





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Library Committee 12pm-ClS</b> <b>Finance Review Comm. 1p - AS</b> Hearts Players - 1-4 pm GR Mah Jongg 1pm - <u>4th Fl C Lounge</u> Dulcimers 1 pm PAC Women's Tea - 2pm - Cls <b>Jazz Pioneers Concert 7:00pm</b> <b>IL Courtyard</b>	<b>2 Dining Committee 10am Cls</b> Update w/ Michelle 12:15 WPTV Social Bridge 12:30-3m - GR Caregiver Support Group 1p CR Short Story Group I - 3:30pm - Cls Yarn Mavens - 3pm AS Loss in Literature - 4pm CR Re-air Michelle's Update 4&8p Book Group 7pm Cls	<b>3</b> Brainteasers 10am - AS <b>Physical Plant Comm. 10am - Cls</b> Spanish Chat 11:15 - AS Canasta - 1-4pm - GR Woodland Hikers Campus Walk <u>1pm</u> - Lobby Eng. Country Dance 3pm AS Current Events 4 p.m. - Cls Prayer Group 4pm IMR Old Time Radio Shows 8p WPTV	<b>4 Independence Day</b> Catholic Mass 11:15 PAC Social Bridge 12:30- pm GR Dulcimers 3:30pm - PAC <b>Independence Day BBQ/3 seatings</b> Thursday @ the Movies 7pm PAC	<b>5</b> Scrabble 10:30am GR <b>Kingston Shopping Depart 11 am</b> Pinochle - 1 pm - GR Mah Jongg 1pm - AS Folk Singing Group 2pm Courtyard Simple Melodies 3p PAC Shalom Space 4pm PAC Classic Movie - 7 pm - PAC	<b>6</b> New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR Hearts Players 12:30-4pm GR Canasta 1pm GR Table Games 2 p.m. AS Movie Matinee - 2pm PAC Evening Movie 7pm PAC
<b>7</b> Church Rides Depart 9 a.m. Picture Book Nook - 1-2p Library Sunday Matinee 2pm - PAC <b>Concert at the Maverick - Depart 2:45 p.m.</b> Evening Movie 7pm - PAC Old Time Radio Shows 7pm WPTV	<b>8</b> Watercolor Class 10am AS Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers <u>12:45 pm</u> PAC Women's Tea Talk 2 pm - <u>PAC</u> Table Games 7:15pm - Cls	<b>9 Wave Hill Gardens Trip Depart 9:15</b> Scrapbooking Project 10-11:45 GR <b>Welcome Comm 11am - AS</b> Update w/Michelle 12:15 WPTV Social Bridge 12:30 pm - GR Handbells 1pm - AS Birthday Party 2pm - Cls Short Story Group II - 3:30p - Cls Re-air Michelle's Update 4p/8p	<b>10</b> Scrapbooking Proj 10-11:45 GR Brainteasers 10am - AS Philosophy Circle 11am CR Spanish Chat 11:15 - AS Canasta - 1-4pm - GR Duplicate Bridge 1p 4th C Lounge <b>Landscape Committee 2pm CR</b> <b>LYRA Fest Concert 3pm PAC</b> Current Events 4 p.m. - Cls Prayer Group 4pm IMR Old Time Radio Shows 8p WPTV	<b>11</b> Scrapbooking Proj 10-11:45 GR Social Bridge 12:30pm GR Playreaders I - at 2:30 AS Dulcimers 3:30pm - PAC Comp. Happy Hr 3:30 Pub/GR Playreaders II 4:15 pm - AS Thursday @ the Movies 7pm PAC Chess Players 7pm GR	<b>12MH &amp; Wellness Comm 10a AS</b> Scrabble 10:30am GR <b>Lunch Outing to Rosendale Depart 11:30</b> Pinochle - 1pm - GR Mah Jongg 1pm - AS Simple Melodies 3pm PAC Shalom Space 4pm PAC Opera Night 7:15 pm - PAC	<b>13</b> New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR 2nd Sat. with Pastor Lyn 10am HC Hearts Players 12:30-4pm GR Canasta 1pm GR Table Games 2 p.m. AS Movie Matinee - 2pm PAC Evening Movie 7pm PAC
<b>14</b> Church Rides Depart 9 a.m. Sunday Matinee 2pm - PAC Evening Movie 7pm - PAC Old Time Radio Shows 7pm WPTV	<b>15</b> Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1pm PAC Women's Tea 2pm - Cls <b>Tree of Faith – Bibliodrama 2pm PAC</b> Table Games 7:15pm - Cls <b>Wanderlust Rhythms with Peter Brown - 7:30 pm - PAC</b>	<b>16</b> Scrapbooking Proj 10-11:45 GR Meditation Group 11am AS Michelle's Update 12:15p WPTV Social Bridge 12:30 pm - GR Handbells - 1 pm - AS <b>Land Conserv Program 2p PAC</b> Yarn Mavens- 3pm AS Short Story Group I-3:30pm - Cls Re-air Michelle's Update 4p/8p iPhone Camera Club 7pm Cls	<b>17</b> Scrapbooking Proj 10-11:45 GR Brainteasers 10am - AS <b>Benefit Fund Comm. 10am - CR</b> Spanish Chat 11:15 AS <b>Lunch Outing Gunk Haus 11:30</b> Canasta - 1-4pm - GR Duplicate Bridge 1p 4th C Lounge <b>Management Q&amp;A - 1:30 - PAC</b> Current Events 4pm Cls Prayer Group 4pm - IMR Old Time Radio Shows 8p WPTV	<b>18</b> Scrapbooking Proj 10-11:45 GR Residents' Council 10am - Cls <u>No Episcopal Service this month</u> Social Bridge 12:30-3:15 pm - GR <b>Physical Plant Comm 1pm AS</b> <i>Council Connections</i> 2 pm - PAC Playreaders I - 2:30pm – AS Dulcimers 3:30 pm - PAC Playreaders II - 4:15pm - AS Thursday @ the Movies 7pm PAC Chess Players 7pm - GR	<b>19</b> Scrabble 10:30am GR Pinochle 1pm - GR Mah Jongg 1pm - AS <b>Minnewaska Bus Outing Depart 1 p.m.</b> <b>Land Conserv. Comm - 3pm CR</b> Simple Melodies 3pm PAC Shalom Space 4pm - PAC	<b>20</b> New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR Hearts Players 12:30-4pm GR Canasta 1pm GR Table Games 2 p.m. AS Movie Matinee - 2pm PAC Evening Movie 7pm PAC
<b>21</b> Church Rides Depart 9 a.m. <b>Play at Rhinebeck Performing Arts - Depart 1:30 p.m.</b> Sunday Matinee 2pm - PAC Evening Movie 7pm - PAC Old Time Radio Shows 7pm WPTV	<b>22</b> <b>Interfaith Comm 10:30 GR</b> Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1 pm PAC Women's Tea 2 pm - Cls <b>J. Ross - Time of Remembrance 7pm PAC</b> Table Games 7:15pm - Cls	<b>23</b> Scrapbooking Proj 10-11:45 GR Michelle's Update 12:15 WPTV Social Bridge 12:30-pm - GR <b>Health Center Comm. 1pm - Cls</b> Handbells 1pm AS LGBTQIA+ & Allies - 2pm AS Short Story Group II 3:30pm - Cls Re-air Michelle's Update 4p and 8p	<b>24</b> Scrapbooking Proj 10-11:45 GR Brainteasers 10am - AS Spanish Chat 11:15 - AS Canasta - 1-4 pm GR Parkinson's Group 1pm Cls <b>SusComm 2pm Cls</b> Current Events - 4 p.m. - Cls Prayer Group 4pm IMR Pet Ponders 7pm - Cls Old Time Radio Shows 8p WPTV	<b>25</b> Scrapbooking Proj 10-11:45 GR <b>Arts &amp; Crafts Fair Comm 11am AS</b> Social Bridge 12:30 pm - GR Bible Study - 1pm - AS Playreaders I - 2:30pm – AS Dulcimers 3:30 pm - PAC Playreaders II - 4:15pm - AS Thursday @ the Movies 7pm PAC Chess Players 7pm - GR	<b>26</b> Scrabble 10:30am GR <b>Lunch Adventure - Rondout Strand - Depart 10:30am</b> Pinochle 1pm - GR Mah Jongg 1pm - AS Poetry Group 2pm - CR New Resident Social/Orientation 2pm - Cls <b>Simple Melodies Starlight Trio 3pm - Courtyard</b> Shalom Space 4pm PAC Opera Night - 7:15 pm - PAC	<b>27</b> New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR Hearts Players 12:30-4pm GR Canasta 1pm GR Table Games 2 p.m. AS Movie Matinee - 2pm PAC Evening Movie 7pm PAC Friends of Bill W 7pm AS
<b>28</b> Church Rides Depart 9 a.m. Sunday Matinee 2pm - PAC Evening Movie 7pm - PAC Old Time Radio Shows 7pm WPTV	<b>29</b> Watercolor Class 10 a.m. - AS Hearts Players 1-4pm GR <b>WP Olympic Torch Relay/ Parade! 10:30a.m in HC to IL</b> Mah Jongg 1pm - AS Dulcimers 1 pm PAC Women's Tea 2pm - Cls <b>Mental Health &amp; Wellness Program 3pm - PAC</b> Table Games 7:15pm - Cls	<b>30</b> Michelle's Update 12:15 WPTV Social Bridge 12:30 pm - GR Handbells 1pm AS <b>Brain Health Group (BHG) Program: Parkinson's Basics 2pm PAC</b> Re-air Michelle's Update 4p and 8p  <b>Olympic-Themed Dinner French Cuisine</b>	<b>31</b> Brainteasers 10am - AS <b>Ulster County Fair Trip Depart 10 am</b> Spanish Chat 11:15 - AS Canasta - 1-4 pm GR Current Events - 4 p.m. - Cls Prayer Group 4pm IMR <b>Outdoor Concert @ Vanderbilt Mansion - Depart 4:30p.m.</b> Old Time Radio Shows 8p WPTV	 <b>The Olympic Games in Paris July 26-Aug 11</b> <b>Watch for lots of fun WP Olympics events coming up in August!</b>		<h1>July 2024</h1>

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p><b>Resident-led Walks</b></p> <p><b>Mondays, Wednesdays and Fridays at 11 a.m.</b></p> <p><b>Meet in the Lobby</b></p>	<p><b>1</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Balance &amp; Stability PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>2</b> 9am - Resident-led water exercise</p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Movement/Music with</p>	<p><b>3</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah WPTV Only</p> <p>11am - Chair Yoga/Tai Chi - PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>4 Fourth of July</b></p> <p>9am - Resident-led water Exercise</p> <p>9am - Stretch &amp; Strengthen - WPTV Only</p> <p>10am - Resistance &amp; Strengthening WPTV Only</p> <p>11am - Balance &amp; Stability - WPTV Only</p>	<p><b>5</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Chair Yoga/Tai Chi PAC/WPTV</p>	<p><b>6</b></p>		
<p><b>7</b></p>	<p><b>8</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Balance &amp; Stability PAC/WPTV</p>	<p><b>9</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Open swim with Matt</p>	<p><b>10</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah WPTV Only</p> <p>11am - Chair Yoga/Tai Chi - PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>11 Matt Off</b></p> <p>9am - Stretch &amp; Strengthen WPTV Only</p> <p>10am - Resistance &amp; Strengthening WPTV Only</p> <p>11am - Balance &amp; Stability - WPTV Only</p> <p>1pm - Movement Music &amp; You - PAC</p>	<p><b>12 Matt Off</b></p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Chair Yoga/Tai Chi WPTV Only</p>	<p><b>13</b></p>		
<p><b>14</b></p>	<p><b>15</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Balance &amp; Stability PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>16</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Open swim with Matt</p>	<p><b>17</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah WPTV Only</p> <p>11am - Chair Yoga/Tai Chi - PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>18</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Balance &amp; Stability - WPTV</p> <p>1pm - Fitness Center with Matt</p>	<p><b>19</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Chair Yoga/Tai Chi PAC/WPTV</p>	<p><b>20</b></p>		
<p><b>21</b></p>	<p><b>22</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Balance &amp; Stability PAC/WPTV</p>	<p><b>23</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Open swim with Matt</p>	<p><b>24</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah WPTV Only</p> <p>11am - Chair Yoga/Tai Chi - PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>25</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Balance &amp; Stability - WPTV</p> <p>1pm - Fitness Center with Matt</p> <p>1 pm - Movement/Music &amp; You PAC</p>	<p><b>26</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Chair Yoga/Tai Chi PAC/WPTV</p>	<p><b>27</b></p>		
<p><b>28</b></p>	<p><b>29</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah PAC/WPTV</p> <p>11am - Balance &amp; Stability PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>30</b></p> <p>9am - Stretch &amp; Strengthen - PAC/WPTV</p> <p>10am - Resistance &amp; Strengthening PAC/WPTV</p> <p>11am - Movement/Music with Nora PAC</p>	<p><b>31</b></p> <p>9am - Water Aerobics with Matt</p> <p>10am - Yoga with Deborah WPTV Only</p> <p>11am - Chair Yoga/Tai Chi - PAC/WPTV</p> <p>3pm - Open swim with Matt</p>	<p><b>Ping Pong in the Game Room!</b> </p> <p><b>Monday - Thursdays 4-6 p.m.</b></p> <p><b>Saturdays &amp; Sundays 2-6 p.m.</b></p>			<p><b>July 2024</b></p> <p><b>Fitness Classes</b></p>	