Night (LL)	25 9:00am-2p - Medical Shuttle 2:30 PM - Matinee Showing: A Charlie Brown Thanksgiving 5:30 - Learn Mexican Train (GR)	26  Great Room Reserved: 10 AM - 6:00 PM	27 	28 5:00 - Lucky Cards Social (GR/LL)
29 Resident Breakfast: 10 AM (GR)	30 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 - Holiday Decorating Party (GR)					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