

SPECIAL PROGRAMS

THE HONOR GUARD

Tuesdays @ 11am-12pm - Auditorium



Follow the team of the Honor Guard with a behind-the-scenes look at their training and traditions.

BIBLE STUDY - MEN AND WOMEN OF THE BIBLE

Thursdays @ 1pm - Card Room

Thursday afternoon Bible study will continue through mid-July, led by Pearl Albrechtsen beginning May 29th after Jean's series finishes up. Each week, Pearl will focus on different Old or New Testament characters: Adam and Eve; Mary and Martha; Daniel; Mary Magdelene; Ruth and Naomi; Mary, the mother of Jesus; and Joseph (of OT).



MEET THE DIETITIAN, LORA

Thursday, May 1st @ 12pm-1pm - Bistro Fireplace Room

Stop by and meet Lora Hyde, the Coburg dietitian. She'll answer your questions about diet and more.



SOCIAL TEA AND LEE'S RETIREMENT CELEBRATION

Wednesday, May 7th @ 2pm - Auditorium

Join us for a special social tea as we celebrate Lee's (Transportation Director) upcoming retirement.

BEST BITES COOKING CONTEST

Wednesday, May 14th @ 2:30pm - Auditorium



Our chefs will create a signature two-bite appetizer or dessert. Who will be crowned the Best Bit Champion?



Special Services

Massage Therapy Shayne 518-810-3797	Tidy Up & Errands by Leah 518-482-8636
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PT, DPT

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Welcome New Neighbors

Carol Bandy	223
Luanne Harvey	404
Sharlene King	1262
William Schlieder	1225
Charny Tietge	1218



May Special Events

Friday, May 2nd @ 7pm-8pm - Music with Laura Collins - Auditorium

Enjoy a wide variety of songs to sing along to with one of our favorite entertainers.

Saturday, May 3rd @ 5:30pm-7:30pm - Kentucky Derby Watch Party - Auditorium

Join fellow residents and cheer on the Derby. Bring your own snacks and drinks. Complete with a derby hat contest. Run for the roses!!!


Monday, May 5th @ 7pm-8pm - Music with Rockin' Rob Carson - Auditorium

Rock with Rob to oldies and standards while he shows his many talents with several instruments, trivia, and more!!!


Tuesday, May 6th @ 7pm-9:02pm - Movie - We Bought a Zoo (PG 2011) - Auditorium

Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo. Stars Matt Damon & Scarlett Johansson. 


Wednesday, May 7th @ 7pm-9:00pm - Movie - Water for Elephants (PG 13 2011) - Auditorium

Jacob is an animal caretaker in a traveling circus where he meets Marlena. Their shared compassion leads to love. Stars Robert Pattinson & Reese Witherspoon. 

Friday, May 9th @ 7pm-8:49pm - Movie - The Unbreakable Boy (PG 2025) - Aud

A young boy with both a rare brittle-bone disease and autism transforms everyone around him with his joyous, funny, and life-affirming worldview. Stars Zachary Levi, Meghann Fahy, & Jacob Laval. 

Sunday, May 11th @ 4:30pm-6:35pm - Movie - The Stepmom (PG13 1998) - Auditorium

A woman must deal with her ex-husband's new lover, who will be their children's stepmother. Stars Julia Roberts, Susan Sarandon, & Ed Harris. 


Monday, May 12th @ 7pm-8pm - Music with Elieen Mack & Peg Delaney - Auditorium

A little jazz, a little Broadway, and a whole lot of fun. Enjoy a great night with these two ladies of music.

Tuesday, May 13th @ 7pm-8pm - Music with The Winchesters - Auditorium

Two multi-talented guys who mix music, storytelling and humor to make for a grand evening.

Wednesday, May 14th @ 7pm-8:45pm - Movie/Musical - The Greatest Showman (PG 2017) - Auditorium

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Stars Hugh Jackman & Michelle Williams. 

Thursday, May 15th @ 7pm-8pm - Concert with the Songs of Sisterhood - Auditorium

Songs of Sisterhood is a seven-piece all-female band, featuring songs that were composed and performed by great women who were influential in music and social issues in the 20th century.

Monday, May 19th @ 7pm-8pm - Music with The Friendship Singers of Delmar - Aud

These ladies will inspire!! Join them for a night of songs and friendships.

Tuesday, May 20th @ 7pm-8pm - Music with Drew Jacobs - Auditorium

Drew and his "songs to remember" will have you reminiscing.


Wednesday, May 21st @ 2:30pm-3:45pm - Life is a Circus Happy Hour - Auditorium

Join us as we celebrate a circus happy hour. Death defying desserts, wild snacks to tame, and acts beyond belief. Will you be our strong man, bearded lady, or lion tamer?


Thursday, May 22nd @ 7pm-8pm - Game Night - Holiday Mascot Races with Tracey & Rick - Auditorium

Bet on your favorite holiday mascot and see if you come out a winner. Complete with bad jokes and funny stories.


Friday, May 23rd @ 7pm-9:00pm - Movie - Life List (PG 13 2025) - Auditorium

A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey. Stars Sofia Carson & Kyle Allen. 


Sunday, May 25th @ 4:30pm-6:35pm - Movie - Red Tail (PG13 2012) - Auditorium

A crew of African American pilots in the Tuskegee training program, having faced segregation while kept mostly on the ground during World War II, are called into duty under the guidance of Col. A.J. Bullard. Staring Cuba Gooding, Jr. 

Tuesday, May 27th @7 pm-8:26pm - Movie - The Golden Voice (PG 2025) - Auditorium

A young street singer and a homeless veteran remedy dark times through friendship and music. Stars Nick Nolte & Dharon Jones. 

Wednesday, May 28th @7pm-8pm - Music with Keanen & Orion - Auditorium

These guys cover it all!!! Folk, oldies, country...sounds you'll sing along to! 

Thursday, May 29th @7pm-8:34pm - Movie - Arthur's Whiskey (PG 2025) - Auditorium

Three elderly ladies drink a whisky that makes them younger. Stars Ossian Perret & Patricia Hodge.


Friday, May 30th @7pm-8:38pm - Movie - Last Breath (PG13 2025) - Auditorium

A true story that follows seasoned deep-sea divers as they battle the raging elements to rescue their crew mate trapped hundreds of feet below the ocean's surface. Stars Woody Harrelson.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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 

Colonie Center Mall Trip
 Friday, May 16th
 9:30am -12:15pm
 Register by 5/14 8 Residents
 form in mail room Must be signed up and attend 

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)

1
 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 Meet the Dietitian, Lora-Bistro
 12pm Chair Volleyball-Aud
 1pm Bible Study-CR
 1:30pm Brian's Fitness-Aud
 3pm Choraliers-Ch
 7pm All Games-CR
7pm Resident Association Meeting-Aud

2
POOL CLOSSES AT 12:30PM
 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
3pm Meditation with Carolynne-CC
 7pm All Games-CR
7pm Music with Laura Collins-Aud



3
5:30pm-7:30pm

Party -Auditorium
 7pm All Games-CR

4
 10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch
 2pm Resident Bingo -CR


5
 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
2pm Mind Fitness-CC
 7pm All Games-CR
7pm Music with Rob Carson-Aud

6
11am-12pm Documentary-Honor Guard-Caisson-Aud
 12:30pm Brian's Water Aerobics
 1-3pm Sewing Together-CC
 1:30pm Brian's Fitness-Aud
 2pm Rummikub-CR
 2:30pm Cornhole-Aud
 7pm All Games-CR
7pm Movie-We Bought a Zoo-Aud










7
 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
 No 1:30pm Lorraine's Sit & Fit-
2pm Social Tea & Lee's Retirement -Aud
 NO 2pm Lorraine's Hand Class
 NO 2pm Village Ringers-Ch
 7pm Pinochle & Bridge-CR
7pm Movie-Water For Elephants-Aud

8
 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
 1pm Bible Study-CR
 1:30pm Brian's Fitness-Aud
 2:30pm Book Club-CR
 3pm Choraliers-Ch
 7pm All Games-CR

9
POOL CLOSSES AT 12:30PM
11am Conversations w/ Rabbi Amiel-Ch
 11am Ball w/ Lorraine-Aud
 12pm Lorraine's Hand Class-CC
1pm-3pm Plant Sale Green House
 1pm Bridge-CR
 1:30pm Lorraine's Sit & Fit-Aud
 2:15pm Wii Bowling-Aud
3pm Meditation with Carolynne-CC
 7pm All Games-CR

7pm Movie-The Unbreakable Boy-Aud

10
 7pm All Games-CR

<p>11 Sun</p>  <p>10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch</p> <p>NO 2pm Resident Bingo</p> <p>4:30pm Movie-The Stepmom-Aud</p>	<p>12 Mon</p> <p>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</p> <p>3pm Parkinson's Group-CC</p> <p>7pm All Games-CR</p> <p>7pm Music with Eileen Mack & Peg Delaney-Aud</p>	<p>13 Tues</p> <p>11am-12:07pm Documentary -Honor Guard-The Regiment-Aud</p> <p>11am Methodist Service-Ch 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud NO 2pm Rummikub-CR 2pm Recreational Writers-CR 2pm Bocce-CY 7pm All Games-CR</p> <p>7pm The Young Winchesters-Aud</p>	<p>14 Wed</p> <p>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 Village Ringers-Ch 2pm Lorraine's Hand Class-CC 2:30pm BEST BITE'S Cooking Contest-Aud 7pm Movie-The Greatest Showman-Aud </p>	<p>15 Thurs</p> <p>10am Val's Drumfit-Aud 10:25am Val's Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-Ch 1:30pm Brian's Fitness-Aud 2:15pm Catholic/Prayer Service w/ St. Mary's-Ch 3pm Choraliers-Ch 7pm All Games-CR</p> <p>7pm Concert with Songs of Sisterhood-Aud</p>	<p>16 Fri</p> <p>POOL CLOSSES AT 12:30PM 9:30am -12:15pm Colonie Center-Registration required. Form available in the mailroom.</p> <p>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</p> <p>3pm Meditation with Carolynne-CC</p> <p>7pm All Games-CR</p>	<p>17 Sat</p> <p>10am Line Dancing with Cheri-Aud</p> <p>7pm All Games-CR</p> 
<p>18</p> <p>10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch</p> <p>2pm Resident Bingo-CR</p> 	<p>19</p> <p>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 2pm Buddy Committee-CCR 2pm Mind Fitness-CC</p> <p>7pm All Games-CR</p> <p>7pm Music with The Friendship Singers-Aud</p>	<p>20</p> <p>11am-12:05pm Documentary -Honor Guard-Drill Team-Aud</p> <p>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2pm Bocce-CY 7pm All Games-CR</p> <p>7pm Music with Drew Jacobs-Aud</p>	<p>21</p> <p>NO Fitness Classes Today</p> <p>12pm Episcopal Service-Ch 1-3pm Knitting/Crocheting-CR 2pm Village Ringers-Ch</p> <p>2:30pm-3:45pm Life's a Circus Happy Hour -Aud</p> <p>7pm Pinochle & Bridge-CR</p>	<p>22</p> <p>10am Val's Drumfit-Aud 10:25am Val's Low Impact -Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 1:30pm Dining Committee-CC 3pm Choraliers-Ch 7pm All Games-CR</p> <p>7pm Holiday Mascot Races-Aud </p>	<p>23</p> <p>POOL CLOSSES 12:30PM</p> <p>11am Shabbat Service w/ Rabbi Amiel-Ch</p> <p>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</p> <p>3pm Meditation with Carolynne-CC</p> <p>7pm All Games-CR</p> <p>7pm Movie-Life List-Aud  </p>	<p>24</p>  <p>7pm All Games-CR</p>
<p>25</p> <p>10:30am Christian Non-Denominational Worship with Communion Pastor Singh-Ch</p> <p>2pm Resident Bingo-CR</p> <p>4:30pm Movie-Red Tails-Aud</p>	<p>26</p>  <p>MEMORIAL DAY HONORING ALL WHO SERVED</p> <p>1:30pm Canasta-CR 7pm All Games-CR</p>	<p>27 11am-12:05pm Documentary-Honor Guard-Drill Team-Aud</p> <p>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 2pm Bocce-CY 7pm All Games-CR</p> <p>7pm Movie-The Golden Voice -Aud  </p>	<p>28</p> <p>10:45am Parashat Hashavua-Ch 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 No 2pm Village Ringers-Ch 7pm Pinochle & Bridge-CR</p> <p>7pm Music with Keanen & Orion-Aud</p>	<p>29</p> <p>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 1pm Bible Study w/ Pearl-CR 1:30pm Brian's Fitness-Aud 2pm Blood Pressure Clinic-RT 3pm Choraliers-Ch 7pm All Games-CR</p> <p>7pm Movie-Arthur's Whiskey-Aud</p>	<p>30</p> <p>POOL CLOSSES 12:30PM</p> <p>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</p> <p>3pm Meditation with Carolynne-CC</p> <p>7pm All Games-CR</p> <p>7pm Movie-Last Breath-Aud </p>	<p>31</p>  <p>7pm All Games-CR</p>