

2024 April Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10am Chair Yoga- FR 11am Great Tours-THR 12pm Daily Meditation - MR 12:30pm Mahjong- GAME 2pm Discussion Group - FR 2pm Mexican Train- GAME 3/7pm Burden of Proof- THR	9am Stamford Museum & Nature Center in CT 10am Bocce- FR 11am Colonie Center -Sign up w/ Reception 11:15am Melt Fitness- FMR 12pm Daily Meditation-MR 1pm Pinochle- GAME 1:30pm Activity Commitee Meeting-FMR 2pm Afternoon Coffee- LNG 3PM Writing Group-FMR 3/7pm Movie-THR 4:30pm Pray The Rosary- FR	NO Art W/ Noreen Today 12pm Daily Meditation-MR 12:30pm Bridge - GAME 2pm Philosophy & Religion-FR 3/7pm Movie- THR 6:30pm Trivia- FR 7pm Men's Indoor Bocce NATIONAL WALKING DAY 1pm- Walk the Trail w/ Joelle 	10am Grocery Shopping sign up w/ Reception 12pm Daily Meditation- MR 1pm Hand & Foot- GAME 2:15pm Womens A Capella- CGR 3/7 pm Movie- THR 7pm Men's Billiards- LNG	10am Chair Yoga- FR 10:30am First Friday Prayer-FR 11am Great Performances- THR 11:30am Ecumenical Book Chat- AR 11:30am Melt Fitness- FMR 12pm Daily Meditation- MR 1pm Bingo- GAME 2pm Afternoon Coffee- LNG 3/7pm Movie: -THR NATIONAL CARAMEL DAY DURING COFFEE HOUR 	12pm Daily Meditation- MR 12:30pm Bridge- GAME 3pm Slow Horses -THR 7pm Open Movie Night- THR
7	8	9	10	11	12	13
9am Neon Newt Bistro & Berkshire Museum 12pm Daily Meditation - MR 3pm Murdoch Mysteries- THR 7pm Open Movie Night - THR  NATIONAL WORLD HEALTH DAY	10am Chair Yoga- FR 11am Great Tours-THR 12:00pm Daily Meditation - MR 12:30pm Mahjong- GAME 2pm Discussion Group - FR 2pm Mexican Train- GAME 2pm Solar Eclipse Party: GR 3/7pm Burden of Proof- THR 7pm Monday Night Lecture-FR	10am Bocce- FR 10am Aldi's-Sign up w/ Reception 11am "Islam 101" Presentation-FR 11:15am Melt Fitness- FMR 12pm Daily Meditation-MR 1pm Pinochle- GAME 2pm Afternoon Coffee- LNG 3/7pm Movie- THR 4:30pm Pray The Rosary- FR	10:30am Art w/ Noreen - AR 11am AA Meeting- CR 12pm Daily Meditation-MR 12:30pm Bridge- GAME 2pm Philosophy & Religion-FR 3pm Defenders of the Earth- AR 3/7pm Movie- THR 7pm Men's Indoor Bocce	9am Covid Shot Clinic-FR 10am Grocery Shopping: sign up w/ Reception 12pm Daily Meditation- MR 1pm Hand & Foot- GAME 1pm Music Appreciation- THR 2pm How to Grow Healthy Grass w/ David Chinery- FR 2:15pm Womens A Capella- CGR 3/7 pm Movie- THR 7pm Men's Billiards- LNG	10am Chair Yoga- FR 11am Great Performances- THR 11:30am Ecumenical Book Chat- AR 11:30am Melt Fitness- FMR 12-4pm Open House- Marketing 12pm Daily Meditation- MR 1pm Bingo- GAME 2pm Afternoon Coffee- LNG 3/7pm Movie- THR NATIONAL LICORICE DAY DURING COFFEE HOUR 	12pm Daily Meditation- MR 12:30pm Bridge - GAME 3pm Slow Horses: -THR 4pm Dinner at Katie O' Byrnes & 60'S Spectacular at Proctors 7pm Open Movie Night- THR NATIONAL SCRABBLE DAY STOP BY THE GAME ROOM AND PLAY WITHR FRIENDS! 





KEY

LNG- Lounge
 HH- Hospitality Hall
 GYM- Gym Space in Fitness
 LBR- Library
 CGR- Carriage Gathering Room

CR- Conference Room
 ME- Main Entrance
 FMR- Founders Meeting Room
 AR- Activities Room
 GR- Great Room

FR- Founders Room
 THR- Theater
 MR- Meditation Room
 GAME- Game Room
 R@P- Restaurant at the Pointe

****FOR MORE DETAILS ON EVENTS PLEASE SEE THE MONTHLY NEWSLETTER****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">14</p> <p>10:30am Dinos Alive & lunch at Martel's Grill & Bar</p> <p>12pm Daily Meditation - MR</p> <p>2-5pm Opera- FR</p> <p>3pm Murdoch Mysteries- THR</p> <p>7pm Open Movie Night - THR</p>	<p style="text-align: right;">15</p> <p>10am Chair Yoga- FR</p> <p>11am Great Tours-THR</p> <p>12pm Daily Meditation - MR</p> <p>12:30pm Mahjong- GAME</p> <p>2pm Mexican Train- GAME</p> <p>2pm Discussion Group - FR</p> <p>3/7pm Burden of Proof- THR</p> <p>7pm Monday night Lecture-FR</p> <p>Dr. Mason: Podiatrist-Salon by appt. only</p> <p>WORLD ART DAY- 10am- AR</p> 	<p style="text-align: right;">16</p> <p>10am Bocce- FR</p> <p>10am Trader Joe's -Sign up w/ Reception</p> <p>11:15am Melt Fitness- FMR</p> <p>12pm Daily Meditation-MR</p> <p>1pm Alzheimer's Association Presentation-FMR</p> <p>2pm Pinochle- GAME</p> <p>2pm Afternoon Coffee- LNG</p> <p>3/7pm Movie- THR</p> <p>4:30pm Pray The Rosary- FR</p>	<p style="text-align: right;">17</p> <p>10:30am Art w/ Noreen - AR</p> <p>11am AA Meeting- CR</p> <p>12pm Daily Meditation-MR</p> <p>12:30pm Bridge - GAME</p> <p>1-4pm AARP Smart Driver</p> <p>2pm Philosophy & Religion-FR</p> <p>3/7pm Movie- THR</p> <p>7pm Men's Indoor Bocce</p> <p>NATIONAL HAIKU DAY All Day- AR</p> 	<p style="text-align: right;">18</p> <p>10am Grocery Shopping sign up w/ Reception</p> <p>10am Monthly Craft- Jewelry Fixing</p> <p>11am Eddy Health Alert Presentation- FR</p> <p>12pm Daily Meditation- MR</p> <p>1pm Hand & Foot- GAME</p> <p>2:15pm Womens A Capella- CGR</p> <p>1-4pm AARP Smart Driver</p> <p>3/7 pm Movie- THR</p> <p>7pm Men's Billiards- LNG</p>	<p style="text-align: right;">19</p> <p>10am Chair Yoga- FR</p> <p>10am Book Club-MR</p> <p>11am Great Performances- THR</p> <p>11:30am Ecumenical Book Chat- AR</p> <p>11:30am Melt Fitness- FMR</p> <p>12pm Daily Meditation- MR</p> <p>1pm Bingo- GAME</p> <p>2pm Afternoon Coffee & Poetry Readings- LNG</p> <p>3pm Blood Pressure Clinic-MR</p> <p>3/7pm Movie: - THR</p>	<p style="text-align: right;">20</p> <p>12pm Daily Meditation- MR</p> <p>12:30pm Bridge- GAME</p> <p>2pm Chicago @ Proctors & Dinner @ Johnny's?</p> <p>3pm Slow Horses: -THR</p> <p>7pm Open Movie Night- THR</p>
<p style="text-align: right;">21</p> <p>12pm Daily Meditation - MR</p> <p>3pm Here on Earth: Lara Downs & the Moro Quartet- Spa Little Theater & Dinner @ The Factory?</p> <p>3pm Murdoch Mysteries- THR</p> <p>7pm Open Movie Night- THR</p>	<p style="text-align: right;">22</p> <p>10am Chair Yoga- FR</p> <p>11am Great Tours- THR</p> <p>12pm Daily Meditation - MR</p> <p>12:30pm Mahjong- GAME</p> <p>2pm Mexican Train- GAME</p> <p>2pm Discussion Group - FR</p> <p>3/7pm Burden of Proof- THR</p> <p>7pm Monday Night Lecture-FR</p> <p>EARTH DAY</p> 	<p style="text-align: right;">23</p> <p>10am Bocce- FR</p> <p>10am Walmart-Sign up w/ Reception</p> <p>11:15am Melt Fitness- FMR</p> <p>12pm Daily Meditation-MR</p> <p>12pm Volunteer Luncheon- Invitation Only</p> <p>1pm Pinochle- GAME</p> <p>2pm Afternoon Coffee- LNG</p> <p>3/7pm Movie-THR</p> <p>4:30pm Pray The Rosary- FR</p>	<p style="text-align: right;">24</p> <p>10:30am Art w/ Noreen - AR</p> <p>11am AA Meeting- CR</p> <p>12pm Daily Meditation-MR</p> <p>12:30pm Bridge - GAME</p> <p>2pm Philosophy & Religion-FR</p> <p>3/7pm Movie- THR</p> <p>6:30pm LIVE music w/ Lost Radio Rounders-FR</p> <p>7pm Men's Indoor Bocce</p>	<p style="text-align: right;">25</p> <p>10am Grocery Shopping: sign up w/ Reception</p> <p>12pm Daily Meditation- MR</p> <p>1pm Hand & Foot- GAME</p> <p>1pm Peggy Mello Colonie Library- FR</p> <p>2:15pm Womens A Capella- CGR</p> <p>3/7 pm Movie- THR</p> <p>4pm Wine & Cheese- GR</p> <p>7pm Men's Billiards- LNG</p>	<p style="text-align: right;">26</p> <p>10am Chair Yoga- FR</p> <p>11am Great Performances- THR</p> <p>11:30am Ecumenical Book Chat- AR</p> <p>11:30am Melt Fitness- FMR</p> <p>12pm Daily Meditation- MR</p> <p>1pm Bingo- GAME</p> <p>2pm Afternoon Coffee Meet & Greet- LNG</p> <p>3/7pm Movie: - THR</p> <p>NATIONAL PRETZEL DAY at 2 pm- GR</p> 	<p style="text-align: right;">27</p> <p>12pm Daily Meditation- MR</p> <p>12:30pm Bridge - GAME</p> <p>3pm Slow Horses: -THR</p> <p>7pm Open Movie Night- THR</p>
<p style="text-align: right;">28</p> <p>12pm Daily Meditation - MR</p> <p>3pm Murdoch Mysteries- THR</p> <p>7pm Open Movie Night - THR</p>	<p style="text-align: right;">29</p> <p>10am Chair Yoga- FR</p> <p>11am Great Tours-THR</p> <p>12pm Daily Meditation - MR</p> <p>12:30pm Mahjong- GAME</p> <p>1:30pm Mexican Train- GAME</p> <p>2pm Birthday Celebration-GR</p> <p>2pm Discussion Group - FR</p> <p>3/7pm Burden of Proof- THR</p> <p>7pm Monday Night Lecture-FR</p>	<p style="text-align: right;">30</p> <p>10 am Bocce- FR</p> <p>10am Shopping to? -Sign up w/ Reception</p> <p>11:15am Melt Fitness- FMR</p> <p>12pm Daily Meditation-MR</p> <p>1pm Pinochle- GAME</p> <p>2pm Afternoon Coffee- LNG</p> <p>2pm Scam Prevention Class w/ M&T Fraud-FR</p> <p>3/7pm Movie-THR</p> <p>4:30pm Pray The Rosary- FR</p>				

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