







S	M	T	W	TH	F	S
	1 1:00 Bridge CTR 2:00 Movie GR 3:00 Rumi-Cube CTR 5:00 Walking Group April Fools Day!	2 2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR 6:30 Games CTR	3 1:00 Bible Study FR 2:00 Spring Wreath CR 3:00 Scrabble 4:00 Rumi-Cube 5:00 Walking Group	4 8-12 Medical Trolley 11:30 Pool Lift Demo P 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:30 Games CTR	5 10:30 ShopRite 11am Hannaford & Price Chopper 1:00 Wii Bowling G 3:30 Rosary FS 4:00 Rumi-Cube CTR 5:00 Walking Group	6 2pm SKAT CTR 2:00 Monopoly GR 4pm Rumi-Cube GR
7 2:00 Mah-Jong CTR 3:00 Adult Coloring CR	8 11:00 Colonie Center Mall 1:00 Bridge CTR 2:00 Movie GR 3:00 Rumi-Cube CTR 5:00 Walking Group 6:00 Poker GR	9 11:30 TMH & Caseys 2:00 Sing-A-Long GR 3:00 Scrabble CTR 3:00 Drama Club GR 4:00 Supper Club GR 5:00 Knitting GR 6:30 Games CTR	10 12:00 Men's Lunch GR 12:00 Book Club 1:00 Bible Study FR 3:00 Scrabble 4:00 Rumi-Cube 5:00 Walking Group	11 8-12 Medical Trolley 11:00 DNA/ Ancestry GR 1:00 Bridge CTR 3:00 BINGO GR 5:00 Pot Luck Dinner GR	12 10:30 ShopRite 11am Hannaford & Price Chopper 1:00 Hand & Foot CTR 2:00 Tri- County Banjo Band 3:30 Rosary FS 4:00 Rumi-Cube CTR 5:00 Walking Group	13 2:00 SKAT CTR 2:00 Monopoly GR 4:00 Rumi-Cube GR
14 2:00 Mah-Jong CTR 3:00 Adult Coloring CR	15 12:00 Mac & Cheese Fest GR 1:00 Bridge CTR 2:00 Movie GR 3:00 Rumi-Cube CTR 5:00 Walking Group	16 10:30 Saratoga Racino 2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR 6:30 Games CTR	17 1:00 Bible Study FR 2:30 Communion 3:00 Scrabble GR 4:00 Rumi-Cube 5:00 Walking Group 5:00 Spring Fling	18 8-12 Medical Trolley 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:30 Games CTR	19 10:30 ShopRite 11:00 Hannaford & Price Chopper 2:00 Republic Service GR 3:30 Rosary FS 4:00 Supper Club GR Good Friday Passover Begins	20 2:00 SKAT CTR 2:00 Monopoly GR 4:00 Rumi-Cube GR
21  Office Closed No Breakfast	22 1:00 Bridge CTR 2:00 Movie GR 3:00 Rumi-Cube CTR 5:00 Walking Group Earth Day	23 12:00 The Crisp Cannoli 2:00 Sing-A-Long GR 3:00 Drama Club GR 3:00 Scrabble CTR 5:00 Knitting GR 6:30 Games CTR	24 9:30 County Waste Tour & Loch & Quay for lunch 1:00 Bible Study FR 3:00 Scrabble GR 4:00 Rumi Cube 5:00 Walking Group	25 8-12 Medical Trolley 1:00 Bridge CTR 3:00 BINGO GR 5:00 Knitting GR 6:00 The Pacemakers Band GR	26 10:30 ShopRite 11am Hannaford & Price Chopper 12:00 Lets Do Lunch 1:00 Wii Bowling G 3:00 Ping Pong & Pina Coladas 3:30 Rosary FS 4:00 Rumi-Cube CTR 5:00 Walking Group	27 2:00 SKAT CTR 2:00 Monopoly GR 4:00 Rumi-Cube GR
28 2:00 Mah-Jong CTR 3:00 Adult Coloring CR	29 8:30 - 11:45 AAFG Tech Support GR 1:00 Bridge CTR 2:00 Birthday Party GR 3:00 New Resident Orientation 3:00 Rumi-Cube CTR 4:00 Supper Club GR 5:00 Walking Group	30 2:00 Sing-A-Long GR 3:00 Scrabble CTR 5:00 Knitting GR 6:30 Games CTR				
CONNECTED life  FITNESS	Every Monday Stretch & Flex FS 9:00 Aqua Fit P 10:00	Every Tuesday Hydro Bikes P 8:00 & 8:30 Pilates FS 9:00 Chair Yoga GR 1:00	Every Wednesday Sit To Be Fit FS 9:00 Aqua Fit P 10:00 Therapeutic Tai-Chi 11:00	Every Thursday Hydro Bikes P 8:15 Balance FS 9:00 Water Walking P 10:00 Hydro Bikes P 11:00 Nia FS 1:00	Every Friday Sit To Be Fit FS 9:00	Every Saturday & Sunday Buddy Swim P 10:00 – 1:00 Residents Only