

# July 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>Hair Salon</b> <b>584-7708</b>	<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)
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Julia Malin, MD</b>  <b>Vincent Myers Jr, MD</b>  <b>584-5331</b> </div>	<b>Please Clean out your toaster at least once a month and DO NOT store things in or on your Stove!</b>	<b>Communication Desk</b> <b>584-2074</b>	1 11:30 am Stretch Aerobics(CH) 1:30 Resident Council Meeting (CH) 3:30 pm Horse Racing (CH)	2 10 am Strawberry Picking at Hand Melon Farm (RSVP)  2 pm Billiards (MCH)	3 12 noon Sanctioned Duplicate Bridge Game (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP)	4 <b>Independence Day</b>  10 am Women's Breakfast Club (CC) 7:30 pm Movie: The Vanishing (CH)
5  7:30 pm Movie: The Grocer's Son (CH)	6 <b>Aerobics CANCELLED</b> 10am Men's Breakfast (CC) 5:15 pm Circus Smirkus (RSVP) 7:30 pm Movie: The Last Castle (CH)	7 10:30am Low Impact Aerobics ( <b>CANCELLED</b> ) 11:45am Yoga (CH) 7:30pm Bingo (CH)	8 <b>Ice Cream Sundae invented (1881)</b> <b>Aerobics CANCELLED</b> 2 pm Make your Own Sundae (Gazebo) 4:30 pm Dinner Bunch at The Grist Mill (RSVP) 3:30 pm Horse Racing (CH)	9 10 am Blue Mountain Lake Museum (RSVP) 2 pm Billiards (MCH)	10 12 noon Sanctioned Duplicate Bridge Game (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP) 6 pm Upbeat on the Roof (RSVP)	11 9 am Farmer's Market (RSVP) 10 am Women's Breakfast Club (CC) 12:15 pm Eleanor Roosevelt's New Deal (RSVP) 7:30 pm Movie: Frozen River (CH)
12 11 am Soroptimist Garden Tour (RSVP) 7:30 pm Movie: Marley & Me (CH)	13 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 7:15 pm Fiction & Poetry Reading at Skidmore (RSVP) 7:30 pm Movie: Rumor Has It (CH)	14 10:30am Low Impact Aerobics 11 am Saratoga County Fair (RSVP) 11:45am Yoga (CH) 2:30 pm Hearing Aid Cleaning (ART) 7:30pm Bingo (CH) <b>Cancelled</b>	15 <b>Gummi Worm Day</b> 10 am Blueberry Picking (RSVP) 11:30 am Stretch Aerobics (CH) 3:30 pm Horse Racing (CH)	16 11 am Sidewalk Sales on Broadway & Lunch (RSVP) 2 pm Billiards (MCH)	17 12 noon Sanctioned Duplicate Bridge Game (CH) 10:30 am Blood Pressure Clinic (Enclave) 6 pm Upbeat on the Roof (RSVP)	18 <b>Coppelia at SPAC</b> 9 am Farmer's Market (RSVP) 10 am Women's Breakfast Club (CC) 7:30 pm Movie: God Grew Tired of Us (CH)
19 5:30 pm Poetry Reading (CPPL)  7:30 pm Movie: Hotel Rwanda (CH)	20 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 4 pm Contemporary Affairs Discussion Group (CPPL) 7:15 pm Mark Morris Dance Co. (RSVP) 7:30 pm Movie: Lawrence of Arabia	21 10:30am Low Impact Aerobics (CH) 11:45am Yoga (CH) 7:15 pm Play titled "Diaghilev" at Skidmore (RSVP) 7:30pm Bingo (CH)	22 11:30 am Stretch Aerobics (CH) 11:30 am Albany Aqua Duck Tour (RSVP) 3:30 pm Horse Racing (CH)	23 <b>National Vanilla Ice Cream Day</b> 12 noon Lunch Bunch at Cracker Barrel (RSVP) 2 pm Billiards (MCH)	24 12 noon Sanctioned Duplicate Bridge Game (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP) 6 pm Upbeat on the Roof (RSVP)	25 9 am Farmer's Market (RSVP) 10 am Women's Breakfast Club (CC) 7:30 pm Movie: The Color Purple (CH)
26 7:30 pm Movie: Driving Miss Daisy (CH)	27 10am Men's Breakfast (CC) 10:30am Floor Aerobics (CH) 11:30 am Stretch Aerobics (CH) 7:30 pm Movie: In The Shadow of the Moon (CH)	28 10 am Craft Fair in Congress Park (RSVP) 11:45am Yoga (CH) 7pm History of Thoroughbred Racing in SS at the library (RSVP) 7:30pm Bingo (CH)	29 <b>National Lasagna Day!</b> 11:30 am Stretch Aerobics (CH) 2 pm Birthday Social (TP) 3:30 pm Horse Racing (CH)	30 10:30 am New Resident Breakfast (CC) 2 pm Billiards (MCH) 4:30 pm Dinner Bunch at Jack's Bistro (RSVP)	31 12 noon Sanctioned Duplicate Bridge Game (CH) 3:30 pm Music on the Piazza 4 pm Director's Social (TP) 6 pm Upbeat on the Roof (RSVP) 7 pm Broadway Hats Off! (RSVP)	<div style="text-align: center;"> <b>Spa Physical Therapy</b>  <b>587-0637</b> </div>

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