

SPECIAL PROGRAMS

GREAT COURSES - FORGOTTEN AMERICA - EVENTS THAT CHANGED THE NATION

Tuesdays @ 11am-12pm - Auditorium

Dive into the underappreciated and underexplored stories throughout U.S. history, and meet the lesser known res who played an outsized role in making America what it is today.



BEST BITES CHEF CONTEST

Wednesday, July 16th @ 3pm - Auditorium

The chefs from the Coburg kitchen go head-to-head as they compete to find out who has the best bites!!

EMPOWERED LIVING AS WE AGE

PRESENTED BY DR. JAYCEE BARRY, OCCUPATIONAL THERAPIST & FOUNDER OF BALANCED LIVING OT

Saturday, July 19th @ 11am - Auditorium

Aging comes with challenges - but it also brings powerful opportunities for growth, independence, and joy. In this inspiring and practical presentation, Dr. Jaycee Barry will share how occupational therapy (OT) can support older adults in **transforming everyday obstacles into moments of strength and self-reliance.**

Learn how to stay independent longer, age safely at home, and prevent the need for unnecessary moves or higher levels of care.

Residents and family members are warmly invited to attend.



MONARCHS AND KARNER BLUES WITH WILTON WILDLIFE PRESERVE AND PARK

Thursday, July 24th @ 3pm - Auditorium

Learn about monarch and Karner blue butterflies from Allyson Paradis, education director for the Wilton Wildlife Preserve. If the weather cooperates with local caterpillars, Allyson will bring a butterfly net and monarch caterpillars so that their life cycle can be watched firsthand during the following weeks, after which Wilton Wildlife will release the butterflies.

A logo for "Special Services" featuring a stylized figure and a heart shape.

Special Services

Massage Therapy
Shayne
518-810-3797

Tidy Up & Errands
by Leah
518-482-8636

A large graphic with "3rd" in red and blue, and "SUMMER LOVIN'" in black over a yellow sun.A burst of red, white, and blue fireworks in the top right corner.A smiling sun wearing sunglasses on the right side.

Welcome New Neighbors

Emilio Boni	906
Terence & Mary Curran	309
Laura Fawcett	229
Diane McMorris	101
Mildred Nieves	724
Winifred (Kay) Patenotte	1227
Bonnie Selley	430

July Special Events


Tuesday, July 1st @ 7pm-8pm - Music with Jill Smith - Auditorium

Broadway shows of Cole Porter. Join Jill & Michael for music and stories of Cole Porter. Learn how he created some of the most iconic musicals.


Wednesday, July 2nd @ 7pm-8pm - Clarinet & Flute Duo: Melanie & Ye Hu - Aud

This delightful program features a vibrant mix of classical favorites and folk-inspired pieces that highlight the rich blend of flute and clarinet.

Friday, July 3rd @ 7pm-8:51pm - Movie - The Penguin Lessons (PG 13 2024) - Aud

Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe. Starring Kathy Bates and Jessica Tandy. 

Sunday, July 6th @ 1pm-3pm - Movie/Musical - Carousel (1956) - Auditorium

Gordon McRae and Shirley Jones star in this cherished Rodgers & Hammerstein classic set in a beautiful seaside village. Billy Bigelow (McRae), a smooth-talking carny man, makes his way to heaven, then back to his wife and daughter for one day of love, solace and redemption. 


Monday, July 7th @ 7pm-8pm - Music with Debbie Fish - Auditorium

Enjoy some good ol' country tunes and toe-tapping fun with Debbie Fish.

Tuesday, July 8th @ 7pm-8pm - Roczen Music Duo - Auditorium

Come see one of our very own from the Bistro - Michaela!!! Enjoy sing-alongs and more!!


Wednesday, July 9th @ 7pm-8:59pm - Movie - The Friend (R 2024) - Auditorium

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative inner life. Starring Bill Murray. 

Friday, July 11th @ 7pm-8pm - Music with Laura Collins - Auditorium

Laura is back! A Coburg favorite with a variety of tunes for all to enjoy.


Saturday, July 12th @ 7pm-8:48pm - Movie/Musical - Brigadoon (1954) - Auditorium

Two Americans on a hunting trip in Scotland become lost. They encounter a small village, not on the map, called Brigadoon, in which people harbor a mysterious secret and behave as if they are still living two hundred years in the past. Starring Gene Kelly. 

Monday, July 14th @ 7pm-8pm - Music with Rockin' Rob - Auditorium

Rob will have you rockin' with tunes from the '50s and beyond.

Tuesday, July 15th @ 7pm-9:10pm - Movie - Fried Green Tomatoes (PG13 1991) - Auditorium

A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach 


Wednesday, July 16th @ 7pm-8pm - Scotland Pictorial with Tracey & Rick - Aud

Enjoy our trip through Scotland with pictures, stories, and some history.

Friday, July 18th @ 7pm-8pm - Music with the Two Melanies - Auditorium

Pianist Melanie Hardage and flutist Melanie Chirignan have a unique process of taking classical and modern pieces and reimagining them into partially improvised compositions. Join them for works inspired by their studies and life journeys, including trips to India and France.


Sunday, July 20th @ 1pm-2:39pm - Movie - What About Bob? (PG 1991) - Auditorium

A successful psychotherapist loses his mind after one of his most dependent patients, an obsessive-compulsive neurotic, tracks him down during his family vacation. Starring Richard Dreyfuss. 

Monday, July 21st @ 7pm-8pm - Music with Keanan and Orion - Auditorium

These gents bring old timey folk, bluegrass, and classic Americana tunes for a wonderful evening of songs we all remember.

Tuesday, July 22nd @ 7pm-9:13pm - Movie - Eat, Pray, Love (PG13 2010) - Auditorium

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself." Starring Julia Roberts. 

Wednesday, July 23rd @ 2:30pm-3:45pm - A Summer Lovin' Happy Hour - Auditorium

No summertime blues here!!!! Beach balls and summertime fun!! Music with Ed Clifford.

Friday, July 25th @ 7pm-8pm - Music with Mark Mason - Auditorium
















Mark, a new entertainer to us at Coburg, brings a potpourri of musical styles from folk to country.










Monday, July 28th @ 7pm-8pm - Music with Eileen Mack & Peg Delaney - Auditorium

These gals bring a variety of tunes and good stories, as well.

Thursday, July 31st @ 7pm-8pm - Music with Alyssa Yeager - Auditorium

Alyssa brings a sweet journey of songs from the '60s and beyond.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room</p> <p>Abbreviations:</p> <p><u>CC: Creative Corner</u></p> <p><u>Aud: Auditorium</u></p> <p><u>Ch: Chapel</u></p> <p><u>CDR- Club Dining Room</u></p> <p><u>CY: Courtyard</u></p> <p><u>CR: Card Room</u></p> <p><u>DR: Dining Room-46 & Bir</u></p> <p><u>FR- Fitness Room</u></p> <p><u>RT- Rotunda</u></p>	<p><i>*Programs Subject to Change</i></p> <p>FREE POPCORN NIGHT</p>  <p>Changes & Update Line</p> <p>Ext. 6497</p> <p>For last minute changes to programs/events</p> 	<p>Daily Activity Schedule</p> <p>Available on Spectrum Channel 1390</p>  <p>(Not Available For Cottages)</p>	<p>Chaperone Swim</p> <p>Mondays- 2pm-3pm</p> <p>Wednesdays- 9:45am-10:45am</p> <p>Fridays- 11am-Noon</p> <p>BY APPOINTMENT ONLY. MUST CALL BY 9:15AM</p> <p>THE DAY OF DESIRED <i>*NO Holidays</i></p> <p>CALL EXT. 6314</p> 	<p>Putting Contest</p> <p>July 28-31st 6pm Courtyard</p>  <p>Sign up in the Rotunda by July 21st</p>	<p>Show Us YOUR TALENT</p> <p>Resident Talent Show</p> <p>Friday, Oct. 17th</p> <p>Sign up in September</p> 	
		<p>1</p> <p>11am Great Courses- Smallpox 1721 & Hollywood -Auditorium</p> <p>12:30pm Brian's Water Aerobics</p> <p>1-3pm Sewing Together-CC</p> <p>1:30pm Brian's Fitness-Aud</p> <p>2pm Rummikub-CR</p> <p>2pm Bocce-CY</p> <p>3pm Meditation-Ch</p> <p>7pm All Games-CR</p> <p>7pm Music with Jill Smith-Aud</p>	<p>2</p> <p>11am Val's Fitness-Aud Back</p> <p>12pm Val's Balance-Aud</p> <p>12pm Episcopal Service-Ch</p> <p>12:45pm Ball w/ Lorraine-Aud</p> <p>1-3pm Knitting/Crocheting-CR</p> <p>1:30pm Lorraine's Sit & Fit-Aud</p> <p>2pm Lorraine's Hand Class-CC</p> <p>7pm Pinochle & Bridge-CR</p> <p>7pm Clarinet & Flute Duo: Melanie & Ye Hu -Auditorium</p>	<p>3</p> <p>10am Drumfit w/ Lisa-Aud</p> <p>10:25am Low Impact</p> <p>Aerobics w/ Lisa-Aud</p> <p>10:30am Brian's Water Aerobics</p> <p>11am Sit/Stand Yoga w/ Lisa -Aud</p> <p>11am Rosary-Ch</p> <p>12pm Chair Volleyball-Aud</p> <p>1:30pm Brian's Fitness-Aud</p> <p>7pm All Games-CR</p> <p>7pm Movie-The Penguin Lessons-Auditorium</p>  	<p>4</p> <p>POOL CLOSSES AT 12:30PM</p> <p>NO Chaperone swim</p>  <p>Happy 4th of July</p> <p>7pm All Games-CR</p>	<p>5</p> <p>7pm All Games-CR</p>
<p>6</p> <p>10:30am Christian Non-Denominational Worship with Communion</p> <p>Deacon Glenn-Ch</p> <p>2pm Resident Bingo-CR</p> <p>1pm Movie-Carousel -Auditorium</p>  	<p>7</p> <p>9:30am Val's Water Aerobics</p> <p>11am Val's Fitness-Aud</p> <p>12pm Chair Volleyball-Aud</p> <p>1pm Diamond Art-CC</p> <p>1pm Val's Balance-Aud</p> <p>1:30pm Canasta-CR</p> <p>2pm Mind Fitness-CC</p> <p>7pm All Games-CR</p> <p>7pm Music with Debbie Fish -Auditorium</p>	<p>8</p> <p>11am Great Courses-Anti Asian Laws & Tuberculosis - Auditorium</p> <p>NO 11am Methodist Service</p> <p>12:30pm Brian's Water Aerobics</p> <p>1-3pm Sewing Together-CC</p> <p>1:30pm Brian's Fitness-Aud</p> <p>NO 2pm Rummikub-CR</p> <p>2pm Recreational Writers-CR</p> <p>2pm Bocce-CY</p> <p>3pm Meditation-Ch</p> <p>7pm All Games-CR</p> <p>7pm Music-Roczen Music Duo-Auditorium</p>	<p>9</p> <p>11am Val's Fitness-Aud Back</p> <p>12pm Val's Balance-Aud</p> <p>12pm Episcopal Service-Ch</p> <p>12:45pm Ball w/ Lorraine-Aud</p> <p>12:45pm Intro to Fitness Room-FR</p> <p>1-3pm Knitting/Crocheting-CR</p> <p>1:30pm Lorraine's Sit & Fit-Aud</p> <p>NO 2pm Lorraine's Hand Class-CC</p> <p>2pm Ice Cream Social-Aud</p> <p>7pm Pinochle & Bridge-CR</p>   <p>7pm Movie-The Friend -Auditorium</p>	<p>10</p> <p>10am Val's Drumfit-Aud</p> <p>10:25am Val's Low Impact</p> <p>Aerobics-Aud</p> <p>10:30am Brian's Water Aerobics</p> <p>11am Val's Sit/Stand Yoga-Aud</p> <p>11am Rosary-Ch</p> <p>12pm Chair Volleyball-Aud</p> <p>1:30pm Brian's Fitness-Aud</p> <p>2:15pm St. Mary's Catholic/Prayer Service-Ch</p> <p>2:30pm Book Club-CR</p> <p>7pm All Games-CR</p>	<p>11</p> <p>POOL CLOSSES AT 12:30PM</p> <p>11am Ball w/ Lorraine-Aud</p> <p>11am Rabbi Rubin-Ch</p> <p>12pm Lorraine's Hand Class-CC</p> <p>1pm Bridge-CR</p> <p>1pm Library Committee-CC</p> <p>1:30pm Lorraine's Sit & Fit-Aud</p> <p>2:15pm Wii Bowling-Aud</p> <p>7pm All Games-CR</p> <p>7pm Music with Laura Collins -Auditorium</p>	<p>12</p>  <p>7pm Movie-Brigadoon -Auditorium</p> <p>7pm All Games-CR</p> 

<div>13</div> <div>Sun</div> <div>10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch</div> <div>2pm Resident Bingo -CR</div> <div></div>	<div>14</div> <div>Mon</div> <div>9:30am Val's Water Aerobics 11am Val's Fitness-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Val's Balance-Aud 1:30pm Canasta-CR 3pm Parkinson's Group-CC</div> <div>3pm Buddy Meet & Greet-Aud</div> <div>7pm All Games-CR</div> <div>7pm Music with Rockin' Rob-Aud</div>	<div>15</div> <div>Tues</div> <div>11am-Two Sisters & Women's Citizenship -Auditorium</div> <div>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR</div> <div>2pm Bocce-CY</div> <div>3pm Meditation-Ch</div> <div>7pm All Games-CR</div> <div>7pm Movie-Fried Green Tomatoes-Aud</div> <div></div>	<div>16</div> <div>Wed</div> <div>NO Chaperone swim</div> <div>11am Val's Fitness-Aud Back 12pm Val's Balance-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud 1-3pm Knitting/Crocheting-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Lorraine's Hand Class-CC</div> <div>3pm Best Bites Chef Contest-Auditorium</div> <div>7pm Pinochle & Bridge-CR</div> <div>7pm Pictorial of Scotland with Tracey & Rick-Aud</div>	<div>17</div> <div>Thurs</div> <div>10am Val's Drumfit-Aud 10:25am Val's Low Impact Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1:30pm Brian's Fitness-Aud</div> <div>2:30pm BP Clinic-RT</div> <div>7pm All Games-CR</div> <div></div>	<div>18</div> <div>Fri</div> <div>POOL CLOSSES AT 12:30PM 9:30am-12:15pm Colonie Center-Registration required. Form available in the mailroom.</div> <div>11am Rabbi Rubin-Ch 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud</div> <div>7pm All Games-CR</div> <div>7pm Pianist Melanie Hardage and Flutist Melanie Chirignan-Aud</div>	<div>19</div> <div>Sat</div> <div>11am Occupational Therapy Presentation -Auditorium</div> <div>7pm All Games-CR</div>
<div>20</div> <div>10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch</div> <div>2pm Resident Bingo-CR</div> <div>1pm Movie-What About Bob? -Auditorium</div> <div></div>	<div>21</div> <div>9:30am Val's Water Aerobics 11am Val's Fitness-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Val's Balance-Aud</div> <div>1:30pm Canasta-CR</div> <div>2pm Mind Fitness-CC</div> <div>2pm Buddy Committee-CDR</div> <div>7pm All Games-CR</div> <div>7pm Music with Keanan & Orion-Aud</div>	<div>22</div> <div>11am Great Courses-Soldier Vote & Disability Rights-Aud</div> <div>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2pm Catholic Mass w/ St. Edward's-Ch</div> <div>2pm Bocce-CY</div> <div>3pm Meditation-Ch</div> <div>7pm All Games-CR</div> <div>7pm Movie-Eat, Pray, Love-Auditorium</div> <div></div>	<div>23</div> <div>NO Fitness Classes Today</div> <div>10:45am Parashat Hashavua-Ch 12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR</div> <div>2:30-3:45pm Summer Lovin Happy Hour-Aud</div> <div>7pm Pinochle & Bridge-CR</div>	<div>24</div> <div>10am Val's Drumfit-Aud 10:25am Val's Low Impact Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1:30pm Brian's Fitness-Aud</div> <div>3pm Butterfly Presentation-Auditorium</div> <div>7pm All Games-CR</div> <div></div>	<div>25</div> <div>POOL CLOSSES 12:30PM</div> <div>10am Executive Committee-CC 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud</div> <div>7pm All Games-CR</div> <div>7pm Music with Mark Mason -Auditorium</div>	<div>26</div> <div>7pm All Games-CR</div> <div></div>
<div>27</div> <div>10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch</div> <div>2pm Resident Bingo-CR</div>	<div>28</div> <div>9:30am Val's Water Aerobics 11am Val's Fitness-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Val's Balance-Aud 1:30pm Canasta-CR</div> <div>6PM GOLF TOURNAMENT-CY</div> <div>7pm All Games-CR</div> <div>7pm Music with Eileen Mack & Peg Delaney-Aud</div>	<div>29</div> <div>11am-Great Courses-Uprisings & Thanksgiving Stories-Auditorium</div> <div>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR</div> <div>2pm Bocce-CY</div> <div>3pm Meditation-Ch</div> <div>6PM GOLF TOURNAMENT-CY</div> <div>7pm All Games-CR</div>	<div>30</div> <div>NO Chaperone swim</div> <div>11am Val's Fitness-Aud Back 12pm Val's Balance-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud</div> <div>12:45pm Intro to Fitness Room-FR</div> <div>1-3pm Knitting/Crocheting-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Lorraine's Hand Class-CC</div> <div>6PM GOLF TOURNAMENT-CY</div> <div>7pm Pinochle & Bridge-CR</div>	<div>31</div> <div>10am Val's Drumfit-Aud 10:25am Val's Low Impact Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 1:30pm Brian's Fitness-Aud</div> <div>6PM GOLF TOURNAMENT-CY</div> <div>7pm All Games-CR</div> <div>7pm Music w/ Alyssa Yeager-Auditorium</div>	