


SPECIAL PROGRAMS

KEN BURNS - AMERICAN REVOLUTION SERIES (2025)

See Calendar for Dates and Times
- Auditorium

Thirteen American colonies unite in rebellion, win an eight-year war to secure their independence, and establish a new form of government that would inspire democratic movements at home and around the globe. We break down the six-part series into one-hour segments. 



INTRO TO THE FITNESS ROOM WITH PT BRIAN

Thursday, July 2nd @ 3pm - Fitness Room

Learn about the various pieces of exercise equipment available and how to safely and effectively use them.

A PATRIOTIC MIXOLOGY

Wednesday, July 8th @ 2 pm - Auditorium

Join Antoinette and Mike for a little red, white, & blue mixology!



WEIGHT MANAGEMENT WITH LORA

Thursday, July 9th @ 10am - Club Dining Room

Join Lora for tips on weight management, and learn nutritional steps toward reaching your goals.



WALKER/ROLLATOR LABELLING

Thursday, July 9th @ 12:30-1:30pm - Rotunda

Are you missing a label on your walker, rollator, or cane? Stop by the rotunda, and we will be happy to provide one (or more). Help us by labeling your device.

TECH TALK WITH JIM

Friday, July 10th @ 10am - Creative Corner

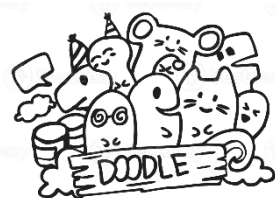
Join Jim for another great course on IT issues





DOODLING WITH STEVEN FROM DINING

Saturday, July 11th @ 12pm-1:30pm - Creative Corner

Learn how to turn letters into cartoons. See registration form in the mail room. Cost: \$3
Max. 18 participants. Supplies provided. Open to staff & residents.



Special Services	
 Massage Therapy Shayne 518-810-3797	 Tidy Up & Errands by Leah 518-482-8636



**Welcome
New Residents**


William and Ellin Friedman	1261
Marcia Losco	623
Carol Polito	1215
Bonnie Williams	124

July Special Events

Wednesday, July 1st @ 7pm - Music with Tin Roof Blues - Auditorium

Enjoy some sweet Dixieland music with this five-piece band. Complete with feet-tapping fun!

Sunday, July 5th @ 1pm-3:02pm - Movie - Hidden Figures (PG 2016) - Auditorium

Three female African American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit while dealing with racial and gender discrimination. Starring Octavia Spencer. 


Monday, July 6th @ 7pm-8pm - Music with Melanie & Ye Hu - Auditorium

Experience the magic of clarinetist Ye Hu and flutist Melanie Chirignan. This delightful program features classical favorites and folk-inspired pieces that highlight the flute and clarinet.

Tuesday, July 7th @ 7pm-8pm - Presentation - John Scherer - Aud

Join our favorite historian, John, as he tells us about the Rexford Amusement Park.


Wednesday, July 8th @ 7pm-8:31pm - Movie - The First American (PG13 2016) - Aud

Follow the story of George Washington's leadership and the crucial movements he made along the way that helped shape our great nation. 

Friday, July 10th @ 7pm-8pm - Music with Allen & Azzaam - Auditorium

Catch saxophonist Allen Halstead and pianist Azzaam Hameed. Each musician has over forty years of providing professional music entertainment, in all genres, for a wonderful night of music.


Monday, July 13th @ 7pm-8pm - Presentation - Auditorium

Join local author Mark Marchand as he recounts his two-week expedition to Antarctica through photographs and stories. (This will cool you down on a hot summer night). 

Tuesday, July 14th @ 7pm-8pm - Music with the Blue Billies - Auditorium

Mark and Mel bring Americana, good "ole" country music, and bluegrass for a patriotic night with songs to celebrate America.


Wednesday, July 15th @ 7pm-9:18pm - Movie - All the President's Men (PG 1975) - Auditorium

"The Washington Post" reporters Bob Woodward and Carl Bernstein uncover the details of the Watergate scandal that led to President Richard Nixon's resignation. Starring Dustin Hoffman and Robert Redford. 


Friday, July 17th @ 7pm-8pm - Music with Debbie Fish - Auditorium

Debbie brings that old style country and the twang it needs!


Sunday, July 19th @ 1pm-3:04pm - Movie - Mr. Smith Goes to Washington (1939) - Auditorium

James Stewart takes on the powers-that-be in our nation's capital in Frank Capra's timeless classic. Nominated for eleven 1939 Oscars, including best picture. 

Monday, July 20th @ 7pm-9:21pm - Movie - Reagan (PG13 2024) - Auditorium

A drama based on the life of Ronald Reagan, from his childhood to his time in the oval office. Starring Dennis Quaid. 

Tuesday, July 21st @ 7pm-8:55pm - Movie - Birth of a Nation (R 2016) - Auditorium

Set against the antebellum South, Nat Turner (Nate Parker) is a literate slave and preacher whose financially strained owner, Samuel, accepts an offer to use Nat's preaching to subdue slaves. Nat orchestrates an uprising in the hopes of leading his people to freedom. 


Wednesday, July 22nd @ 2:30pm-3:45pm - Patriotic Happy Hour - Auditorium

Celebrate the red, white, and blue in our patriotic happy hour - music by Ed Clifford.


Thursday, July 23rd @ 7pm - Game Night - Patriotic Music Bingo Fun - Auditorium

Bingo with a musical twist! Catch songs to celebrate our love of America and hope for a "bingo!"

Friday, July 24th @ 7pm-9:14pm - Movie - 12 Years A Slave (R 2013) - Auditorium

In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. 

Monday July 27th @ 7pm-8:36pm - Movie - The Last Confederate (R 2005) - Auditorium

Robert Adams was a valorous southern captain who used his heart of fire to rally his men to fight. He fell in love with Eveline, a smart, kind, and strong-willed schoolteacher from the north. As they met, the Civil War was upon them. Stars Julian Andrews. 


Tuesday, July 28th @ 7pm-8pm - Music with John Hill - Auditorium











John brings a wide variety of songs that will put you in the mood to dance!










Wednesday, July 29th @ 7pm-8pm - Music - Broadway Tunes with Jill Smith - Aud

A musical celebration of songs by Irving Berlin and George Gershwin.

Friday, July 31st @ 7pm-8:58 - Movie - The Monument Men (PG13 2014) - Auditorium

In the midst of WWII, a small group of art experts is commissioned by Roosevelt as soldiers and sent to Europe to protect historical buildings, monuments, and artwork. Stars George Clooney. 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p><i>*Programs Subject to Change</i> FREE POPCORN NIGHT  Changes & Update Line Ext. 6497  For last minute changes to programs/events</p>	<p>Daily Activity Schedule Available on Spectrum Channel 1390  (Not Available For Cottages)</p>	<p>SWIM OR ATTEND POOL FITNESS CLASSES at the Schenectady JCC  WHILE OUR POOL IS BEING REPAIRED Enjoy lap swimming in a welcoming environment Stay active with a variety of pool fitness classes Support your health and well-being SCHENECTADY JCC Contact Antoinette for information Ext. 6315</p>	<p>RESIDENT TALENT Show FRIDAY, OCTOBER 16TH SIGN UP in August START YOUR planning now! </p>		
			<p>1 11am Fitness w/ Christine-Aud 12pm Balance w/ Christine-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Holly-Aud 1-3pm Knitting/Crocheting-CR 1:30pm Lorraine's Sit & Fit w/ Holly-Aud NO 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR 7pm Music with Tin Roof Blues -Auditorium</p>	<p>2 11am Mahjong Lessons-CR 11am Rosary-Ch NO 11am Chair Volleyball-Aud 1pm Chess-CC 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR 3pm Intro to the Fitness Room with PT Brian -Fitness Room 7pm All Games-CR</p>	<p>3 7pm All Games-CR </p>	<p>4 7pm All Games-CR</p>
<p>5 10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch 1pm-Movie-Hidden Figures -Auditorium 2pm Resident Bingo-CR </p>	<p>6 NO 11am Zumba with Lora 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 3pm-4pm American Revolution Pt 1-Auditorium 7pm All Games-CR 7pm Music with Melanie & Ye Hu -Auditorium</p>	<p>7 11am Balance w/ Christine-Aud 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2pm Bocce-Courtyard 3pm-4pm American Revolution Pt 1 continued -Auditorium 7pm All Games-CR 7pm Presentation-John Scherer-The Rexford Amusement Park -Auditorium</p>	<p>8 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 2pm Mixology -Auditorium NO 2pm Lorraine's Hand Class 7pm Pinochle & Bridge-CR 7pm Movie-The First American -Auditorium </p>	<p>9 10am Weight Management w/ Lora-CDR 11am Mahjong Lessons-CR 11am Rosary-Ch 11am Chair Volleyball-Aud 12:30-1:30pm Walker Labelling -Rotunda 1pm Chess-CC 1:30pm Brian's Fitness-Aud NO 2:15pm Pinochle-CR 2:30pm Book Club-CR 2:30pm Blood Pressure Clinic-RT 3pm-4pm American Revolution Pt 2-Auditorium 7pm All Games-CR</p>	<p>10 10am The Storytellers-CR 10am Tech Talk-CC 11am-12pm American Revolution Pt 2 continued-Aud 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 2pm Wii Bowling-Aud 7pm All Games-CR 7pm Music with Allen & Azzaam-Auditorium</p>	<p>11 12pm-1:30pm Doodling with Steven-CC (pre-registration Required) 7pm All Games-CR </p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch</p> <p>2pm Resident Bingo-CR</p> 	<p>13</p> <p>NO 11am Zumba with Lora</p> <p>12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Mind Fitness-CC</p> <p>3pm-4pm American Revolution Pt 3-Aud</p> <p>3:30pm Parkinson's Group-CC 7pm All Games-CR</p> <p>7pm Presentation-Mark Marchand-Antarctica -Auditorium</p>	<p>14</p> <p>11am Balance w/ Christine-Aud NO 11am Methodist Service-Ch</p> <p>1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2pm Bocce-Courtyard</p> <p>7pm All Games-CR</p> <p>7pm Music With The Blue Billies-Aud</p>	<p>15 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 2pm Lorraine's Hand Class-CC 2:30pm Service/Prayer with St. Mary's-Ch</p> <p>3pm-4pm American Rev. Pt 3 continued-Auditorium</p> <p>7pm Pinochle & Bridge-CR</p> <p>7pm Movie-All the President's Men-Aud </p>	<p>16 11am Mahjong Lessons-CR</p> <p>11am Rosary-Ch 11am Chair Volleyball-Aud 1pm Chess-CC 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR</p> <p>3pm-4pm American Revolution Pt 4-Auditorium</p> <p>7pm All Games-CR</p>	<p>17</p> <p>11am Ball w/ Lorraine-Aud 11am Rabbi Rubin-Ch</p> <p>12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling-Aud</p> <p>3pm-4pm American Revolution Pt 4 continued -Aud</p> <p>7pm All Games-CR</p> <p>7pm Music with Deb Fish-Auditorium</p>	<p>18</p>  <p>7pm All Games-CR</p>
<p>19</p>  <p>10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch</p> <p>1pm Movie-Mr. Smith Goes to Washington-Aud</p> <p>2pm Resident Bingo-CR</p>	<p>20</p> <p>11am Zumba with Lora</p> <p>12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Buddy Committee-CDR</p> <p>3pm-4pm American Revolution Pt 5-Aud</p> <p>7pm All Games-CR</p> <p>7pm Movie-Reagan -Auditorium</p> 	<p>21</p> <p>11am Balance w/ Christine-Aud 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2pm Bocce-Courtyard</p> <p>7pm All Games-CR</p> <p>7pm Movie-The Birth of a Nation -Auditorium</p>	<p>22 NO Fitness Classes in the Auditorium Today</p> <p>12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR NO 2pm Lorraine's Hand Class</p> <p>7pm Pinochle & Bridge-CR</p> 	<p>23 11am Mahjong Lessons-CR</p> <p>11am Rosary-Ch NO 11am Chair Volleyball-Aud NO 1pm Chess-CC</p> <p>1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR</p> <p>3pm-4pm American Revolution Pt 5 continued-Auditorium</p> <p>7pm All Games-CR</p> <p>7pm Game Night-Patriotic Music Bingo -Auditorium</p>	<p>24</p> <p>11am Conversations with Rabbi Shara-Chapel</p> <p>11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Catholic Mass with St. Edward's-Ch</p> <p>2pm Wii Bowling-Aud</p> <p>7pm All Games-CR</p> <p>7pm Movie-12 Years a Slave-Auditorium </p>	<p>25</p> <p>7pm All Games-CR</p>
<p>26</p> <p>10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch -Ch</p> <p>2pm Resident Bingo-CR</p>	<p>27</p> <p>11am Zumba with Lora-Aud</p> <p>12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Fitness w/ Christine-Aud 1:30pm Canasta-CR 2pm Mind Fitness-CC</p> <p>3pm-4pm American Revolution Pt 6-Aud</p> <p>7pm All Games-CR 7pm Movie-The Last Confederate-Auditorium</p>	<p>28</p> <p>11am Balance w/ Christine-Aud 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub/Mahjong-CR 2pm Bocce-Courtyard</p> <p>7pm All Games-CR</p> <p>7pm Music with John Hill -Auditorium</p> 	<p>29</p> <p>10:45am Parashat Hashavua-Ch 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 2pm Lorraine's Hand Class-CC 7pm Pinochle & Bridge-CR</p> <p>7pm Broadway Tunes with Jill Smith-Aud</p>	<p>30 11am Mahjong Lessons-CR</p> <p>11am Rosary-Ch 11am Chair Volleyball-Aud 1pm Chess-CC 1:30pm Brian's Fitness-Aud 2:15pm Pinochle-CR</p> <p>3pm-4pm American Revolution Pt 6 continued -Auditorium</p> <p>7pm All Games-CR</p>	<p>31</p> <p>11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2pm Wii Bowling-Aud</p> <p>7pm All Games-CR</p> <p>7pm Movie-The Monument Men -Auditorium </p>	