

| SUNDAY                                                                                                                              | MONDAY                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                        | SATURDAY                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Color Code</b><br><b>Exercise</b><br><b>Transportation</b><br><b>Social Events</b><br><b>Seminars</b><br><b>Spiritual Events</b> | <b>After Hour Maintenance</b><br><b>Emergency.</b><br><br>518.419.6661<br>&<br>wait for live operator                |                                                                                                                                                                                                      |                                                                                                         | <b>1</b><br>9:00am - 12:00pm - Dr Appt<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>1:00 - Women's Social Hour<br>6:00- Mahjong (Game Room)<br>6:00- Line Dancing!                  | <b>2</b> 11:00 - Olana on Hudson<br>12:30 - Pinochle Club (Building 6)<br><br>1:00 - Chair Zumba<br>3:00- Bingo                                                                                                                                               | <b>3</b><br>3:00 - Cornhole<br><br>5:00 - Resident Led Game Night                                                                                                               |
| <b>4</b><br><br><br><br>3:00 - LRC<br>(Left, Right, Center)                                                                         | <b>5</b><br>9:00 - Men's Coffee Club<br>11:00 - Walmart<br>1:00 - Chair Zumba<br>3:00 - Bingo                        | <b>6</b><br>9:00am - 12:00pm - Dr Appt<br>10:00 - Functional Training<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>6:00- Zumba Gold<br>6:00- Mahjong (Game Room)                                                                                                                  | <b>7</b><br>9:30- Stretch & Balance<br>12:00 - Grab N Go Lunch<br><br>3:00 - LRC                                                                                                           | <b>8</b><br>9:00am - 12:00pm - Dr Appt<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>1:00 - CPR Training<br>6:00- Mahjong (Game Room)<br>6:00- Line Dancing!                         | <b>9</b> 10:30 - Book Club (America's Founding Son)<br>11:00 - Lakeside Farms<br>12:30 - Pinochle Club (Building 6)<br><br>1:00 - Chair Zumba<br>3:00- Bingo with Friends! | <b>10</b><br>9:00-4:00 Garage Sale!<br><br><br>5:00 - Resident Led Game Night                |
| <b>11</b><br><br>1:00-3:00 - Open Swim<br><br>3:00 - LRC<br>(Left, Right, Center)                                                   | <b>12</b><br>9:00 - Men's Coffee Club<br>11:00 - Hannaford (Latham)<br>1:00 - Chair Zumba<br>3:00 - Bingo            | <b>13</b><br>9:00am - 12:00pm - Dr Appt<br>10:00 - Functional Training<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>6:00- Zumba Gold<br>6:00- Mahjong (Game Room)                                                                                                                 | <b>14</b><br>9:30- Stretch & Balance<br>11:00 - Akira<br>2:00 - Cornhole<br>3:00 - LRC                                                                                                     | <b>15</b> 9:00am - 12:00pm - Dr Appt<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>12:00- Medicare<br>1:30 - Women's Social Hour<br>6:00- Mahjong (Game Room)<br>6:00- Line Dancing! | <b>16</b><br><br>12:30 - Bethlehem Library<br>12:30 - Pinochle Club (Building 6)<br>1:00 - Chair Zumba<br>3:00- Bingo with snacks                                                                                                                             | <b>17</b><br><br>3:00 - Cornhole<br><br>5:00 - Resident Led Game Night                                                                                                          |
| <b>18</b><br><br>1:00-3:00 - Open Swim<br><br>3:00 - LRC<br>(Left, Right, Center)                                                   | <b>19</b><br>9:00 - Men's Coffee Club<br>11:00 - Aldi's<br>1:00 - Chair Zumba<br>3:00 - Bingo                        | <b>20</b><br>9:00am - 12:00pm - Dr Appt<br>10:00 - Functional Training<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>6:00- Zumba Gold<br>6:00- Mahjong (Game Room)                                                                                                                 | <b>21</b><br>9:30- Stretch & Balance<br>11:00 - Del Lanes<br>2:00 - Creative Crafts<br>3:00 - LRC<br> | <b>22</b><br>9:00am - 12:00pm - Dr Appt<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>1:00 - Senior Health Expo<br>6:00- Mahjong (Game Room)<br>6:00- Line Dancing!                  | <b>23</b> 10:00 - Bethlehem Garden Club<br>12:30 - Pinochle Club (Building 6)<br>1:00 - Chair Zumba<br>2:00 - Bethlehem Senior Choir Concert<br>3:00- Bingo                                                                                                   | <b>24</b><br><br>3:00 - Cornhole<br>5:00 - Resident Led Game Night                                                                                                              |
| <b>25</b><br><br>1:00-3:00 - Open Swim<br><br>3:00 - LRC<br>(Left, Right, Center)                                                   | <b>26</b><br>9:00 - Men's Coffee Club<br>11:00 - Glenmont Plaza (Trader Joe's)<br>1:00 - Chair Zumba<br>3:00 - Bingo | <b>27</b> 9:00am - 12:00pm - Dr Appt<br>10:00 - Functional Training<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>3:00 - Halloween Party<br><br>6:00- Zumba Gold<br>6:00- Mahjong (Game Room) | <b>28</b><br>9:30- Stretch & Balance<br>11:00 - Stuyvesant Plaza<br>3:00 - LRC                                                                                                             | <b>29</b><br>9:00am - 12:00pm - Dr Appt<br>11:00 - Aqua Aerobics<br>12:00 - Chair Yoga<br>3:00 - Halloween Party<br>6:00- Mahjong (Game Room)<br>6:00- Line Dancing!                     | <b>30</b><br>11:00 - Rivers Casino<br>12:30 - Pinochle Club<br>1:00 - Chair Zumba<br>3:00- Bingo with snacks                                                                                                                                                  | <b>31</b><br>3:00 - Cornhole<br>5:00 - Resident Led Game Night<br>6:00 Trunk or Treat!<br> |



# October Calendar

**10/8 - CPR course offered by the Albany Sherrif's dept will be offered in our clubhouse at 1:00PM. The cost is \$20.00, please come get certified. We are looking for certified pool monitors!**

**10/16 - The Bethlehem Library will be doing a Listen and Learn presentation on the history of American cuisine and how technology, immigration and agriculture have shaped what Americans eat!**

**10/22 - Glenmont Abbey is hosting another Senior Health Expo - With various service providers talking about the benefits they provide!**

**10/23 - The Bethlehem Garden Club would like to give a presentation on what they do and would like to see if any of our residents would like to join their organization!**

## **The Abbey Salon**

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

Tuesday | Thursday | Saturday

7 Thomas Cole Drive, Glenmont NY 12077  
518.419.6661 | [www.glenmontabbeyvillage.com](http://www.glenmontabbeyvillage.com)

