

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>All programs subject to change without prior notice, Check front desk daily for any changes.</b></p>	<p>10:00am Exercise (AR) <b>1</b>            10:45am Dining Committee Meeting (PDR)  <b>2:00pm "To Life" with Richard Feldman (AR)</b>            3:30pm Walkers Group            6:30pm "Top 10 Song Writers" with Richie Phillips (AR)  <small>May Day</small></p>	<p>10:00am Exercise (AR) <b>2</b>  <small>10:45am</small>  <i>Seniors Day at Walgreens</i>            2:30pm April/May Birthday Party with Bev Oudt            4:00pm "The Wisdom of Gratitude" with Lauren (AR)            6:30 Movie (AR)</p>	<p>9:30am Gentle Chair Yoga with Noreen (AR) <b>3</b>  <b>10:30am "Teveye the Dairyman" with Rabbi Cashman (AR)</b>            2:00pm Current Events (AR)            3:30pm Walkers Group            4:30pm Happy Hour (L)            6:30pm 2 Broads with Alotta Sound (L)</p>	<p>10:00am Exercise (AR) <b>4</b>  <small>10:45am</small>  <i>Library Outing</i>            2:00pm Bingo (AR)            3:15pm Knitting and Crocheting Group (CK)            6:30 John Hill Sings and Plays Guitar (L)</p>	<p>9:30am Exercise (AR) <b>5</b>            10:30am Farewell To Morgan (AR)            1:30pm Parsha with Dr. Ann (FFEL)            2:30pm Shul at DOS            3:30pm Musical Finish Lines (L)  <small>Cinco de Mayo</small></p>	<p><b>Happy Birthday Adrienne R. 6</b>            10:00am Synagogue at DOS            2:00pm Saturday Matinee' (AR)</p>	
	<p><b>7</b>            10:00am Exercise Video (AR)            2:30pm Jeff Gonzales (L)</p>	<p><b>8</b>            10:00am Exercise (AR)  <b>2:00pm "To Life" with Richard Feldman (AR)</b>            2:00pm "To Life" with Richard Feldman (AR)            3:30pm Walking Group            6:30pm Harp Stories with Bonnie Epstein (L)</p>	<p><b>9</b>  <b>Happy Birthday Blanche and Ruth M.</b>            10:00am Exercise (AR)            10:30 Reading Group (FFEL)  <small>11:00am Troy Music Theater</small>  <i>Lunch Concert</i>            3:30pm Rabbi Beverly (AR)            6:30pm Fun &amp; Games with Brownie Troop 112</p>	<p><b>10</b>            9:30am Gentle Chair Yoga with Noreen (AR)  <b>10:30am "Teveye the Dairyman" with Rabbi Cashman (AR)</b>            2:00pm Current Events (AR)            3:30pm Walking Group            4:30pm Happy Hour (L)            6:30pm Guy Tonno (L)</p>	<p><b>11</b>            10:00am Exercise (AR)            10:30am Art with Amy &amp; Judy (AR)            2:00pm Bingo (AR)            3:15pm Knitting and Crocheting Group (CK)            4:00pm You Be the Judge (L)</p>	<p><b>12</b>            10:00am Exercise Video (AR)  <small>10:00am - 3:00pm</small>  <i>Rivers Casino Trip</i>            1:30pm Parsha with Dr. Ann (FFEL)            2:30pm Shul at DOS            3:30pm Shabbat Stories with Sharon (L)</p>	<p><b>13</b>            10:00am Synagogue at DOS            2:00pm Saturday Matinee' (AR)</p>
	<p><b>14</b>            10:00am Exercise Video (AR)            2:30 Leo Milman (L)  <b>HAPPY MOTHER'S DAY!!</b>  <small>Mother's Day</small></p>	<p><b>15</b>            10:00am Exercise (AR)  <small>10:30am</small>  <i>Tour of the Tulips in Washington Park</i>  <b>2:00pm "To Life" with Richard Feldman (AR)</b>            3:30pm Walking Group            6:30pm Arnie Seim on the Piano (L)</p>	<p><b>16</b>            10:00am Exercise (AR)            10:30 Reading Group (FFEL)            2:30pm Friendship Singers (L)            4:00pm "The Wisdom of Gratitude" with Lauren (AR)</p>	<p><b>17</b>            9:30am Gentle Chair Yoga with Noreen (AR)  <b>10:30am "Teveye the Dairyman" with Rabbi Cashman (AR)</b>            2:00pm Current Events (AR)            3:30pm Walking Group            4:30pm Happy Hour (L)            6:30 "Lighthouses" with Marvin Bubie (AR)</p>	<p><b>18</b>            10:00am Exercise Video (AR)            10:45am Sunshine Committee Meeting (FFEL)            2:00pm Bingo (AR)            3:15pm Knitting and Crocheting Group (CK)  <small>4:00pm</small>  <i>Dinner Outing to Longfellow's in Saratoga Springs</i></p>	<p><b>19</b>            10:00am Exercise (AR)            10:30am Yiddish Club (AR)            1:30pm Parsha with Dr. Ann (FFEL)            2:30pm Shul at DOS            3:30pm Shabbat Stories with Sharon (L)  <small>Armed Forces Day</small></p>	<p><b>20</b>            10:00am Synagogue at DOS            2:00pm Saturday Matinee' (AR)</p>
	<p><b>21</b>            10:00am Exercise Video (AR)            2:30pm Tony Toscano &amp; Alex (L)</p>	<p><b>22</b>            10:00am Chair Dancing with Shirley Goodman (AR)  <small>10:45am</small>  <i>Dollar Store and Price Chopper Outing</i>  <b>2:00pm "To Life" with Richard Feldman (AR)</b>            3:30pm Walking Group            6:30pm Randy Rosette (L)</p>	<p><b>23</b>            10:00am Exercise (AR)            10:30 Reading Group (FFEL)            2:30pm Donny "Elvis" Romines (L)            4:00pm "The Wisdom of Gratitude" with Lauren (AR)</p>	<p><b>24</b>            9:30am Exercise (AR)  <b>10:30am "Teveye the Dairyman" with Rabbi Cashman (AR)</b>            1:30pm Pet Visits with Abigail (L)            2:00pm Current Events (AR)            3:30pm Walking Group            4:30pm Happy Hour (L)            5:00pm Dinner and a Movie</p>	<p><b>25</b>            10:00am Exercise Video (AR)  <small>10:15 Live and Learn Lunch</small>  <i>Lecture at the AJCC (L)</i>            2:30pm The Amazing David Lawrence (L)            3:45pm Knitting and Crocheting Group (CK)            6:30pm Bob Marcello (L)</p>	<p><b>26</b>            10:00am Exercise (AR)            10:30am Nutrition Chat with Sarah Griffin (AR)            1:30pm Parsha with Dr. Ann (FFEL)            2:30pm Shul at DOS            3:30pm Paula Performs (L)  <small>First Day of Ramadan</small></p>	<p><b>27</b>            10:00am Synagogue at DOS            2:00pm Saturday Matinee' (AR)</p>
	<p><b>28</b>            10:00am Exercise Video (AR)            2:30pm Cantor Bob Cohen (L)</p>	<p><b>29</b>            10:00am Chair Dancing with Shirley Goodman (AR)            2:30pm Josh Wein (L)            ENJOY YOUR MEMORIAL DAY, WE ARE THE LAND OF THE FREE BECAUSE OF THE BRAVE!</p>	<p><b>30</b>            9:45am Shul at DOS            2:00pm Cheesecake Bar (L)            4:00pm "The Wisdom of Gratitude" with Lauren (AR)  <b>Shavuot Begins at Sundown</b></p>	<p><b>31</b>            9:45am Shul at DOS            2:30pm Current Events (AR)            3:30pm Lemonade on the Patio  <b>First Day of Shavuot</b>  <small>First Day of Shavuot</small></p>	<p><b>May 2017</b>  <b>The Massry Residence</b></p>		