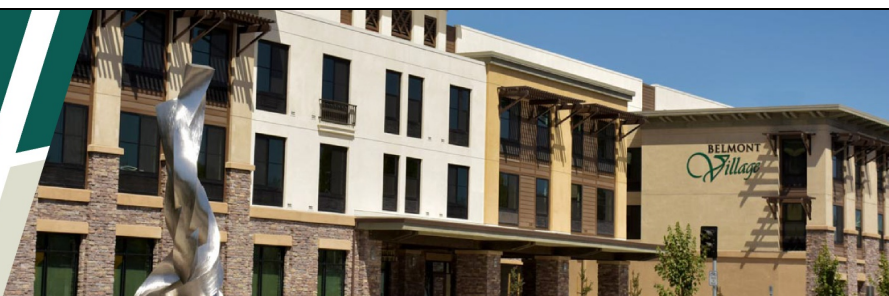


SEPTEMBER 2023

Belmont Village Albany

Community Programs



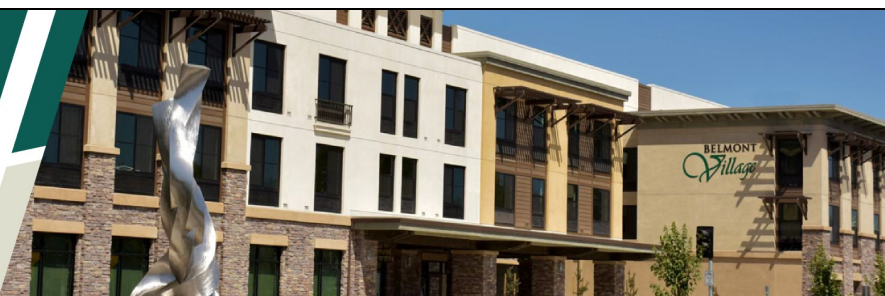
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, 1st Floor EX - Excursion FC - Fitness Center, 2nd Floor GP - Garden/Gym Patio, 2nd Floor GR - Great Room, 1st Floor LB - Library, 3rd Floor SR - Screening Room, 4th Floor TH - Town Hall, 1st Floor</p>		<p>Not all of the daily activities fit on this calendar. To see the complete schedule download the Spectrio Share app and log in using our Community Pin: BVA-AL/IL</p>			<p>1</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene SR 11:00 Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its</p>	<p>2</p> <p>TH 9:00 Kick-Start Fitness with Blake FC 10:00 Circuit Training Class with Blake: Rotate through essential exercises for balance, strength, flexibility and fall prevention. Learn to use gym machines and equipment. EX 10:00 Shopping: Target & El Cerrito Plaza TH 10:40 Pop Up Ping Pong SR 11:00 Documentary Film:</p>
<p>3</p> <p>TH 9:00 Kick-Start Fitness with Blake GR 9:00 Religious Services Transportation FC 10:00 Circuit Training with Blake TH 11:00 Cardio Drumming (Led by our very own KERI!) SR 11:00 Documentary Film: Untold: Johnny Football 2023 1h 12m This documentary traces the meteoric rise and precipitous fall of</p>	<p>4 Labor Day</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Tai Chi with Nobuo SR 11:00 Documentary Film: Five Came Back 2017 S1 E1 The Mission Begins 59m As World War II begins, five of Hollywood's top directors leave success and homes behind to join the armed forces</p>	<p>5</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Yoga & Meditation with James SR 11:00 Documentary Film: Liquor Store Dreams 2023 1h 22m The Korean American children of liquor store owners attempt to reconcile their own dreams with those of their immigrant parents amid the struggle for</p>	<p>6</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene (Cancelled for Today) SR 11:00 Documentary Film: The Last Tepui 2022 55m An elite climbing team goes on a mission to deliver biologist Bruce Means to the top of a Guyanese tepui, known</p>	<p>7</p> <p>TH 9:00 Kick-Start Fitness with Armonie EX 10:30 Excursion: Samuel P. Taylor Park Picnic SR 11:00 Documentary Film: Washington: Father of his Country 2020 1h 26m The Revolution has been won, but for Washington, the problems, even within his own army, are just beginning. TH 1:30 Fire Inspector</p>	<p>8</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene (Cancelled for Today) SR 11:00 Documentary Film: Street Food of Asia: Seoul, South Korea 2019 29 m The food stalls at Gwangjang Market showcase some of South Korea's old</p>	<p>9</p> <p>TH 9:00 Kick-Start Fitness with Blake FC 10:00 Circuit Training Class with Blake: Rotate through essential exercises for balance, strength, flexibility and fall prevention. Learn to use gym machines and equipment. EX 10:00 Shopping: Target & El Cerrito Plaza TH 10:40 Pop Up Ping Pong SR 11:00 Documentary Film: The</p>
<p>10 Grandparents' Day</p> <p>TH 9:00 Kick-Start Fitness with Blake GR 9:00 Religious Services Transportation FC 10:00 Circuit Training with Blake TH 11:00 Cardio Drumming with Savannah SR 11:00 Documentary Film: Assault on Democracy: The Roots of Trump's Insurrection 2021 1h 33m CNN's Drew Griffin meets and talks</p>	<p>11 Patriot Day</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Tai Chi with Nobuo SR 11:00 Documentary Film: At the Heart of Gold: Inside the USA Gymnastics Scandal 2019 1h 29m This hard-hitting documentary chronicles the lives affected by the Larry Nassar sexual-abuse criminal case that</p>	<p>12</p> <p>TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Yoga & Meditation with James SR 11:00 Documentary Film: Vienna Philharmonic Summer Night Concert 2023 1h 26m Great Performances presents the Vienna Philharmonic Orchestra's summer night concert. LB 11:00 In Your Own Words:</p>	<p>13</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene SR 11:00 Documentary Film: The Whole Story: Weed 7: a Senior Moment 2023 S1 E12 45m Dr. Sanjay Gupta travels from research facilities in Tel Aviv to a senior living community in</p>	<p>14</p> <p>TH 9:00 Kick-Start Fitness with Armonie EX 9:30 Excursion: Exploratorium, SF SR 11:00 Documentary Film: North Korea from the Inside 2018 Michael arrives in the capital Pyongyang, where he meets the guides who will follow his every move, visits the statues of Kim Il-Sung and Kim Jong-Il, watches</p>	<p>15</p> <p>TH 8:00 Hatha Yoga & Meditation with Niko TH 9:00 Kick-Start Fitness with Armonie TH 10:00 Strength & Stability Fitness with Marlene SR 11:00 Documentary Film: Korean Porkbelly Rhapsody Part 1 2020 48m Paik Jong-won explores the world of the beloved pork belly dish samgyeopsal, while taking a journey</p>	<p>16 Rosh Hashanah Begins</p> <p>TH 9:00 Kick-Start Fitness with Blake FC 10:00 Circuit Training Class with Blake: Rotate through essential exercises for balance, strength, flexibility and fall prevention. Learn to use gym machines and equipment. EX 10:00 Shopping: Target & El Cerrito Plaza TH 10:40 Pop Up Ping Pong SR 11:00 Documentary Film:</p>

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SEPTEMBER 2023

Belmont Village Albany

Community Programs



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
17	Citizenship Day	18		19		20		21		22	Native American Day	23	Fall Begins
TH 9:00	Kick-Start Fitness with Blake	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Armonie	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Armonie	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Blake
GR 9:00	Religious Services Transportation	TH 9:00	Kick-Start Fitness with Armonie	TH 10:00	Yoga & Meditation with James	TH 9:00	Kick-Start Fitness with Armonie	EX 10:30	Excursion: Stowe Lake, SF Picnic	TH 9:00	Kick-Start Fitness with Armonie	FC 10:00	Circuit Training Class with Blake: Rotate through essential exercises for balance, strength, flexibility and fall prevention. Learn to use gym machines and equipment.
FC 10:00	Circuit Training with Blake	TH 10:00	Tai Chi with Nobuo	SR 11:00	Documentary Film: Lost in the Arctic 2023 48m An attempt to solve one of the greatest mysteries in the history of exploration by finding the lost tomb of legendary Arctic explorer John Franklin.	TH 10:00	Strength & Stability Fitness with Marlene	SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its residents must adapt.	TH 10:00	Strength & Stability Fitness with Marlene	TH 10:00	Pop Up Ping Pong
SR 11:00	Documentary Film: In Her Hands 2022 1h 33m In the months leading up to the Taliban takeover in 2021, Afghanistan's youngest female mayor, Zarifa Ghafari, deals	SR 11:00	Documentary Film: My Love, Don't Cross that River 2013 1h 26m Filmmaker Moyoung Jin follows a couple in South Korea who share intimate moments after 76 years of marriage.	LB 11:00	In Your Own Words:	SR 11:00	Documentary Film: Poisoned: The Dirty Truth about your Food 2023 1h 22m Through revealing interviews with experts and victims' families, this documentary examines	TH 1:30	Intermediate Better	SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its	EX 10:00	Shopping: Target & El Cerrito Plaza
24		25	Yom Kippur Begins	26		27		28		29		30	
TH 9:00	Kick-Start Fitness with Blake	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Armonie	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Armonie	TH 8:00	Hatha Yoga & Meditation with Niko	TH 9:00	Kick-Start Fitness with Blake
GR 9:00	Religious Services Transportation	TH 9:00	Kick-Start Fitness with Armonie	TH 10:00	Yoga & Meditation with James	TH 9:00	Kick-Start Fitness with Armonie	EX 10:30	Excursion: Ethnic Lunch - Korean	TH 9:00	Kick-Start Fitness with Armonie	FC 10:00	Circuit Training Class with Blake: Rotate through essential exercises for balance, strength, flexibility and fall prevention. Learn to use gym machines and equipment.
FC 10:00	Circuit Training with Blake	TH 10:00	Tai Chi with Nobuo	SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its residents must adapt.	TH 10:00	Strength & Stability Fitness with Marlene	SR 11:00	Documentary Film: (Film shown on 998 only)	TH 10:00	Strength & Stability Fitness with Marlene	TH 10:00	Pop Up Ping Pong
TH 11:00	Cardio Drumming (Led by our very own KERI!)	SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its residents must adapt.	LB 11:00	In Your Own Words:	TH 11:00	Book Club	TH 1:30	Intermediate Better Balance (Cancelled for Today)	SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural world and how its	EX 10:00	Shopping: Target & El Cerrito Plaza
SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine					SR 11:00	Documentary Film: Nature: After the Bite 2023 1h 29m A 2018 shark attack forces the coastal community of Cape Cod to examine changes in the natural	B 2:00	Game Players Club: Rummikub			TH 10:40	Pop Up Ping Pong
								FC 2:30	Circuit Training with Blake: Rotate through			SR 11:00	Documentary Film:

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