

CARLTON HOLLOW NOVEMBER 2019 NEWSLETTER



Learn to play pickleball at our pickleball lessons!



Fitness and aqua aerobics classes are offered at Carlton Hollow.



CARLTON HOLLOW
APARTMENTS

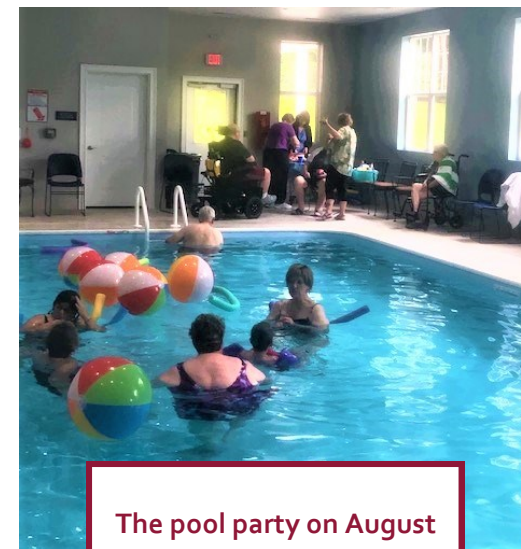
CarltonHollowApartments.com

***A 55+ COMMUNITY WITH FUN
AND FITNESS YEAR-ROUND!***

2000 Carlton Way
Ballston Spa, NY 12020
(518) 389-2606

Check out our blog posts:

- [Office for the Aging Presentation](#)
- [Fitness Classes](#)
- [Pool Party](#)
- [Pickleball Lessons](#)



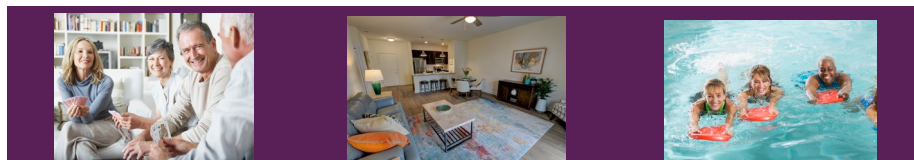
The pool party on August 17th was a hit!



The Office for the Aging Presentation on September 12th gave residents great resources!

November

2019 Carlton Hollow Events Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9am-11am: Pickleball Lesson with Colleen (PC) 1pm-4pm: Cards and Games (L)	2 6:30pm: Ping Pong and Billiards (BR)
3 2pm: Movie Matinee (MT)	4 7 pm: Left-Right-Center (CR)	5 10:45am-11:45am: Strength and Stretch with Marie (FC)	6 9:30am: Open Play Pickleball (PC)	7 7pm: Cards and Games (CR)	8 Schwan Delivery 1pm-4pm: Cards and Games (L)	9
10 2pm: Movie Matinee (MT)	11 7 pm: Left-Right-Center (CR)	12 10:45am-11:30am: Aqua Aerobics with Marie (IP)	13 9:30am: Open Play Pickleball (PC)	14 7pm: Cards and Games (CR)	15 10am-11am: Heart Healthy Nutrition Class (L) 1pm-4pm: Cards and Games (L)	16 6:30pm: Ping Pong and Billiards (BR)
17 2pm: Movie Matinee (MT)	18 7 pm: Left-Right-Center (CR)	19 10:45am-11:45am: Strength and Stretch with Marie (FC)	20 9:30am: Open Play Pickleball (PC)	21 7pm: Cards and Games (CR)	22 9am-11am: Pickleball Lesson with Colleen (PC) Schwan Delivery 1pm-4pm: Cards and Games (L)	23 10am: Arts and Crafts (CR)
24 2pm: Movie Matinee (MT)	25 7 pm: Left-Right-Center (CR)	26 10:45am-11:30am: Aqua Aerobics with Marie (IP)	27 9:30am: Open Play Pickleball (PC)	28 HAPPY THANKSGIVING!	29 1pm-4pm: Cards and Games (L)	30

Building 3000 Room Key: Lounge (L)-1st floor, Indoor Pickleball Court (PC)-1st floor, Movie Theater (MT)-2nd floor, Billiard Room (BR)-3rd floor.

Building 2000 Room Key: Indoor Pool (IP)-1st floor, Fitness Center (FC)-1st floor, Community Room (CR)-2nd floor.

November 15th: Join us for a heart healthy nutrition class! Learn about the Mediterranean diet touted to lower blood pressure and try free samples!

November 23rd: Join us for arts and crafts at 10am!