

SPECIAL PROGRAMS

GREAT COURSES

BOOKS THAT HAVE MADE HISTORY: BOOKS THAT CAN CHANGE YOUR LIFE

Tuesdays @ 11am-12pm Auditorium

Study some of the most essential writings in history - books that have shaped the minds of great individuals who, in turn, have shaped the world and maybe gotten you through the winter.



TECH TALK WITH JIM

Friday, January 17th @ 10am Creative Corner

Come with your questions and devices as Jim gets you techy!!!

DOCUMENTARY - WINTER WONDERLAND & NATURE

Monday, January 6th @ 3pm-4pm Auditorium

When Jack Frost blankets the landscape, there is magic in the air.

For our wild neighbors it's a challenging period when they will need all their adaptations to survive. Nature nurtures the forest and its plants and animals, keeps them warm, and waters them until spring - winter's legacy for the New Year.

ART WITH DIANE "WINTER WONDERLAND"

Thursday, January 16th @ 1pm

Learn how to paint in watercolor bare trees, evergreens, and snow with a limited palette.

Cost \$10. Form available in the mail room. **Register and pay by Jan. 11th.**



PRESENTATION - MEDICAL EQUIPMENT TO ENHANCE YOUR LIFE

PRESENTED BY PA MEDICAL SUPPLY

Friday, January 24th @ 3pm - Auditorium



Experience the life-enhancing benefits of durable medical equipment, designed to make daily life easier, safer, and more enjoyable. Learn about its innovative features, specifications, and medical necessity, and discover how it can support your goal of aging in place with independence, dignity, and a high quality of life.

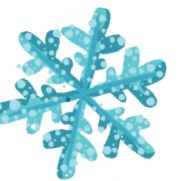
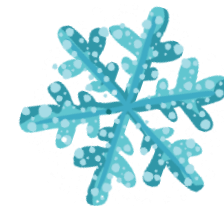
NUTRITIONAL TRIVIA WITH LORA HYDE

Wednesday, January 29th @ 2:30pm - Auditorium

Join Coburg dietitian Lora Hyde in a fun nutrition trivia game to test your nutrition knowledge, learn tips to make your new year a healthy one, and have fun doing so.



 Special Services	
Massage Therapy Shayne 518-810-3797	Tidy Up & Errands by Leah 518-482-8636



January Special Events


Thursday, January 2nd @ 7pm-8:44pm - Documentary - Super/Man - The Christopher Reeve Story (PG13 2024) - Auditorium

Reeve's rise to becoming a film star was followed by a near-fatal horse-riding accident in 1995 that left him paralyzed from the neck down. After the accident, he became an activist for spinal cord injury treatments and disability rights. Documentary presented by his children.


Friday, January 3rd @ 7pm-8pm - Game Night - Elvis - True or Blue - Auditorium

Enjoy Elvis trivia and more!!! Thank you, thank you, thank you...very much!

Saturday, January 4th @ 7pm-8:31pm - Return of the King - The Fall and Rise of Elvis Presley (2024) - Auditorium

Follow Elvis' triumphant 1968 comeback after a musical setback as he aged. 

Sunday, January 5th @ 4:30pm-7pm - Musical - South Pacific - Auditorium

On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. Stars Rossano Brazzi, Mitzi Gaynor & John Kerr. 

Monday, January 6th @ 7pm-8pm - Sax with Keith Pray - Auditorium

A composer and saxophone player, Keith brings soul sound and a variety of tunes.

Thursday, January 9th @7pm-8pm - Music with the Sentimental Jazz Trio - Aud

Journey back to the '30s, '40s, and '50s without taking a time machine.

Friday, January 10th @ 7pm-8pm - Binghamton Crosby A Capella Group - Aud

Hear BU's oldest and only tenor and baritone bass a cappella group. Founded in 1983, The Crosbys (commonly known as the Bos) perform a cappella that covers of a wide range of songs.

Saturday, January 11th @ 7pm-8:47pm - Movie - Eight on the Lam - Auditorium


A bank teller is suspected of embezzlement and goes on the run with his seven children.

Comedy. Stars Bob Hope, Phyllis Diller, and Jonathan Winters. 

Monday, January 13th @ 7pm-8pm - Broadway Songs and Stories with Jill Smith - Auditorium

Enjoy the stories and songs of composer Jerry Herman, known for *Hello, Dolly* and *Mame*.

Wednesday, January 15th @ 7pm-8:39pm - Movie - The Revenge of the Pink Panther - (PG 1978) Auditorium

To prove that he still is strong and powerful, Philippe Douvier decides to kill Clouseau. Once news of his "death" has been announced, Clouseau tries to take advantage of it and goes undercover with Cato to find out who tried to kill him. Stars Peter Sellers & Herbert Lom. 


Thursday, January 16th @ 7pm-8:38pm - Movie - The Journey Home (PG 2014) - Aud

A young boy attempts to reunite an abandoned polar bear cub with its mother in northern Canada.


Friday, January 17th @ 7pm-8pm - Music with 90 Years Young - Auditorium

The guys will get you rocking and singing songs from days gone by.

Sunday, January 19th @ 4:30-6:30pm - Movie - Cool Hand Luke (1967) - Auditorium

A laid-back Southern man is sentenced to two years in a rural prison but refuses to conform. Stars Paul Newman, George Kennedy, and Strother Martin. 

Tuesday, January 21st @ 7pm-8:57pm - Movie - Shirley (PG13 2024) - Auditorium

Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress. Starring Regina King. 


Wednesday, January 22nd @ 2:30pm-3:45pm - Happy Hour - Snow Ball Bash - Aud

Baby, it's cold outside! But not too cold to celebrate winter!! Join us for warm treats and music by Richie Phillips. Snowballs not included.

Thursday, January 23rd @ 7pm-8pm - Wild Adirondack Journey II - A Photographic Journey through the Adirondacks - Presented by Jeff Nadar - Auditorium

A show of photographs and video with an emotional music score, taking you on a journey through wild Adirondack habitats with intimate views of birds, wildlife, and more.

Friday, January 24th @ 7pm-8:57pm - Movie - Lee (R 2023) - Auditorium


The story of American photographer Lee Miller, a fashion model who became an acclaimed war correspondent for Vogue magazine during World War II. Stars Kate Winslet. 

NOTE R RATING FOR LANGUAGE AND MILD NUDITY


Monday, January 27th @ 7pm-8pm - Music with Rockin' Rob - Auditorium

It may be winter outside, but it will be a hot night of music with Rockin' Rob. Enjoy a variety of tunes we all know.

Wednesday, January 29th @ 7pm-8:44pm - Movie - Here (PG13 2024) - Auditorium



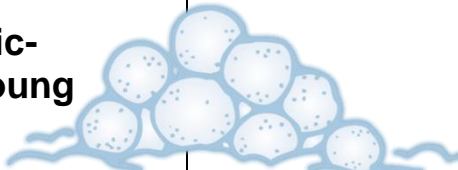

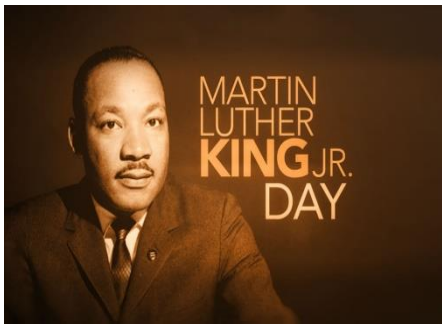







A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. Stars Tom Hanks and Robin Wright. 

Friday, January 31st @ 7pm-8:20pm - Movie/Documentary - March of the Penguins - Auditorium

This documentary chronicles the heroic and harrowing journey that emperor penguins make amid subfreezing temperatures and violent snowstorms at the South Pole to mate. 

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Abbreviations: <u>CC: Creative Corner</u> <u>Aud: Auditorium</u> <u>Ch: Chapel</u> <u>CDR- Club Dining Room</u> <u>CY: Courtyard</u> <u>CR: Card Room</u> <u>DR: Dining Room-46 & Birch</u> <u>FR- Fitness Room</u> <u>RT- Rotunda</u></p>	<p><i>*Programs Subject to Change</i> FREE POPCORN NIGHT </p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Changes & Update Line Ext. 6497 For last minute changes to programs/events</p> </div> 	<div style="border: 1px solid black; padding: 10px;"> <p>DRUM & Fun</p>   <p>THURSDAYS 10am-10:20am- DRUM FIT 10:25am-10:55am- Fun Low Impact Aerobics</p> </div>	<div style="border: 1px solid black; padding: 10px;"> <p>Art With DIANE</p>  <p>Thursday, January 16th 1pm -2:30pm Learn how to paint in watercolor bare trees, evergreens and snow with limited palette</p> <p style="color: red;">Register and pay by Jan. 11th Cost: \$10 Form available in the mail room. Make check payable to Diane Steele</p> </div>	<div style="border: 1px solid black; padding: 10px;"> <p>Chaperone Swim</p>  <p>Mondays- 2pm-3pm Wednesdays- 9:45am-10:45am Fridays- 11am-Noon</p> <p style="color: red;">BY APPOINTMENT ONLY. MUST CALL BY 9:15AM THE DAY OF DESIRED *NO Holidays</p> <p style="font-size: 1.2em; font-weight: bold;">CALL EXT. 6314</p> </div>		
 		<p>1 NO 12pm Episcopal Service-Ch 7pm Pinochle & Bridge-CR</p> 	<p>2 NO 10am Val's Drumfit-Aud NO 10:25am Val's Low Impact Aerobics-Aud</p> <p>10:30am Brian's Water Aerobics No 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud NO 3pm Choraliers-Ch 7pm All Games-CR 7pm Movie-Super/Man-The Christopher Reeve Story-Aud</p>	<p>3 POOL CLOSSES AT 12:30PM</p> <p>11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud 2:30pm Executive Council-CC 7pm All Games-CR</p> <p>7pm Game Night-Elvis True or Blue-Aud</p> 	<p>4</p> <p>7pm All Games-CR</p> <p>7pm Movie Documentary-The Return of the King-Rise & Fall of Elvis Presley-Aud</p> 	
<p>5 10:30am Christian Non-Denominational Worship with Communion <i>Pastor Singh</i></p> <p>2pm Resident Bingo-CR</p> <p>4:30pm Movie-South Pacific -Aud </p>	<p>6 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 2pm Mind Fitness-CC</p> <p>3pm Documentary-Winter Wonderland - Aud</p> <p>7pm All Games-CR</p> <p>7pm Sax & More with Keith Pray-Aud</p>	<p>7 11am Great Courses-Bonhoeffer & Homer-Aud</p> <p>12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2:30pm Cornhole-Aud</p> <p>7pm All Games-CR</p> 	<p>8 11am Val's Fitness-Aud Back 12pm Val's Balance-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud 12:45pm Fitness Room Intro-FR</p> <p>2PM-3PM MIXOLOGY & 100TH BIRTHDAY CELEBRATION-AUD</p> <p>1-3pm Knitting/Crocheting-CC 2pm Village Ringers-Ch</p> <p>7pm Pinochle & Bridge-CR 7pm Resident Association Meeting-Aud</p> 	<p>9 10am Val's Drumfit-Aud 10:25am Val's Aerobics-Aud</p> <p>10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 2:15pm Catholic/Prayer Service w/ St. Mary's-Ch 2:30pm Book Club-CR 3pm Choraliers-Ch 7pm All Games-CR</p> <p>7pm Music with Sentimental Jazz Trio -Aud</p>	<p>10 POOL CLOSSES AT 12:30PM</p> <p style="color: red;">No Chaperone Swim</p> <p>11am Ball w/ Lorraine-Aud 11am Conversations w/ Rabbi Amiel-Ch</p> <p>12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1pm Library Committee-CC 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud</p> <p>7pm All Games-CR</p> <p>7pm Music-Binghamton Crosby A Capella Group -Aud</p> 	<p>11</p> <p>7pm All Games-CR</p> <p>7pm Movie-Eight on the Lam-Aud</p> 

<p>12 Sun 10:30am Christian Non-Denominational Worship with Communion Deacon Glen 2pm Resident Bingo -CR </p>	<p>13 Mon No Chaperone Swim 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 3pm Parkinson's Group-CC 7pm All Games-CR 7pm Music with Jill Smith-Aud</p>	<p>14 Tues 11am Great Courses-Beowolf & The Book of Job- Aud 11am Methodist Service-Ch 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud NO 2pm Rummikub-CR 2pm Recreational Writers-CR 2:30pm Cornhole-Aud 7pm All Games-CR</p>	<p>15 Wed No Chaperone Swim 11am Val's Fitness-Aud Back 12pm Val's Balance-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Holly-Aud 1-3pm Knitting/Crocheting-CC NO 1:30pm Lorraine's Sit & Fit NO 2pm Lorraine's Hand Class-CC 2pm Village Ringers-Ch 7pm Pinochle & Bridge-CR 7pm Movie-Revenge of the Pink Panther-Aud </p>	<p>16 Thurs 10am Val's Drumfit-Aud 10:25am Val's Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1pm Art w/ Diane-CC (pre-register) 1:30pm Brian's Fitness-Aud 2pm Blood Pressure Clinic-RT 3pm Choraliers-Ch 7pm All Games-CR 7pm Movie- The Journey Home-Aud </p>	<p>17 Fri POOL CLOSES AT 12:30PM No Chaperone Swim 10am Tech Talk with Jim-CC 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit-Aud 2:15pm Wii Bowling-Aud 7pm All Games-CR 7pm Music-90 Years Young -Aud </p>	<p>18 Sat 7pm All Games</p>
<p>19 10:30am Christian Non-Denominational Worship with Communion Pastor Singh 2pm Resident Bingo-CR 4:30pm Movie-Cool Hand Luke -Aud </p>	<p>20  1:30pm Canasta-CR 2pm Buddy Committee-CDR 7pm All Games-CR</p>	<p>21 11am Great Courses-Shakespeare & Orwell-Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2:30pm Cornhole-Aud 7pm All Games-CR 7pm Movie-Shirley -Aud </p>	<p>22 NO AUDITORIUM FITNESS CLASSES TODAY 10:45am Parashat Hashavua-Ch 12pm Episcopal Service-Ch 12:45pm Fitness Room Intro-FR 1-3pm Knitting/Crocheting-CC 2pm Village Ringers-Ch 2:30-3:45pm Snowball Bash Happy Hour-Aud  7pm Pinochle & Bridge-CR</p>	<p>23 10am Val's Drumfit-Aud 10:25am Val's Low Impact Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud 2pm Dining Committee-CC NO 3pm Choraliers-Ch 7pm All Games-CR 7pm Jeff Nadar Photo Journey Presentation-Aud</p>	<p>24 11am Ball w/ Lorraine-Aud 11am Shabbat w/ Rabbi Amiel-Ch 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit -Aud 2pm Green House Com-CC NO 2:15pm Wii Bowling-Aud 3pm Presentation-Medical Equipment to Enhance Your Life-Aud 7pm All Games-CR 7pm Movie-Lee-Aud </p>	<p>25 9am-12pm Optometry w/ Dr. Braim by appointment 518-859-3936-CR 7pm All Games-CR</p>
<p>25 10:30am Christian Non-Denominational Worship with Communion Deacon Glen 2pm Resident Bingo-CR </p>	<p>27 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 2pm Mind Fitness-CC 7pm All Games-CR 7pm Music with Rockin' Rob-Aud</p>	<p>28 11am Great Courses-Churchill & The Great Books-Aud 12:30pm Brian's Water Aerobics 1-3pm Sewing Together-CC 1:30pm Brian's Fitness-Aud 2pm Rummikub-CR 2pm Catholic Mass with St. Edward's-Ch 2:30pm Cornhole-Aud 7pm All Games-CR</p>	<p>29 11am Val's Fitness-Aud Back 12pm Val's Balance-Aud 12pm Episcopal Service-Ch 12:45pm Ball w/ Lorraine-Aud 1-3pm Knitting/Crocheting-CC 2pm Village Ringers-Ch 2:30pm- Nutrition Trivia with Lora Hyde-Aud 7pm Pinochle & Bridge-CR 7pm Movie-Here-Aud </p>	<p>30 10am Val's Drumfit-Aud 10:25am Val's Low Impact Aerobics-Aud 10:30am Brian's Water Aerobics 11am Val's Sit/Stand Yoga-Aud 11am Rosary-Ch 12pm Chair Volleyball-Aud 1pm Bible Study-CR 1:30pm Brian's Fitness-Aud NO 3pm Choraliers-Ch 7pm All Games-CR</p>	<p>31 11am Ball w/ Lorraine-Aud 12pm Lorraine's Hand Class-CC 1pm Bridge-CR 1:30pm Lorraine's Sit & Fit -Aud 2:15pm Wii Bowling-Aud 7pm All Games-CR 7pm Movie/Documentary-March of the Penguins-Aud </p>	<p></p>