

## SPECIAL PROGRAMS

### ISLAND TRAVELS

Tuesdays @ 11am - Auditorium

Take a trip without leaving Coburg. Enjoy a variety of island travel documentaries.

No packing required.



### Biblical Reading, Writing, and Arithmetic

Thursdays @ 1 p.m. - Starting July 11<sup>th</sup> - Cardroom

Resident author Shirley Andrews will motivate the writer in you as she shares her experience penning and self-publishing (at age eighty) five devotionals inspired by nature. You are welcome to come listen, take notes, and/or bring your writing journal to share.

### Medical Alert Presentation by Trinity Health

Thursday, July 11<sup>th</sup> @ 3 p.m. - Auditorium

Andrea McGowen, from Trinity Health Alert, will present a variety of medical alert systems including phones and personal help buttons. She will also discuss medication dispensers.



### Coburg Cooking Competition

Thursday, July 18<sup>th</sup> @ 3 p.m. - Auditorium

Come watch our own Coburg Village chefs compete in making an appetizer from a mystery box of ingredients. Who will be voted the winner?!?



### Wilton Wildlife Butterfly Presentation

Monday, July 22<sup>nd</sup> @ 2pm - Auditorium

Learn about the life cycle of Karner blue and monarch butterflies, as well as what can be done to protect these insects. This presentation includes live caterpillars to view firsthand.



### View the Fascinating Butterfly Life Cycle

Ongoing in Rotunda beginning July 22<sup>nd</sup>

Come view our new neighbors, brought to you by Wilton Wildlife. Enjoy watching the life cycle of caterpillars as they transform into beautiful butterflies (that will be released at Wilton Wildlife).

### Food Forum with Danielle

Thursday, July 25<sup>th</sup> @ 3pm - Auditorium

Come learn about the up-and-coming events in the Dining Services Department. We will be discussing our new Bistro kiosks and this year's Resident Satisfaction Survey

### You Be the Judge with Holly

Tuesday, July 30 @ 12:30pm - Card Room

Join Holly to hear several legal cases, then predict and discuss their outcomes.



# July Special Events

## **CC Monday, July 1<sup>st</sup> @ 7pm-9:02pm - Movie - Beaches (PG13 1988) - Auditorium**

Two childhood friends endure the trials and tribulations of life, reconnecting after years apart.

## **Tuesday, July 2<sup>nd</sup> @ 7pm - Music with Lewis & Clark - Auditorium**

Take a trip with Lewis & Clark and rediscover some songs from the '60s & beyond.

## **Wednesday, July 3<sup>rd</sup> @ 7pm-8:33pm - Movie - Jane and Emma (PG 2018) - Aud**

In 1844, after traveling hundreds of miles on foot, a Black woman finds enduring friendship with the wife of the founder of the Mormon Church. **CC**

## **Saturday, July 6<sup>th</sup> @ 7pm-8:55pm - Movie - Used People (PG13 1992) - Auditorium**

Romance blooms after the death of Pearl's husband, but will it work? Comedy **CC**

## **Sunday, July 7<sup>th</sup> @ 4:30pm-6:12pm - Movie/Musical - The Good Old Summertime (1949) - Auditorium**

Coworkers in a music shop unknowingly fall in love via mail. **CC**

## **Monday, July 8<sup>th</sup> @ 7pm-8pm - Music with Andy Iorio - Auditorium**

Composer and pianist Andy and his tunes will have you exploring the outer edges of music.

## **Tuesday, July 9<sup>th</sup> @ 7pm-8:49pm - Movie - One Life (2023 PG) - Auditorium**

The incredible true story of Nicky Winton, a broker during WWII who helped rescue hundreds of Jewish children before Nazi occupation closed the borders. **CC**

## **Wednesday, July 10<sup>th</sup> @ 7pm-8pm - Music with High Peaks - Auditorium**

Bluegrass, country, and a lot of familiar songs to keep your feet tapping.

## **Thursday, July 11<sup>th</sup> @ 7pm-8:47pm - Movie - Arthur the King (PG13 2024) - Aud**

The true story of a stray dog who joins a race group in an endurance race. **CC**

## **Friday, July 12<sup>th</sup> @ 7pm-8:31pm - Movie - Greyhound (2020 PG13) - Auditorium**

Starring Tom Hanks. Several months after the U.S. entry into WWII, an inexperienced U.S. Navy commander must lead an Allied convoy being stalked by a German submarine wolf pack. **CC**

## **Saturday, July 13<sup>th</sup> @ 7pm-8:35pm - Documentary/Bio - The Music of Strangers - Yo-Yo Ma and The Silk Road Ensemble - Auditorium**

The extraordinary story of the renowned international musical collective The Silk Road Ensemble, created by Yo-Yo Ma. **CC**

## **Monday, July 15<sup>th</sup> @ 7pm-8:58pm - Movie - The Sisterhood of the Traveling Pants (2005 PG) - Auditorium**

Coming of age adventure about a special sixteenth summer in the lives of four lifelong friends who are separated for the first time. **CC**

## **Tuesday, July 16<sup>th</sup> @ 7pm-8:53pm - Documentary - The Beach Boys (2024 PG13) - Auditorium** **CC**

A celebration of the legendary band that revolutionized music and created the harmonious sound that personified the California dream.

## **Wednesday, July 17<sup>th</sup> @ 2:30pm-3:45pm - Happy Hour Beach Life - Auditorium**

Take the plunge and enjoy happy hour minus the sand. Summer attire encouraged.

## **Thursday, July 18<sup>th</sup> @ 7pm-8pm - Music with The Back Porch Players - Auditorium**

Pull up your rocking chair, ease back in your seat, and let The Back Porch Players' music from the '50s & '60s take you back to days on the porch.

## **Friday, July 19<sup>th</sup> @ 7pm - Music with the Lost Radio Rounders - Auditorium**

This month the boys bring "The Gospel Train," a journey of music around gospel and southern sounds.

## **Sunday, July 21<sup>st</sup> @ 4:30pm-7pm - Movie/Musical - The Music Man (G 1962) - Aud**

Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town. **CC**

## **Monday, July 22<sup>nd</sup> @ 7pm- 8pm - The Tommy Gee Duo - Auditorium**

Covering songs from the Great American Song Book, Sinatra, swing, and much more!

## **Tuesday, July 23<sup>rd</sup> @ 7pm- 8pm - The Coburg Cruise Pictorial - Auditorium**

Join Tracey, Dick Mendelson and assistant cruise director Rick Kubis for a pictorial of the Bermuda cruise our residents enjoyed.

## **Wednesday, July 24<sup>th</sup> @ 7pm-8pm - Reggie's Red Hot Feet Warmers - Auditorium**

New Orleans jazz tunes will take you on a stroll to the French Quarters.

## **Thursday, July 25<sup>th</sup> @ 7pm-8:15pm - Vischer Ferry: A Forgotten Crossroads - Aud**

Learn about this quaint village along the original path of the Erie Canal, the story of the crossroads, and the proud history and memories created there. Presented by Jim Richmond and John Scherer.

## **Monday, July 29<sup>th</sup> @ 7pm-8pm - Game Night - Name That TV Theme Song - Auditorium**

Test those memories as we play TV theme songs from the 50's, 60's & 70's.

## **Tuesday, July 30<sup>th</sup> @ 7pm-8:58pm - Movie - Ordinary Angels (PG 2024) - Auditorium**

















The true story of a hairdresser who rallies the community to save an ill child. **CC**

## **Wednesday, July 31<sup>st</sup> @ 7pm-8pm - Music with Hudson River Ceili - Auditorium**

It might not be March but come on down and enjoy some traditional Irish tunes.







# COBURG VILLAGE

## July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Room Abbreviations:</b>            CC: Creative Corner            Aud: Auditorium            Ch: Chapel            CDR: Club Dining Room            CY: Courtyard            CR: Card Room            DR: Dining Room-46 &amp; Birch            FR: Fitness Room            RT: Rotunda</p>	<p><i>*Programs Subject to Change</i>  <b>FREE POPCORN NIGHT</b></p>  <div data-bbox="606 372 1103 614" style="border: 1px solid black; padding: 5px;"> <p><b>Changes &amp; Update Line</b>  <b>Ext. 6497</b>            For last minute changes to programs/events</p> </div>	<div data-bbox="1196 201 1756 554" style="border: 1px solid black; padding: 5px;"> <p><b>Chaperone Swim</b>            Mondays- 2pm-3pm            Wednesdays- 9:45am-10:45am            Fridays- 11am-Noon            BY APPOINTMENT ONLY. MUST CALL BY 9:15AM            THE DAY OF DESIRED <b>*NO Holidays</b></p> </div> <p><b>CALL EXT. 6314</b></p>			<div data-bbox="2299 272 2999 594" style="border: 1px solid black; padding: 5px;"> <p><b>Special Services</b></p> <p>Massage Therapy      Tidy Up &amp; Errands            Shayne                      by Leah            518-810-3797                518-482-8636</p> </div>	
	<p><b>1</b>            9:30am Val's Water Aerobics            11am Val's Fitness-Aud            12pm Chair Volleyball-Aud</p> <p>1pm Diamond Art-CC</p> <p>1pm Val's Balance-Aud            1:30pm Canasta-CR            2pm Mind Fitness-CC</p> <p>7pm All Games-CR</p> <p><b>7pm Movie-Beaches -Aud</b> </p>	<p><b>2</b>  <b>11am Travel-The Island of Man &amp; Beach Unique-Aud</b></p> <p>12:30pm Brian's Water Aerobics            1-3pm Sewing Together-CC            1:30pm Brian's Fitness-Aud            2pm Rummikub-CR  <b>2pm Bocce-CY</b></p> <p>7pm All Games-CR</p> <p><b>7pm Music with Lewis &amp; Clark-Aud</b></p>	<p><b>3</b>            11am Val's Fitness-Aud            12pm Val's Balance-Aud  <b>12pm Episcopal Service-Ch</b>            12:45pm Ball w/ Lorraine-Aud            1-3pm Knitting/Crocheting-CC            1:30pm Lorraine's Sit &amp; Fit-Aud            2pm Lorraine's Hand Class-CC  <b>2:30pm Master Mixology- Aud</b></p> <p>7pm Pinochle &amp; Bridge-CR</p> <p><b>7pm Movie-Jane &amp; Emma -Aud</b> </p>	<p><b>4</b>            11am Rosary-Ch</p>  <p>7pm All Games-CR</p>	<p><b>5 POOL CLOSURES AT 12:30PM</b>  <b>NO CHAPERONE SWIM</b>            No 11am Weight Management            11am Ball w/ Lorraine-Aud            12pm Lorraine's Hand Class-CC</p> <p>1pm Bridge-CR            1pm Library Committee-CC            1:30pm Lorraine's Sit &amp; Fit-Aud</p> <p>2:15pm Wii Bowling</p> <p><b>3pm Piano with George -Rotunda</b></p> <p>7pm All Games-CR</p>	<p><b>6</b>            7pm All Games-CR</p> <p><b>7pm Movie-Used People-Aud</b> </p> 
<p><b>7</b>            10:30am Christian Non-Denominational Worship with Communion Pastor Singh</p> <p>2pm Resident Bingo-CR</p> <p><b>4:30pm Movie-The Good Old Summertime-Aud</b> </p>	<p><b>8</b>            9:30am Val's Water Aerobics            11am Val's Fitness-Aud            12pm Chair Volleyball-Aud</p> <p>1pm Diamond Art-CC</p> <p>1pm Val's Balance-Aud            1:30pm Canasta-CR  <b>3:15pm Parkinsons' Group-CC</b></p> <p>7pm All Games-CR</p> <p><b>7pm Piano with Andy Iorio-Aud</b></p> 	<p><b>9</b>  <b>11am Travel-St. Vincent, Grenadines &amp; Dominica-Aud</b></p> <p>11am Methodist Service-Ch            12:30pm Brian's Water Aerobics            1-3pm Sewing Together-CC            1:30pm Brian's Fitness-Aud            2pm Rummikub-CR  <b>2pm Bocce-CY</b></p> <p>7pm All Games-CR</p> <p><b>7pm Movie-One Life-Aud</b> </p> 	<p><b>10</b>            11am Val's Fitness-Aud</p> <p><b>11am Veteran's Social-CDR</b></p> <p>12pm Val's Balance-Aud  <b>12pm Episcopal Service-Ch</b>            12:45pm Ball w/ Lorraine-Aud  <b>12:45pm Fitness Room Intro-FR</b>            1-3pm Knitting/Crocheting-CC            1:30pm Lorraine's Sit &amp; Fit-Aud            2pm Lorraine's Hand Class-CC            7pm Pinochle &amp; Bridge-CR</p> <p><b>7pm Music with High Peaks-Aud</b></p>	<p><b>11</b> 10am Val's Drumfit-Aud            10:30am Brian's Water Aerobics            11am Val's Sit/Stand Yoga-Aud            11am Rosary-Ch            12pm Chair Volleyball-Aud            1pm Biblical Reading, Writing... with Shirley-CR</p> <p>1:30pm Brian's Fitness-Aud            2pm Blood Pressure Clinic -Rotunda</p> <p>2:30pm Book Club-CR</p> <p><b>3pm Medical Alert Presentation by Trinity Health-Aud</b></p> <p>7pm All Games-CR  <b>7pm Movie-Arthur the King-Aud</b> </p>	<p><b>12 POOL CLOSURES AT 12:30PM</b>            11am Weight Management-CR            11am Ball w/ Lorraine-Aud</p> <p><b>11am Conversations w/ Rabbi Amiel-Ch</b></p> <p>12pm Lorraine's Hand Class-CC            1pm Bridge-CR            1:30pm Lorraine's Sit &amp; Fit-Aud            2:15pm Wii Bowling  <b>3pm Piano with George - Rotunda</b> </p> <p><b>7pm Movie-Greyhound -Aud</b> </p>	<p><b>13</b>            7pm All Games-CR</p> <p><b>7pm The Music of Strangers-Yo-Yo Ma -Aud</b> </p>

# COBURG VILLAGE

# July

<p><b>14 Sun</b></p> <p>10:30am Christian Non-Denominational Worship with Communion Deacon Glen</p> <p>2pm Resident Bingo</p> 	<p><b>15 Mon</b></p> <p>9:30am Val's Water Aerobics 11am Val's Fitness-Aud 12pm Chair Volleyball-Aud</p> <p>1pm Diamond Art-CC 1pm Val's Balance-Aud 1:30pm Canasta-CR 2pm Mind Fitness-CC 2pm Buddy Committee-CDR 7pm All Games-CR</p> <p><b>7pm Movie-The Sisterhood of the Traveling Pants-Aud</b></p>  	<p><b>16 Tues</b></p> <p><b>11am Martinique &amp; Caymen Islands-Aud</b></p> <p>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR <b>2pm Bocce-CY</b> 7pm All Games-CR</p> <p><b>7pm Movie/Documentary-The Beach Boys -Aud</b></p> 	<p><b>17 Wed</b></p> <p><b>12pm Episcopal Service-Ch</b></p> <p><i>No Fitness Classes Today</i></p> <p><b>2:30-3:45pm HAPPY HOUR Beach Life -Aud</b></p>  <p>7pm Pinochle &amp; Bridge-CR</p>	<p><b>18 Thurs</b></p> <p>10am Val's Drumfit-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Biblical Reading, Writing... with Shirley-CR</p> <p>1:30pm Brian's Fitness-Aud 2:15pm Catholic/Prayer Service w/ St. Mary's-Ch</p> <p><b>3pm Coburg Chef Cooking Competition-Aud</b></p> <p>7pm All Games-CR <b>7pm Back Porch Players-Aud</b></p>	<p><b>19 Fri</b></p> <p><i>POOL CLOSSES AT 12:30PM</i></p> <p>11am Weight Management-CR 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR</p> <p>1:30pm Lorraine's Sit &amp; Fit-Aud 2:15pm Wii Bowling-Aud</p> <p><b>3pm Piano with George - Rotunda</b></p> <p>7pm All Games-CR <b>7pm Music with Lost Radio Rounders-Aud</b></p>	<p><b>20 Sat</b></p> <p>7pm All Games</p> 
<p><b>21</b></p> <p>10:30am Christian Non-Denominational Worship with Communion Deacon Glen</p> <p>2pm Resident Led Bingo-CR</p> <p><b>4:30pm Movie-The Music Man-Aud</b></p> 	<p><b>22</b></p> <p>9:30am Water Aerobics w/ LISA-Aud 11am Fitness w/ LISA-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Balance w/ LISA-Aud 1:30pm Canasta-CR</p> <p><b>2pm Wilton Wildlife Butterfly Presentation-Aud</b></p> <p>7pm All Games-CR</p> <p><b>7pm Music with Tommy Gee Duo-Aud</b></p>	<p><b>23</b></p> <p><b>11am Travel-Puerta Rico &amp; St. Martin-Aud</b></p> <p>12:30pm Brian's Water Aerobics</p> <p>1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR <b>2pm Bocce-CY</b> 2pm Catholic Mass with St. Edward's-Ch 7pm All Games-CR</p> <p><b>7pm The Coburg Cruise Pictorial-Aud</b></p> 	<p><b>24</b></p> <p><b>NO</b> 11am Val's Fitness-Aud <b>NO</b> 12pm Val's Balance-Aud <b>12pm Episcopal Service-Ch</b> 12:45pm Ball w/ Lorraine-Aud 1-3pm Knitting/Crocheting-CC 1:30pm Lorraine's Sit &amp; Fit-Aud 2pm Lorraine's Hand Class-CC 7pm Pinochle &amp; Bridge-CR</p> <p><b>7pm Music with Reggie's Red Hot Feet Warmers-Aud</b></p>	<p><b>25 NO</b> 10am Val's Drumfit-Aud 10:30am Brian's Water Aerobics <b>NO</b> 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Biblical Reading, Writing... with Shirley-CR</p> <p>1:30pm Brian's Fitness-Aud <b>3pm Food Forum w/Danielle-Aud</b></p> <p>7pm All Games-CR</p> <p><b>7pm Film-Vischer Ferry: A Forgotten Crossroads-Presented by Jim Richmon and John Schere-Aud</b></p> 	<p><b>26 POOL CLOSSES AT 12:30PM</b></p> <p>11:30am Ball w/ Lorraine-Aud 11am Shabbat Services-Ch 11am Weight Management-CR 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit &amp; Fit-Aud 2:15pm Wii Bowling-Aud 2:30pm 1935ers-CC</p> <p><b>3pm Piano with George - Rotunda</b></p> <p>7pm All Games-CR</p>	<p><b>27</b></p> <p>7pm All Games-CR</p>
<p><b>28</b></p> <p>10:30am Christian Non-Denominational Worship with Communion Pastor Singh</p> <p>2pm Resident Bingo</p>	<p><b>29</b></p> <p>9:30am Val's Water Aerobics 11am Val's Fitness-Aud 12pm Chair Volleyball-Aud 1pm Diamond Art-CC 1pm Val's Balance-Aud 1:30pm Canasta-CR 7pm All Games-CR</p> <p><b>7pm Game Night-Name That TV Theme Song-Aud</b></p>	<p><b>30</b></p> <p><b>11am Bermuda &amp; Hawaii-Aud</b></p> <p>12:30pm Brian's Water Aerobics 12:30pm You Be the Judge-CR</p> <p>1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR <b>2pm Bocce-CY</b> 7pm All Games-CR</p> <p><b>7pm Movie-Ordinary Angels-Aud</b></p>  	<p><b>31</b></p> <p>11am Val's Fitness-Aud 12pm Val's Balance-Aud <b>12pm Episcopal Service-Ch</b> 12:45pm Ball w/ Lorraine-Aud <b>12:45pm Fitness Room Intro-FR</b> 1-3pm Knitting/Crocheting-CC 1:30pm Lorraine's Sit &amp; Fit-Aud 2pm Lorraine's Hand Class-CC 7pm Pinochle &amp; Bridge-CR</p> <p><b>7pm Music with Hudson River Ceili-Aud</b></p>	