


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Leader Key LB-Leanne Blauvelt DM-Darlene Montgomery BK-Brenda Kimmel KH-Kevin Hitchcock NSM-Noreen Santa Maria VOL-Volunteer IND-Independent	For activity and program questions, please contact Leanne Blauvelt, Activity Director, at 518-869-0211				10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 TH National Nutrition Month Documentary-"Food Choices" (BK) 7:15 TH Evening Movie (IND)	10:15 TH Super Stretch & Meditation (BK) 11:00 C Knitting & Crocheting Group (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)
3 10:15 TH Tai Chi (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study (DM) 3:00 TH Afternoon Matinee & Popcorn (IND) 3:30 C Word in a Word Game (DM) 4:30 LR Walking Club (DM) 7:15 TH Evening Movie (IND)	4 10:15 TH Total Body Conditioning (DM) 10:30 O Manicures, Pedicures & Pizzal! (Sign Up) (LB)★ 11:00 C Community Service Project (LB) 2:15 LR Walking Club (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)	5 10:15 TH Upper Body Conditioning (DM) 10:45 TH Bible Study with Ruth & Rich (VOL) 2:15 TH Sit & Be Fit (DM) 3:00 TH Peregrine University-Dan Presents "Enhancing Your Memory" (VOL) 7:15 TH Evening Movie (IND)	6 10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour with Tony (LB) 7:15 TH Evening Movie (IND)	7 10:15 TH Lower Body Conditioning (DM) 11:00 C Crafts: March Wreath Making (Sign Up) (DM)★ 2:15 TH Drums Alive! Exercise Class with Noreen (NSM) 3:15 C Bingo (DM) 7:15 TH Evening Movie (IND)	8 10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 TH World Travel: Ireland (LB) 7:15 TH Evening Movie (IND)	9 10:15 TH Super Stretch & Meditation (BK) 11:00 C Tea & Colorful Creations (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)
Daylight Saving Time Begins 10 10:15 TH Tai Chi (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study (DM) 3:00 TH Afternoon Matinee & Popcorn (IND) 3:30 C Word in a Word Game (DM) 4:30 LR Walking Club (DM) 7:15 TH Evening Movie (IND)	11 10:15 TH Total Body Conditioning (DM) 11:00 C Morning Tea-"Shamrocks & Scones" (Sign Up) (LB)★ 2:15 LR Walking Club (DM) 3:00 C Bingo (LB) 7:15 TH Evening Movie (IND)	12 10:15 TH Upper Body Conditioning (DM) 11:00 O Troy Music Hall-Flute, Piano, Guitar Trio & Lunch at Ted's Fish Fry (Sign Up)★ 2:15 TH Super Stretch & Meditation (DM) 3:00 TH Crossgate Cinema: Afternoon Matinee (Candy & Popcorn Available!) (IND) 7:15 TH Evening Movie (IND)	13 10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour with Carmen & Joe (LB) 7:15 TH Evening Movie (IND)	14 10:15 TH Lower Body Conditioning (DM) 11:00 TH Memorial & Remembrance Service (LB) 2:15 TH Drums Alive! Exercise Class with Noreen (NSM) 3:15 C Luck O' The Irish Bingo! (DM) 7:15 TH Evening Movie (IND)	15 10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 TH Afternoon Matinee & Popcorn-"Finnigan's Rainbow" 7:15 TH Evening Movie (IND)	16 10:15 TH Super Stretch & Meditation (BK) 11:00 C Knitting & Crocheting Group (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)
St. Patrick's Day 17 10:15 TH Tai Chi (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 LR Walking Club (DM) 3:00 LR St. Patrick's Day Celebration with "The Most Jazzy Fellows" (DM) 7:15 TH Evening Movie (IND)	18 10:15 TH Total Body Conditioning (DM) 11:00 C Community Service Project (LB) 12:00 O Lunch Outing-Druthers in Clifton Park (Sign Up) (LB)★ 2:15 LR Walking Club (DM) 3:00 C Springo! Spring Bingo (DM) 7:15 TH Evening Movie (IND)	Spring Begins 19 10:15 TH Upper Body Conditioning (DM) 10:45 TH Bible Study with Ruth & Rich (VOL) 2:15 TH Super Stretch & Meditation (DM) 3:15 C Painting Class with Janelle (Sign Up) (DM)★ 7:15 TH Evening Movie (IND)	20 10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 11:30 LR Community Service Project Sale (LB) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour with Cole on Piano (LB) 7:15 TH Evening Movie (IND)	21 10:15 TH Lower Body Conditioning (DM) 11:00 C Celebrate a Resident Tea (LB) 2:15 TH Drums Alive! Exercise Class with Noreen (NSM) 3:15 C Bingo (DM) 7:15 TH Evening Movie (IND)	22 10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 TH National Nutrition Month Movie-"Food, Inc." (BK) 7:15 TH Evening Movie (IND)	Purim Begins at Sundown 23 10:15 TH Super Stretch & Meditation (BK) 11:00 C Tea & Colorful Creations (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)
Palm Sunday 24 10:15 TH Tai Chi (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study (DM) 3:00 TH Afternoon Matinee & Popcorn (IND) 3:30 C Word in a Word Game (DM)	25 10:15 TH Total Body Conditioning (DM) 11:00 C Dunkin' Donuts & Activity Planning Meeting (LB) 2:00 FD Book Club with Monica & Susan (VOL) 2:15 LR Walking Club (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)	26 9:00 O Chuck Wagon for Breakfast (Sign Up) (LB)★ 10:15 TH Upper Body Conditioning (DM) 11:00 C Tea & Name Chase Game (DM) 2:15 TH Super Stretch & Meditation (DM) 2:30 O Scenic Drive & Ice Cream (Sign Up) (LB)★ 3:00 TH We Interrupt This Broadcast Series-Events That Stopped Our Lives (DM) 7:15 TH Evening Movie (IND)	27 9:00 C Ambassador Club: Brugger's Bagels Breakfast Meeting (LB) 10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour & Birthday Celebration with Laura (LB) 7:15 TH Evening Movie (IND)	28 10:15 TH Lower Body Conditioning (DM) 10:45 TH Food For Thought (KH) 11:15 TH Resident Council Meeting (LB) 2:15 TH Drums Alive! Exercise Class with Noreen (NSM) 3:15 C Bingo (DM) 4:45 O Dinner Outing-O'Tooles Irish Restaurant (Sign Up) (LB)★ 7:15 TH Evening Movie (IND)	29 Good Friday 10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 LR An Afternoon of Music with John Hill (IND) 7:15 TH Evening Movie (IND)	30 10:15 TH Super Stretch & Meditation (BK) 11:00 C Knitting & Crocheting Group (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)
Easter 31 10:15 TH Tai Chi (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 LR Walking Club (DM) 3:15 LR Easter Tea (DM) 7:15 TH Evening Movie (IND)						