

SPECIAL PROGRAMS

GREAT COURSES - GREAT ARCHAEOLOGICAL MYSTERIES OF EUROPE AND THE MEDITERRANEAN

See calendar for dates/times - Auditorium 

Join a seasoned field archaeologist to investigate the artifacts, structures, and legends that challenge our understanding of human history.

HEARING AID CLEANING WITH CENTER FOR CLEAR HEARING

Tuesday, October 6th @ 2:30pm-3:30pm - Club Dining Room

Enjoy complimentary hearing aid checks and cleanings once a month here at Coburg. Routine hearing aid maintenance helps your hearing aids work properly and keeps you hearing all you should hear.



PAINTING FUN WITH ALI

Saturday, October 10th @ 11am -2pm - Creative Corner
or

Sunday, October 11th @ 1pm-4pm - Creative Corner

Join Ali from dining as we explore & recreate one of the most famous paintings in history, Van Gogh's Starry Night! Acrylics on 11" x 14" canvas. All materials provided. Cost: \$15. Make check payable to Ali Hemsley. Forms available in the mail room. **Return form and payment to activity mailbox by Wednesday, October 7th. Limited to 18 per class**

NEW YEAR EVE PARTY PLANNING MEETING

Tuesday, October 13th @ 11am - Creative Corner

Come to the first planning meeting for this year's New Year's Eve Party. We need people to help with set-up, activities, drink distribution, clean-up and more! Questions? Contact Mike Thomas, ext. 5774.

DRAWING WITH STEVEN

Saturday, October 17th @ 12pm-1:30pm - Creative Corner

Enjoy creating fun Halloween drawings as Steven shows you how to make a spooktacular picture or two. Cost: \$5. Sign-up form in the mail room. Limited to 18. All materials included.

Register by Thursday, Oct. 15th.

INTRO TO THE FITNESS ROOM WITH PT BRIAN

Wednesday, October 21st @ 11am in the Fitness Room

Learn about the various pieces of equipment and how they will help you stay fit.

INTRODUCTION TO CHESS

Thursday, October 29th @ 3 p.m. in the Creative Corner

Are you interested in learning to play chess or improving your chess skills?

Studies show that playing chess can enhance brain function. Join Dennis, our chess class leader, as he introduces the game and talks about the benefits of playing chess.



October Special Events

Friday, October 2nd @ 7pm-8pm - Music with The Lost Radio Rounders - Auditorium

The boys bring "Songs of the American Worker" - from farmers to sailors, miners, and more!

Saturday, October 3rd @ 7pm-8:26pm - Movie - A Boy Called Sailboat (PG13 2019) - Auditorium

An Hispanic family finds hope in their extraordinary son named Sailboat when a personal gesture awakens a global desire. Armed with a "little guitar," Sailboat leads an offbeat cast into the miraculous story of the greatest secret never told.

Monday, October 5th @ 7pm-8pm - Music with Eileen Mack & Peg Delaney - Aud

A little jazz, a little folk, and a lot of fun!

Tuesday, October 6th @ 7pm-8pm - Presentation - Haunted Local History with Schenectady Historical Society - Auditorium

Enjoy numerous real spooky folk tales from Schenectady.

Thursday, October 8th @ 7pm-8:22pm - Documentary - Dolly Parton - Just as I Am (2021) - Auditorium

Explore the extraordinary life and music of the Queen of Country, Dolly Parton, with exclusive interviews and archive footage.

Friday, October 9th @ 7pm-8pm - Music with Tooty & The Mother Plucker - Aud

Great tunes from the '50s and beyond. This amazing duo really knows how to entertain.

Tuesday, October 13th @ 7pm-9pm - Movie - Young Washington - (PG13 2026) - Aud

Before he led a nation, George Washington was a young soldier thrown into a global conflict. With alliances crumbling and war closing in, he must choose whom to trust and confront the leader he's becoming. Stars Kelsey Grammer. 

Wednesday, October 14th @ 7pm-8pm - Travel Pictorial of Greece & More with Brian (PT) - Auditorium

Enjoy Brian's wonderful trip to Greece and more, put to music. Minus the jet lag.

Friday, October 16th @ 7pm - Resident Talent Show - Auditorium

Catch the many talents of Coburg as the residents take over the show. Rated the best show this side of Broadway!

Saturday, October 17th @ 2pm - Suzuki Youth Music - Auditorium

Spooky Suzuki! 🎃 🎸 Students from the **Suzuki Association of the Capital District** will perform a variety of pieces from their repertoire as part of this festive annual Halloween tradition.

Sunday, October 18th @ 1pm-2:42pm - Movie - Bell, Book, and Candle (G 1958) - Aud

A modern-day witch likes her neighbor but despises his fiancée, so she enchants him to love her instead... only to fall in love with him for real. Stars James Stewart, Kim Novack, & Jack Lemmon. 

Monday, October 19th @ 7pm-8pm - Music with The Blue Billies - Auditorium

Mark & Mel bring it all! Americana, classic country, Bluegrass & Gospel music. Old-time music with a modern edge!

Tuesday, October 20th @ 7pm-8:21pm - Movie - Not My Dog (PG-2026) - Auditorium

Not My Dog follows a guarded 12-year-old girl, Bridget, whose simple trip to bring lunch to her dad turns into an unexpected all-day journey when a stray German shepherd won't stop following her. 

Thursday, October 22nd @ 7pm-8pm - Music with Richie Phillips - Auditorium

Richie brings the sounds of fall and Halloween, plus some other fun songs!

Sunday, October 25th @ 1pm-2:43pm - Movie - Grumpy Old Men (PG13 1993) - Aud

Jack Lemmon and Walter Matthau reunite in this romantic comedy that examines the decades-old love-hate relationship between two neighbors.

Monday, October 26th @ 7pm-8:46pm - Movie - A Simple Twist of Fate (PG13 1994)- Auditorium

His life was emotionally closed off from the world until an orphaned baby showed up at his house. Stars Steve Martin.

Tuesday, October 27th @ 7pm-8pm - Music with Stretch - Auditorium

Stretch, featuring Jo (from activities) & Tommy, is a two-piece duo playing hits from the '50s though today's Top 40. From Etta James to John Denver, Dion to Billy Joel!

Wednesday, October 28th @ 2:30pm-3:45pm - A Haunting Happy Hour - Auditorium

Come enjoy a spooktacular happy hour with no tricks, but lots of treats!!

Thursday, October 29th @ 7pm-8:49pm - Movie E.T. (PG 1982) - Auditorium

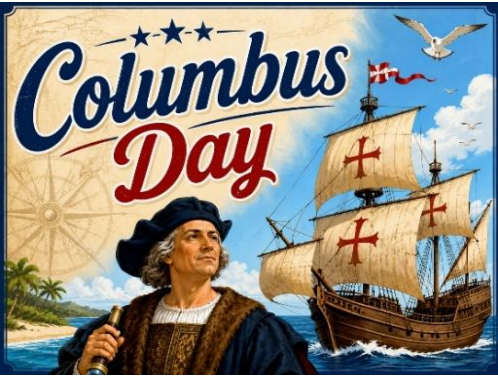
This timeless story follows the unforgettable journey of a lost alien and the 10-year-old boy he befriends. Stars Drew Barrymore. 

Friday, October 30th @ 7pm-8pm - Music with Laura Collins - Auditorium

Laura brings a little Broadway, a nice blend of tunes, and a lot of fun.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Abbreviations: CC: Creative Corner Aud: Auditorium Ch: Chapel CDR- Club Dining Room CY: Courtyard CR: Card Room DR: Dining Room-46 & Birch FR- Fitness Room RT- Rotunda	*Programs Subject to Change FREE POPCORN NIGHT Changes & Update Line Ext. 6497 For last minute changes to programs/events	Chaperone Swim Mondays- 2pm-3pm Wednesdays- 9:45am-10:45am Fridays- 11am-Noon BY APPOINTMENT ONLY. MUST CALL BY 9:15AM THE DAY OF DESIRED *NO Holidays CALL EXT. 6314	Daily Activity Schedule Available on Spectrum Channel 1390 (Not Available For Cottages)	Special Services Helping You Feel Your Best at Home! Massage Therapy Shayne 518-810-3797 Tidy Up & Errands by Leah 518-482-8636 Caring. Reliable. Local.	American Red Cross BLOOD DRIVE Friday, November 6th 12pm - 4pm Auditorium Register today SCAN ME	
				1 10:30am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30pm Brian's Water Aerobics 1pm Chess-CC 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR 3pm Choraliers- Ch 7pm All Games-CR 7pm Resident Association Meeting-Auditorium	2 POOL CLOSES AT 12:30PM 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling- CD 7pm All Games-CR 7pm Music with Lost Radio Rounders -Auditorium	3 7pm Movie-A Boy Called Sailboat-Aud 7pm All Game-CR
4 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 2pm Resident Bingo-CR	5 NO 11am Zumba with Lora 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1:30pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Mind Fitness-CC 2:30pm Balance w/ Christine-Aud 3pm Great Courses-Secrets of the Colosseum & Stonehenge -Auditorium 7pm All Games-CR 7pm Music with Eileen Mack & Peg Delaney-Auditorium	6 9am-12pm Pre-registration required NO 10:30am Balance w/ Christine 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2:30pm-3:30pm Hearing Aid Cleaning/Checks-CDR 2pm Rummikub/Mahjong-CR 2:30pm Cornhole-Aud 7pm All Games-CR 7pm Presentations-Haunted Local History -Auditorium	7 9am Christine's Water Aerobics 10:15am Fitness w/ Christine -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 7pm Pinochle & Bridge-CR 7pm Resident Talent Show CLOSED Practice -Auditorium	8 10am-12pm Men's Brunch -CDR (Pre-register required) 10:30am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30pm Brian's Water Aerobics 1pm Chess-CC 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud NO 2:15pm Pinochle-CR 2:30pm Book Club-CR 3pm Choraliers- Ch 7pm All Games-CR 7pm Documentary-Dolly Parton-Just as I Am -Auditorium	9 POOL CLOSES AT 12:30PM 10am The Storytellers-CR 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling-CD 7pm All Games-CR 7pm Music with Tooty & The Mother Plucker -Auditorium	10 11am -2pm Painting with Ali -CC (Sign-up required) 7pm All Games

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch 1-3pm Painting with Ali-CC (sign-up required) 2pm Resident Bingo -CR	12  11am Great Courses-The Ark & the 1st Battlefield-Aud 1:30pm Canasta-CR 3:30pm Parkinson's Group-CC 7pm All Games-CR	13 10:30am Balance w/ Christine -Aud 11am New Year Committee Meeting-CC 11am Methodist Service-Ch 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2:30pm Cornhole-Aud 7pm All Games-CR 7pm Movie-Young Washington-Aud 	14 9am Christine's Water Aerobics 10:15am Fitness w/ Christine-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud 1-3pm Knitting/Crocheting-CR 2pm Lorraine's Hand Class-CC 2:30pm Catholic/Prayer Service with St. Mary's-Ch 7pm Pinochle & Bridge-CR 7pm Travel with Brian-Greece & More-Auditorium 	15 10:30am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30pm Brian's Water Aerobics 1pm Chess-CC 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR 2:30pm Blood Pressure Clinic-RT 3pm Choraliers-Ch 7pm All Games-CR	16 POOL CLOSSES AT 12:30PM 11:30am Garden Committee Meeting- Green House 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit- 2pm Wii Bowling-CD 7pm All Games-CR 	17 12pm-1:30pm Drawing with Steven-CC (Pre-registration Required) 2pm Suzuki Youth Music -Auditorium 7pm All Games -CR
18 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 1pm Movie-Bell, Book & Candle -Auditorium 2pm Resident Bingo -CR	19 11am Zumba with Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1:30pm Fitness w/ Christine -Aud 1:30pm Canasta-CR 2pm Buddy Committee-CDR 2:30pm Balance w/ Christine-Aud 7pm All Games-CR 7pm Music with The Blue Billies-Auditorium	20 10:30am Balance w/ Christine-Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2:30pm Cornhole-Aud 7pm All Games-CR 7pm Movie-Not My Dog -Auditorium  	21 NO Auditorium Fitness Auditorium CLOSED 9am-4PM 9am Christine's Water Aerobics 11am Intro to The Fitness Room with PT Brian-FR 12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR	22 10:30am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30pm Brian's Water Aerobics 1pm Chess-CDR 1pm Bible Study-CR 1:30pm Dining Committee-CC 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR 3pm Choraliers-Ch 7pm All Games-CR 7pm Music with Richie Phillips-Auditorium	23 POOL CLOSSES AT 12:30PM 9:30am Water Walking-Pool 11am Conversations with Rabbi Shara-Chapel 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling-CD 2pm Catholic Mass with St. Edward's-Ch 7pm All Games-CR 	24 7pm All Games -CR 
25 10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch 1pm Movie-Grumpy Old Men -Auditorium 2pm Resident Bingo -CR	26 11am Zumba with Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1:30pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Mind Fitness-CC 2:30pm Balance w/ Christine-Aud 3pm Great Courses-Viking Galloway & Greek Cult-Aud 7pm All Games-CR 7pm Movie-A Simple Twist of Fate-Auditorium	27 10:30am Balance w/ Christine -Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2:30pm Cornhole-Aud 7pm All Games-CR 7pm Music with Stretch -Auditorium	28 NO Auditorium Fitness 9am Christine's Water Aerobics 10:45am Parashat Hashavua-Ch 12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR NO 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR 	29 10:30am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30pm Brian's Water Aerobics 1pm Chess-CC 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR 3pm Choraliers-Ch 3pm Intro to Chess-CC 7pm All Games-CR  7pm Movie-E.T.-Aud	30 POOL CLOSSES AT 12:30PM 11am Ball w/ Lorraine-Aud 11:30am Rabbi Rubin-Ch 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling-CD 3pm – Great Courses- Troy & Alexandria -Auditorium 7pm All Games-CR 7pm Music with Laura Collins-Auditorium	31 7pm All Games -CR 