



# May 2009



<b>The Commodore Dinner Hours</b> Mon- Sat: 4:30pm - 7pm Sunday: 12 -3pm	<b>Corner Cupboard Hours</b> Mon - Sat: 8:30am - 2 pm Mon - Fri: 5pm - 7pm	<b>The Adirondack Trust Company</b> Mon- Fri: 9am - 2pm 587-7757	<b>Transportation Schedule</b> Daily: 8am - 4pm	<b>Key</b> AR- Art Room CPPL- C.P. Penfield Library CC- Corner Cupboard TP- The Piazza BR- Billiards Room MCH- Morrissey's Club House CH- Congress Hall BC- Briggs Cafe BP- Briggs Parlor PS- Physician's Suite TC- The Commodore		
<b>Every Sunday</b> 12-3pm Sunday Buffet (TC) 7:30pm Movie (CH)	<b>Every Monday</b> 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 1 pm Price Chopper (RSVP) 2 pm Tai Chi (CH) 3 pm Poker (CH) 7:30 pm Foreign Film (CH)	<b>Every Tuesday</b> 10:30am Low Impact Aerobics (CH) 11:45am Yoga (CH) 11:55 am Hannaford Bus 2 pm Bridge (MCH) 2 pm Billiards(BR) 7:30pm Bingo (CH)	<b>Every Wednesday</b> 9 am Post Office Shuttle (RSVP) 11:30 am Stretch Aerobics (CH) 1 pm Pharmacy Shuttle (RSVP)	<b>Every Thursday</b> 1-5 pm Doctores are in by Appointment ONLY 2 pm Billiards (MCH) 7 pm Intermediate Bridge (MCH)	<b>Every Friday</b> 10 am Library Shuttle (RSVP) 1 pm Price Chopper Shuttle (RSVP) 3:30 pm Music on the Piazza 4 pm Director's Social (TP)	<b>Every Saturday</b> 10 am Women's Breakfast Club (CC) 10 am Racino (RSVP) 11 am Wilton Mall/ Walmart (RSVP) 7:30 pm Movie (CH) 8 pm Billiards (MCH)
<b>Hair Salon</b> 584-7708	<b>Julia Malin, MD</b> <b>Vincent Myers Jr, MD</b> 584-5331	<b>Spa Physical Therapy</b> 587-0637 	Please Clean out your toaster at least once a month and DO NOT store things in or on your Stove!	<b>Communication Desk</b> 584-2074	1 2 pm Horse Racing (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP) 6:45 pm Organized Rhythm (RSVP)	2 10 am Women's Breakfast Club (CC) 5 pm Kentucky Derby Party (CH) 7:30 pm Movie: The Women (CH) 
3 1:15 pm Enchanted April at the Spa Little Theater (RSVP) 7:30 pm Movie: Because I Said So	4 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 6 pm Broadway Bus (RSVP) 7:30 pm Movie: Tell No One (CH)	5 <b>Cinco De Mayo</b> 10:30am Low Impact Aerobics 11:45am Yoga (CH) 2 pm ALL will be using Congress Hall 3:30 pm Cinco De Mayo Party (TP) 7:30pm Bingo (CH)	6 11:30 am Stretch Aerobics(CH) 1:30 Resident Council Meeting (CH) 4:30 pm Music by Ody (TP) 7:30 pm Book Chat Club (CH)	7 11:15 am Coffee/ Tea and Crumpets (RSVP) 6 pm Tribute to the King (RSVP) 2 pm Billiards (MCH) 	8 2 pm Horse Racing (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP)	9 10 am Women's Breakfast Club (CC) 10 am Albany Tulip Fest (RSVP) 7:30 pm Movie: Purple Violet (CH)
10  7:30 pm Movie: Twilight	11 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 2 pm Driving Range/ Mini Golf 6:30 pm Chamber Benefit Concert(RSVP) 7:30 pm Movie: Sweet Land(CH)	12 10:30am Low Impact Aerobics 11:45am Yoga (CH) 2 pm ALL will be using Congress Hall 7:30pm Bingo (CH)	13 11:30 am Stretch Aerobics (CH) 2 pm Bowling (RSVP) 6:15 pm Memorial Concert Band of Colonie (RSVP)	14 12 noon Lunch Bunch at Lake Ridge (RSVP) 2 pm Billiards (MCH)	15 <b>National Chocolate Chip Cookie Day</b> 10:30 am Blood Pressure Clinic (Enclave) 2 pm Horse Racing (CH) 5pm Dinner Bunch at Sabina's Wood Fired Restaurant (RSVP)	16 <b>Armed Forces Day</b> 10 am Women's Breakfast Club (CC) 1 pm Racing City Chorus (RSVP) 7:30 pm Movie: W. (CH)
17 5:30 pm Poetry Reading (CPPL) 7:30 pm Movie: The Quest (CH)	18 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 4 pm Contemporary Affairs Discussion Group (CPPL) 6 pm Broadway Bus (RSVP) 7:30 pm Movie: Once (C) 	19 10:30am Low Impact Aerobics 11:45am Yoga (CH) 2 pm ALL will be using Congress Hall 2:30 pm Hearing Aid Cleaning (ART) 7:30pm Bingo (CH)	20 11:30 am Stretch Aerobics (CH) 3 pm Farmers Market (RSVP)	21 2 pm Billiards (MCH) 6 pm Memorial Day Parade 	22 <b>National Vanilla Pudding Day</b> 2 pm Horse Racing (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP)	23 10 am Women's Breakfast Club (CC) 7:30 pm Movie: Network (CH)
24 7:30 pm Movie: The Bank Dick (CH)	25 <b>Memorial Day</b> Administrative Offices Closed Memorial Day Buffet 12-3 in the Commodore	26 10:30am Low Impact Aerobics 11:45am Yoga (CH) 2 pm ALL will be using Congress Hall 7:30pm Bingo (CH)	27 11:30 am Stretch Aerobics (CH) 2 pm Birthday Social (TP) 3 pm Farmers Market (RSVP)	28 10:30 am New Resident Breakfast (CC) 12 noon Lunch Bunch at Lakeside Farms (RSVP) 2 pm Billiards (MCH)	29 2 pm Horse Racing (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP) 4:30 pm Dinner Bunch at Filet7West (RSVP)	30 10 am Women's Breakfast Club (CC) 7:30 pm Movie: Mr. Hollands Opus (CH)
31 7:30 pm Movie: Ulee's Gold (CH)	7:30 pm Movie: Ordinary People (CH) 					

Please See Kellie with questions and to sign up for trips!