



Take The First Step Towards Better Health

Join us for a conversation with our in-house fitness and aqua aerobics instructor, Marie. Learn how she can help you take the first step towards enjoying an active and healthy lifestyle.

**Tuesday, February 25th at Noon
in the Lounge in Building 3000**



Strength and Stretch with Marie (on the right)



Aqua Aerobics with Marie (on the left)

Marie is a certified Fitness Professional and holds a certificate as a Senior Fitness Specialist. Since 1984, she has been teaching fitness in various studios and clubs, as well as at other apartment communities.

2000 Carlton Way, Ballston Spa, NY 12020
Please RSVP at LCH@SUNRISECP.COM or (518) 389-2606



CARLTON HOLLOW FEBRUARY 2020 NEWSLETTER



**CARLTON HOLLOW
APARTMENTS**
CarltonHollowApartments.com

***A 55+ COMMUNITY WITH
FUN, FITNESS, & WELLNESS
YEAR-ROUND!***

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Ballston Spa, NY 12020
(518) 389-2606**



On 12/21, we enjoyed baking our favorite recipes at the holiday cookie swap.



Our bi-monthly breakfast is a great time to meet new neighbors!



At the remembrance service on 1/4, we honored our loved ones who have passed away.

Check out our blog posts:

- [Cookie Swap](#)
- [Resident Breakfast](#)
- [Remembrance Service](#)



February 2020

Carlton Hollow Events Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am-11am: Breakfast (L) Noon: Beginners Pickleball (PC)
2 2pm: Theater Intro. (MT) Staff will assist in movie selection and operation. 3pm: Pre-Superbowl Party (L)	3 Noon: First concierge order from Druthers (L) 2pm: Sunshine Club (CR) 7pm: Left-Right-Center (CR)	4 10:45am-11:30am: Aqua Aerobics with Marie (IP) 4pm: SHOWTIME (MT) (A Fortunate Man) TV14	5 9:30am: Open Play Pickleball (PC) 2pm: Puzzlers Club (CR)	6 7pm: Cards and Games (CR)	7 1pm-4pm: Cards and Games (L)	8 Noon: Beginners Pickleball (PC) 6:30pm: Ping Pong and Billiards (BR)
9 2pm: Theater Intro. (MT) Staff will assist in movie selection and operation.	10 7pm: Left-Right-Center (CR)	11 10:45am-11:45am: Strength and Stretch with Marie (FC) 4pm: SHOWTIME (MT) (Saving Mr. Banks) PG13	12 9:30am: Open Play Pickleball (PC) 2pm: Puzzlers Club (CR)	13 7pm: Cards and Games (CR)	14 Schwan's Delivery 1pm-4pm: Cards and Games (L) 5pm: Valentine's Day POTLUCK Dinner (L) 	15 Noon: Beginners Pickleball (PC) 2pm: BINGO (L)
16 2pm: Theater Intro. (MT) Staff will assist in movie selection and operation.	17 7pm: Left-Right-Center (CR)	18 10:45am-11:30am: Aqua Aerobics with Marie (IP) 1pm: Book Club (CR) 4pm: SHOWTIME (MT) (The Pursuit of Happiness) PG13	19 9:30am: Open Play Pickleball (PC) 2pm: Puzzlers Club (CR)	20 7pm: Cards and Games (CR)	21 1pm-4pm: Cards and Games (L)	22 Noon: Beginners Pickleball (PC) 6:30pm: Ping Pong and Billiards (BR)
23 2pm: Theater Intro. (MT) Staff will assist in movie selection and operation.	24 7pm: Left-Right-Center (CR)	25 10:45am-11:45am: Strength and Stretch with Marie (FC) Noon: Fitness Talk with Marie (L) 4pm: SHOWTIME (MT) (Inside Bill's Brain) TV14	26 9:30am: Open Play Pickleball (PC) 2pm: Puzzlers Club (CR)	27 10am: Knitting & Crochet Club (CR) 7pm: Cards and Games (CR)	28 Schwan's Delivery 1pm-4pm: Cards and Games (L)	29 9am-11am: Breakfast (L) Noon: Beginners Pickleball (PC) 3pm: Crafts with Barbara (CR)

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, Leasing Office (LO)-1st floor, Community Room (CR)-2nd floor.

February 14th: Join us for a Valentine's Day Community Potluck. Please bring a dish to share and use a sign-up sheet to let us know what you are bringing.

February 2nd: Head to the Lounge for a pre-Superbowl party at 3pm.

February 18th: Join us to discuss the book *Reconstructing Amelia* by Kimberly McCreight.