

SPECIAL PROGRAMS

INTRO TO WATER WALKING WITH ANTOINETTE

Monday, November 10th @ 9:30am - Pool

A perfect low-impact, resistance exercise that is good for your cardio, burns calories, and boosts balance and stability. Perfect for beginners. Need help with the pool stairs? Antoinette will assist you.



SING-ALONG WITH THE CHILDHOOD TRIBE PRESCHOOL

Monday, November 17th @ 3:15pm - Auditorium

Join the little ones for a fun sing-along and big smiles!!



COBURG VILLAGE CRAFT FAIR

Saturday, November 22nd @ 9am-3pm - Auditorium

The Coburg crafters have been busy making knitted and crocheted items, sewn items, Christmas decorations, and much more. You can also buy plants provided by the greenhouse committee.

Stop by and cross some holiday shopping off your to-do list.



PEARLS OF WISDOM

Sunday, November 16th @ 11:30am - Creative Corner

Theme: *Fresh Starts, Goals, and Embracing Change*

This session invites residents to reflect on the idea of *new beginnings* - whether that means setting new goals, embracing change, or simply seeing life from a fresh perspective. We'll create a warm, open space for sharing stories, offering encouragement, and discussing the wisdom that comes from experience



MEET BRIAN FROM SELECT REHABILITATION

Monday, November 3rd @ 2pm - Auditorium

Meet Brian Sise, whose physical therapy office is now located at Coburg. He will discuss how physical therapy can help residents and also host a question-and-answer time.

Monday, November 17th at 10am - Auditorium

Learn about balance screening, including a demonstration of Virtusense balance equipment.

PORTION SIZE AND NUTRITION WITH DANIELLE AND LORA

Thursday, November 6th @ 2:45pm - Auditorium

How are portion sizes determined? Join Danielle and Lora as they explain the sizing... and how a plate makes things look different.



New Neighbors

Herbert Bennett	903
Iris Culhane	429
Martin Egan	405
Patricia Lynch	1280
Don & Ann McLaughlin	504
David Preisinger	723
William Rolston	1259
Edna Russell	803

November Special Events

Monday, November 3rd @ 7pm-8pm - Music with Allen & Azzaam - Auditorium

Allen and Azzaam are a smooth jazz musical duo that performs tunes from the '30s to contemporary renditions of popular tunes.

Tuesday, November 4th @ 7pm-8:20pm - Musical - Hamilton (PG13 2020) Part I - Aud

Follow the real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Stars Lin-Manuel Miranda & Phillipa Soo. 

Wednesday, November 5th @ 7pm-8pm - Music with Drew Jacobs - Auditorium

A few laughs, a few songs, and a lot of fun!! Drew hits music from a variety of years.

Friday, November 7th @ 7pm-8:20pm - Musical - Hamilton (PG13 2020) Part 2 - Auditorium

Follow the real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Stars Lin-Manuel Miranda & Phillipa Soo.

Saturday, November 8th @ 7pm-8:31pm - Movie - Runt (PG 2025) - Auditorium

The heartfelt and hilarious tale of eleven-year-old Annie and her best friend Runt, her adopted stray dog. In a bid to save their family farm, the two aspire to compete in a dog show whilst overcoming hurdles and nefarious villains. 

Sunday, November 9th @ 1pm-2:53 - Movie - From Here to Eternity (1953) - Aud

A brooding loner finds love and turmoil on the eve of the bombing of Pearl Harbor. Stars Burt Lancaster & Deborah Kerr. 

Monday, November 10th @ 7pm-8pm - Music with Carmen and Life's Guilty Pleasures - Auditorium

Carmen and Life's Guilty Pleasures is a duo from Albany, NY. They write and perform an eclectic mix of jazz standards, soul, and blues.

Tuesday, November 11th @ 7pm - Coburg Village's Veteran's Day Program - Aud

Celebrate our veterans with stories, songs, and a salute to those who have served.

Wednesday, November 12th @ 7pm-9:05pm - Movie - The De-Lovely (PG13 2004) - Auditorium

Inspecting a magical biographical stage musical, composer Cole Porter reviews his life and career with his wife, Linda. Stars Kevin Kline & Ashley Judd.

Friday, November 14th @ 7pm-8pm - Music with High Peaks - Auditorium

Enjoy a collection of tightly arranged works in classic bluegrass, newgrass, and folk revival genres. Known for their close-knit harmonies and loyalty to the origins of bluegrass music, High Peaks Bluegrass Band has developed a strong following.

Saturday, November 15th @ 2pm-3pm - Concert by Suzuki Youth Capital District - Auditorium

Enjoy a variety of tunes from this local youth orchestra.

Monday, November 17th @ 7pm-8pm - Music with Tooty & the Mother Pluckers - Aud

An electro-acoustic duo that highlights vocal and instrumental skills as well as original unique arrangements. The music is an eclectic mix of pop, classic rock, rhythm and blues, and Latin that blends flute, flamenco guitar, and harmonies.

Tuesday, November 18th @ 7pm-8pm - Music with Jill Smith & Michael Clement - Aud

Jill and Michael are back with songs and stories from South Pacific, Oklahoma, and Carousel.

Wednesday, November 19th @ 2:30pm-3:45pm - A Thankful Happy Hour - Auditorium

Bring the cheer, and we'll supply the thankfulness! Music by Standard Time.

Monday, November 24th @ 7pm-8pm - Music with Ed Salvo - Auditorium

A vast variety of tunes from the '40s, also featuring the music of the teen idols of the '50s and '60s with sing-alongs from Neil Diamond and more!!!

Tuesday, November 25th @ 7pm-8pm - The Coburg Cruise Pictorial - Auditorium

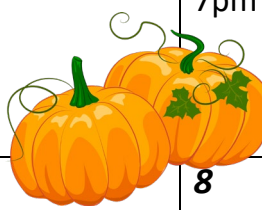
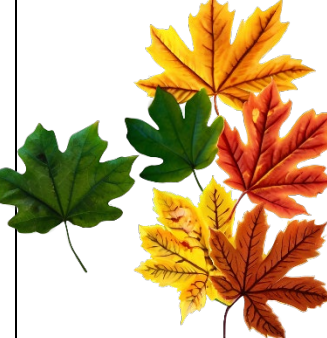
This past September, residents and friends took a seven-day cruise to New England and Canada. Come see our journey and hear our tales.

Wednesday, November 26th @ 7pm-8:48pm - Movie - A Dog's Journey (PG 2019) - Auditorium

Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion...and a few really good belly rubs. Stars Josh Gad & Dennis Quaid.



November 2025

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	 Help us Fill our Boxes!!! Place an unwrapped toy in the Toys for Tots box located in the main lobby THROUGH DECEMBER 3RD		Deadline Nov. 12th  MALL TRIP Friday, November 14th 9:30am -12:15pm Sign up forms in the mail room Min. 8 needed		1 10am Wreath-making Workshop -CC (registration required) 7pm All Games-CR
2 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 2pm Resident Bingo -CR  FALL BACK	3 NO Chaperone Swim 11am Zumba w/ Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Meet Brian from Select Rehab-Aud 2pm Mind Fitness-CC 7pm All Games-CR 7pm Music with Allen and Azzaam -Auditorium	4 10am Wreath-making Workshop-CC (registration required) 11am Balance w/ Christine-Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2:30pm Corn Hole-Auditorium 3:15pm Meditation-CC 7pm All Games-CR 7pm Movie/Musical-Pt 1 Hamilton-Auditorium	5 NO Chaperone Swim 9:30am Water Aerobics w/Christine 10:30 History with Jim-CDR 11am Fitness w/ Christine-Aud 12pm Balance 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 1:30pm Village Ringers-Ch NO 2pm Lorraine's Hand Class 2PM SOCIAL TEA -AUDITORIUM 7pm Pinochle & Bridge-CR 7pm Music with Drew Jacobs-Auditorium	6 9:30am Sit/Stand Yoga w/ Joely-Aud 10:30am Humanities 101 w/Rudy -CC 10:30am Brian's Water Aerobics 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-Card Room 1-2pm Chess-CC 1:30pm Brian's Fitness-Aud 2:45pm Portion Size & Nutrition w/ Danielle & Lora -Auditoruim 3pm Choraliers-Chapel 7pm All Games-CR 7pm Resident Association Meeting-Auditorium	7 NO Chaperone Swim POOL CLOSSES AT 12:30PM 11am Rabbi Rubin-Ch 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1pm Library Committee-CC 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud 7pm All Games-CR 7pm Movie/Musical-Pt 2 Hamilton-Auditorium 	8 7pm All Games-CR 7pm Movie-Runt -Auditorium 
9 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 1pm Movie From Here to Eternity -Auditorium 2pm Resident Bingo-CR	10 NO Chaperone Swim 9:30am Water Walking with Antoinette-Aud 11am Zumba w/ Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/Christine-Aud 1:30pm Canasta-CR 3pm Parkinson's Group-CC 3pm Buddy Meet and Greet -Aud 7pm All Games-CR 7pm Music with Carmen and Life's Guilty Pleasures-Auditorium	11 11am Balance w/ Christine-Aud 11am Methodist Service-Ch 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR NO 2:30pm Corn Hole-Aud 3:15pm Meditation-CC 7pm All Games-CR  7pm Veterans Day Program -Auditorium	12 NO Chaperone Swim 9:30am Water Aerobics w/ Christine 10:30 History with Jim-CDR 11am Fitness w/ Christine-Aud 12pm Balance 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 1:30pm Village Ringers-Ch 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR 7pm Movie-The De-Lovely-Auditorium 	13 9:30am Sit/Stand Yoga w/ Joely-Aud 10:30am Humanities 101 w/Rudy -CC 10:30am Brian's Water Aerobics 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-Card Room 1-2pm Chess-CC 1:30pm Brian's Fitness-Aud 2:30pm Book Club-CR 3pm Choraliers-Chapel 7pm All Games-CR 	14 POOL CLOSSES AT 12:30PM NO Chaperone Swim 9:30am Colonie Center Mall Trip 10am Recreational Writers-CR 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1pm Greenhouse Committee -Greenhouse 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud 7pm All Games-CR 7pm Music with High Peaks-Auditorium	15 1:30pm 1935ers Meeting -Creative Corner 2pm Concert by Suzuki Youth Capital District -Auditorium 7pm All Games-CR

COBURG VILLAGE November 2025

16 Sun 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 11:30am Pearls Of Wisdom-CC 2pm Resident Bingo-CR 	17 Mon 10am Meet Brian from Select Rehab-Aud 11am Zumba w/ Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/Christine-Aud 1:30pm Canasta-CR 2pm Buddy Committee-CDR 2pm Mind Fitness-CC 3:15pm Sing-along with Childhood Tribe Preschool -Auditorium 7pm All Games-CR 7pm Music with Tooty & the Mother Pluckers-Auditorium	18 Tues 10am New Year Meeting-CC 11am Balance w/ Christine-Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2:30pm Corn Hole-Auditorium 3:15pm Meditation-CC 7pm All Games-CR 7pm Music with Jill Smith & Michael Clement-Auditorium	19 Wed 9:30am Water Aerobics w/Christine No Fitness Classes in Auditorium 10:45am Parashat Hashavua -Ch 12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR 1:30pm Village Ringers-Ch 2:30pm-3:45pm A Thankful Happy Hour -Auditorium 7pm Pinochle & Bridge-CR	20 Thurs 9:30am Sit/Stand Yoga w/ Joely-Aud 10:30am Humanities 101 w/ Rudy -CC 10:30am Brian's Water Aerobics 11am Rosary-Ch 11am-12pm Balance Check w/ Jaycee-CR 12pm Chair Volleyball-Aud 1pm Bible Study-Card Room 1-2pm Chess-CDR 1:30pm Dining Committee-CC 1:30pm Brian's Fitness-Aud 2:15pm Catholic/Prayer Service with St. Mary's-Ch 2:30-3:30pm BP Clinic-RT 3pm Choraliers-Chapel 7pm All Games-CR	21 Fri POOL CLOSSES AT 12:30PM Auditorium Closed For Craft Fair Set-up 1pm Bridge-CR 7pm All Games-CR 	22 Sat Craft Fair 9am-3pm -Auditorium  7pm All Games-CR
23 10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch 2pm Resident Bingo-CR	24 11am Zumba w/ Lora-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/Christine-Aud 1:30pm Canasta-CR 7pm All Games-CR 7pm Music with Ed Salvo -Auditorium	25 11am Balance w/ Christine-Aud 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 2:30pm Corn Hole-Auditorium 3:15pm Meditation-CC 7pm All Games-CR 7pm Coburg Cruise Pictorial-Auditorium	26 NO 9:30am Water Aerobics w/Christine NO 11am Fitness w/Christine NO 12pm Balance w/Christine 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud 1-3pm Knitting/Crocheting-CR 1:30pm Lorraine's Sit & Fit-Aud 1:30pm Village Ringers-Ch 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR 7pm Movie-A Dog's Journey-Auditorium 	27  7pm All Games-CR	28 NO Chaperone Swim POOL CLOSSES 12:30PM 10am Executive Committee-CC NO 11am Ball w/ Lorraine-Aud NO 12pm Lorraine's Hand Class -CC 1pm Bridge-CR NO 1:30pm Lorraine's Sit & Fit -Aud NO 2:15pm Wii Bowling-Aud 7pm All Games-CR	29  7pm All Games-CR
30 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch 2pm Resident Bingo-CR						