


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tisha B'Av 1 10:00am Gentle Stretching (AR) 10:30am Tisha B'Av program in the Shul at DOS 3:30pm Afternoon Stroll Outside HAPPY BIRTHDAY DR. ANN	2 10:00am Gentle Chair Yoga with Noreen (AR) 11:00am Beach Ball Blast (AR) 1:30pm Pet Visits with Abigail (L) 2:30pm Current Events (AR) 4:30pm Happy Half Hour (BP) 6:30pm 2 Broads with Alotta Sound (L)	3 10:00am Exercise (AR) <i>10:45am Library Outing</i> 10:30am Art with Amy & Judy (AR) 2:30pm Bingo (AR) 4:00pm Short Stories (AR) 6:30pm Arnie Adler: Jews in the News (AR)	4 10:00am Exercise (AR) <i>11:30am Lunch Outing Ben and Bill's</i> 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Guggenheim Word Game with Sharon	5 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR)
6 10:00am Exercise Video (AR) 11:00am Protestant Service DOS-BTS 3:00pm The Adirondack Baroque Consort (L) HAPPY BIRTHDAY BEVERLY E.	7 10:00am Chair Dancing with Shirley (AR) 10:45am Resident Meeting (AR) <i>1:30pm Target Outing</i> 3:30pm Word Challenge and Cold Drinks on the Patio 6:30pm John Hill (L)	8 10:00am Exercise (AR) 10:45am Reading Group (FFEL) 2:00pm "To Life" with Richard Feldman (AR) 3:30pm The Wisdom of Curiosity (AR) 6:30pm Richie Philips (L)	9 8:00am Breakfast on the Patio 10:00am Exercise (AR) <i>10:00am Albany Institute of History and Art - Erie Canal</i> 2:30pm Current Events (AR) 4:00pm Maritnis and Massages 6:30pm Cantor Bob Cohen (L)	10 10:00am Exercise (AR) 11:00am Poetry with Diane Koenig (AR) 2:00pm Albany JCC Chorale (L) 2:30pm Catholic Mass - DOS-BTS 3:30pm Bingo (AR) 6:30pm Short Stories (L)	11 10:00am Exercise (AR) 10:30am Yiddish Club (AR) 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Words in a Word with Sharon	12 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR)
13 10:00am Exercise Video (AR) 11:00am Communion Service DOS-BTS 2:30pm Carla Page (L) HAPPY BIRTHDAY HAL R.	14 10:00am Chair Dancing with Shirley (AR) 10:45am Making Fancy Hats (AR) <i>2:00pm Balance Evolution (AR)</i> 3:30pm Jeopardy w/Sharon (AR) 6:30pm Joe Gorman (L)	15 10:00am Exercise (AR) 10:45am Reading Group (FFEL) 2:00pm "To Life" with Richard Feldman (AR) 3:30pm The Wisdom of Curiosity (AR) 6:30pm Tony Toscano (L)	16 10:00am Gentle Chair Yoga 10:45am Sunshine Committee (FFEL) 1:30pm Pet Visits with Abigail 2:30pm Current Events (AR) 5:00pm Harpe' Diem Dinner with Elizabeth Huntly on Harp.	17 10:00am Exercise (AR) 10:45am Allison 's Corner (AR) 2:00pm RCHS: Wild Women of Rensselaer County (AR) 3:30pm Bingo (AR) 6:30pm Arnie Adler: Jews in the News (AR)	18 10:00am Exercise (AR) 10:30am Reading Group (FFEL) <i>11:30am Lunch Outing Capital City Diner</i> 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Fancy Hat Judging Contest (L)	19 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR)
Saratoga Week 20 10:00am Exercise Video (AR) 11:00am Rosary DOS-BTS 2:30pm Kleiner Klezmer Orchestra with Dave Lambert	21 10:00am Chair Dancing with Shirley (AR) 11:00am Opening Day Brunch on the Patio <i>2:00pm Balance Check-Up (AR)</i> 4:00pm Left, Right, Center(CK) 6:30pm Arnie Seim (L)	22 10:00am Exercise (AR) 10:45am Reading Group (FFEL) 2:00pm "To Life" with Richard Feldman(AR) 3:30pm Science for Seniors with Christine's Daughter Kaity 6:30pm Tony Schettino (L)	23 8:00am Breakfast on the Patio 10:00am Gentle Chair Yoga with Noreen (AR) 10:45am The Horse Race Game (AR) 2:30pm Current Events (AR) <i>5:00pm Dinner and a Movie (AR)</i>	Race Day 24 10:00am Exercise (AR) <i>2:00pm Derby Day on the Front Patio</i> 3:00pm Ice Cream on the Front Patio 6:30pm Bob Marcello (L)	25 10:00am Exercise (AR) 10:30am Yiddish Club (AR) 1:30pm Parsha with Dr. Ann 2:30pm Shul at DOS 3:45pm Name that Tune (L)	26 10:00am Synagogue at DOS 2:00pm Saturday Matinee' (AR)
27 10:00am Exercise Video (AR) 11:00am Protestant Service DOS-BTS 2:30pm Brian Zappel (L)	28 10:00am Chair Dancing with Shirley (AR) 10:45am Dining Committee (PDR) <i>2:00pm Balance & Gait (AR)</i> 3:30pm Birthday Party with Bev Oudt (L) 4:00pm Who, What Am I? (L) 6:30pm Movie (AR)	29 10:00am Exercise (AR) 10:45am Reading Group (FFEL) <i>1:30pm Walgreens Outing</i> 3:30pm Discussion with Rabbi Beverly (AR) 6:30pm Tom Hooker Hannaford (L)	30 10:00am Exercise (AR) 10:45am Nutrition Chat (AR) 1:30pm Pet Visits with Abigail (L) 2:30pm Current Events (AR) 4:30pm Happy Half Hour (BP) 6:30pm Cello Quartet (L)	31 10:00am Exercise (AR) 10:45am What A Shame Game (AR) 2:30pm Luau Bingo Party (P) 6:30pm Finish Lines (L)	P= Back Patio, L= Lobby, FFEL= First Floor East Lounge, AR= Activities Room, CK= Country Kitchen, PDR= Private Dining Room, FP= Front Patio, DOS= Daughters of Sarah, BTS= Behind the Shul	