

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 -11am Transportation to Worship in Rhinebeck</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p>	<p>9am Shopping/TOPS</p> <p>10am GENTLE CHAIR YOGA</p> <p>1pm STRENGTHENING CLASS</p> <p>1pm MAHJONG (Art Studio)</p> <p>2pm Brain Games</p> <p>2pm BALANCE FOR LIFE (MPR)</p> <p>4pm RESIDENT MEETING (MPR)</p> <p>4pm WATER YOGA</p> <p>7pm Movie</p>	<p>11am Stretch & Strength</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4pm Jewish High Holidays</p> <p>SOUNDING OF THE SHOFAR (Foyer)</p> <p>7pm BINGO</p>	<p>8-10am HOT BREAKFAST</p> <p>10am Gentle Chair Yoga</p> <p>11:20am Catholic Communion</p> <p>11:30am Art Class</p> <p>2pm Ping Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>3pm CRIBBAGE 7pm Movie</p>	<p>9am WATER YOGA</p> <p>11am Stretch & Strength</p> <p>12:15pm Depart: ADAMS FAIRACRE FARMS in Kingston</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4:30pm Social Hour</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>9am Hairdresser In</p> <p>9:30am Hannaford</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4:30pm SING-A-LONG W/ FRIENDS (MPR)</p> <p>7pm Movie</p>	<p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4pm VOCALIST, JULIA COHEN w/ guitar accompaniment, in CONCERT AT ARBOR (MPR)</p> <p>7pm Movie</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p>	<p>9am Shopping/TOPS</p> <p>10am GENTLE CHAIR YOGA</p> <p>1pm STRENGTHENING CLASS</p> <p>1pm MAHJONG (Art Studio)</p> <p>2pm Brain Games</p> <p>2pm BALANCE FOR LIFE (MPR)</p> <p>4pm WATER YOGA</p> <p>7pm Movie</p>	<p>11am Stretch & Strength</p> <p>11:15am Depart: BARD NOON CONSERVATORY CONCERT</p> <p>1-3pm FLU SHOT CLINIC at ARBOR RIDGE (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm BINGO</p>	<p>10am Gentle Chair Yoga</p> <p>11:20am Catholic Communion</p> <p>2pm Ping Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>3pm CRIBBAGE</p> <p>7pm Movie</p> <p>Yom Kippur</p>	<p>9am WATER YOGA</p> <p>11am Stretch & Strength</p> <p>1pm Depart: GREIG FARM Stand & Art Gallery (Red Hook)</p> <p>2pm Ping-Pong (MPR) / Billiards</p> <p>4:30pm Social Hour</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>9am Hairdresser In</p> <p>9:30am Hannaford</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4pm Friday Gathering</p> <p>7pm Movie</p>	<p>1:10pm Depart: RHINEBECK CEMETERY for TALES FROM THE UNDERGROUND featuring our very own Kate Podell</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck</p> <p>2pm Ping-Pong (MPR)</p> <p>2:15pm Depart: RPAC for MATILDA THE MUSICAL</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p>	<p>9am Shopping/TOPS</p> <p>10am GENTLE CHAIR YOGA</p> <p>1pm STRENGTHENING CLASS</p> <p>1pm MAHJONG (Art Studio)</p> <p>2pm Brain Games</p> <p>2pm BALANCE FOR LIFE (MPR)</p> <p>4pm WATER YOGA</p> <p>7pm Movie</p>	<p>11am Stretch & Strength</p> <p>2pm ICE CREAM (MPR)</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm BINGO</p>	<p>10am Gentle Chair Yoga</p> <p>11:20am Catholic Communion</p> <p>11:30am Art Class</p> <p>2pm Ping Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>3pm CRIBBAGE</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>11am Stretch & Strength</p> <p>1:30pm Depart: BARNES & NOBLE Bookstore in Kingston</p> <p>2pm Ping-Pong (MPR) / Billiards</p> <p>3:30pm Discussions w/ Karen, CEO (MPR)</p> <p>4:30pm Social Hour</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>9am Hairdresser In</p> <p>9:30am Hannaford</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4:30pm SING-A-LONG W/ FRIENDS (MPR)</p> <p>7pm Movie</p>	<p>10am Depart: SHEEP & WOOL FESTIVAL @ DC Fairgrounds</p> <p>7pm Movie</p> <p>7:15pm Depart: BARD / The Orchestra Now (TÖN) presents SIBELIUS & SHOSTAKOVICH</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck</p> <p>11:30am Depart: (TSL) Time & Space Limited OPERA TURANDOT</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p>	<p>9am Shopping/TOPS</p> <p>10am GENTLE CHAIR YOGA</p> <p>1pm STRENGTHENING CLASS</p> <p>1pm MAHJONG (Art Studio)</p> <p>1:30pm Depart: NDH for Wellness Presentation CONSCIOUS LIVING</p> <p>2pm Brain Games</p> <p>2pm BALANCE FOR LIFE (MPR)</p> <p>4pm WATER YOGA</p> <p>7pm Movie</p>	<p>11am Stretch & Strength</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Activity Meeting</p> <p>3pm Billiards at Arbor</p> <p>7pm BINGO</p>	<p>10am Gentle Chair Yoga</p> <p>11:20am Catholic Communion</p> <p>2pm Ping Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>3pm CRIBBAGE</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>11am Stretch & Strength</p> <p>12:15pm Depart: LUNCH at THE EGG'S NEST in High Falls</p> <p>2pm GOLDEN AGE SINGERS in CONCERT at ARBOR (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4:30pm Social Hour</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>9am Hairdresser In</p> <p>9:30am Hannaford</p> <p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>4pm Friday Gathering</p> <p>7pm Movie</p>	<p>2pm Ping-Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>7pm Movie</p> <p>7:15pm Depart: BARD CONSERVATORY ORCHESTRA FAMILY WEEKEND CONCERT</p>
<p>Weekend Yoga Workshop for Osteoporosis Practice 10/19 - 10/20</p>	<p>9am Shopping/TOPS</p> <p>10am GENTLE CHAIR YOGA</p> <p>1pm STRENGTHENING CLASS</p> <p>1pm MAHJONG (Art Studio)</p> <p>2pm Brain Games</p> <p>2pm BALANCE FOR LIFE (MPR)</p> <p>3pm LEGACY LETTERS GROUP</p> <p>4pm WATER YOGA</p> <p>7pm Movie</p>	<p>11am Stretch & Strength</p> <p>11:15am Depart: BARD NOON CONSERVATORY CONCERT</p> <p>2pm RHINEBECK@HOME: Professional Storyteller, Lorraine Hartin-Gelardi presents IN A DARK, DARK WOOD: HALLOWEEN TALES</p> <p>7pm BINGO</p>	<p>10am Gentle Chair Yoga</p> <p>11:20am Catholic Communion</p> <p>11:30am Art Class</p> <p>2pm Ping Pong (MPR)</p> <p>3pm Billiards at Arbor</p> <p>3pm CRIBBAGE</p> <p>7pm Movie</p>	<p>9am WATER YOGA</p> <p>11am Stretch & Strength</p> <p>TBA Depart: Movie @ the Hudson Valley Mall / NCG Cinema</p> <p>4:30pm HALLOWEEN COSTUME PARTY & SOCIAL HOUR (Foyer)</p> <p>7pm HALLOWEEN JAZZ CONCERT featuring pianist, LARRY HAM (MPR)</p> <p>Halloween</p>		

For more information on events/programs, please contact the Front Desk at 876-3344. All activities are subject to change.