

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>"Autumn carries more gold in its pocket than all the other seasons"</b> - Jim Bishop	<b>INTERNATIONAL MUSIC DAY</b> 9:30 Fun Fitness w/VH-S 11:00 Weight Fitness w/VH - IL 11:30 Music History w/VH-IL 11:30 Music Appreciation w/NP - S 2:30 Seated Soccer w/VH-IL 3:30 Rags To Riches w/VH-IL 4:15 World Religion w/VH-S 6:30 Evening News Bloopers <b>1</b>	<b>ROSH HASHANAH</b> 9:30 Mid Week Stretch w/NP - S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Horoscopes w/ NP-S 2:30 Pennv Ante w/NP-IL 3:30 Hunarv Hinnu w/NP-G 4:15 Reminiscina w/NP-S 6:30 Jokes for Folks w/CG's-IL <b>2</b>	<b>WORLD TEMPERANCE DAY</b> 9:30 Warm up Stretch w/VH-S 11:00 Rise And Shine w/VH-IL 11:30 World Temperance w/VH-IL 11:30 Rhyme Thyme w/NP -S 2:30 Drum Circle w/VH-IL 3:30 Crazy Science Facts w/VH-IL 4:15 Balloon toss w/VH-S 6:30 Sorry Game w/CG's - IL <b>3</b>	<b>CINNAMON ROLL DAY</b> 9:30 Let's Get Fit w/VH-S 11:00 Friday Fitness w/VH-IL 11:30 Trivia Easy - Hard w/VH - IL 11:30 Old Wife's Tales w/NP-S 2:00 <i>Spanish 101 w/ NP-il</i> 2:30 <i>Coffee&amp;Cinnamon Roll w/VH-IL</i> 3:30 Favorite Foods w/VH - IL 4:15 <i>Cinnamon Roll Social w/VH-S</i> 6:30 Four In A Row w/CG's - IL <b>4</b>	<b>WORLD TEACHER'S DAY</b> 9:30 Saturday Fitness w/VH-S 10:00 Lets Get Fit w/VH-G 11:00 Fittercise w/VH-IL 11:30 Manicures & Music w/VH-S 2:00 <i>Paisley Pet Therapy -S</i> 2:30 <i>Teachers Day Socialw/VH-IL</i> 3:30 <i>Teachers Day Socialw/VH-G</i> 4:15 Story Time w/VH - S 6:30 Bottoms Up w/CG's - IL <b>5</b>

<b>COACHES DAY</b> 9:30 Get Fit w/VH-S 10:00 Sunday Fitness w/VH-G 11:00 Workout w/VH-IL 11:30 Manicures & Music w/VH-S 2:30 <i>Armchair Travel: MN w/VH-IL</i> 3:30 <i>Armchair Travel: MN w/VH-G</i> 4:15 Game Time w/VH-S 6:30 Sunday Movie w/CG <b>6</b>	<b>NATIONAL FRAPPE DAY</b> 9:30 Wake Up w/NP-S 11:00 Exercise Trivia w/Joey-IL 11:00 <i>Singing: With Sister Char-S</i> 11:30 Looking Forward w/NP-IL 2:30 <i>Singers:Occasional Players- IL</i> 3:30 <i>Pictionary w/NP-IL</i> 6:00 <i>Coffee&amp;Cookies Socialw/VH-S</i> 6:30 Dominos w/ CG's-IL <b>7</b>	<b>PODIATRY DAY</b> 9:30 Sit &Be Fit w/NP-S 11:00 Movina To Music w/NP-IL 11:30 Word Mining w/NP-IL 11:30 Bingo w/VH-S 1:30 <i>Silverman's Farm w/VH</i> 2:30 <i>Cocktail w /NP-IL</i> 3:30 Fact or Fiction w/NP-IL 4:15 Woman Of The Bible w/VH-S 6:30 Humor With CG's-IL <b>8</b>	<b>NATIONAL EMERGENCY NURSES DAY</b> 9:30 Bend & Stretch W/NP-S 11:00 Lite Exercise w/NP-IL 11:30 Balloon Volley w/NP-S 2:30 Scatterqories w/NP-IL 3:30 Big Word, Little Word w/ NP-IL 4:15 Name 5 Game w/VH-S 6:30 Bible Verses w/CG's-IL <b>9</b>	<b>WORLD MENTAL HEALTH DAY</b> 9:30 1-2-3- Stretch w/NP-S 11:00 Dice Exercise w/NP- IL 11:30 In The News w/NP-IL 11:30 Balloon Volley w/VH-S 2:30 <i>Making Wreath w/NP-IL</i> 3:30 Famous Person Bio w/NP-IL 4:15 Sing -a- Long w/VH-S 6:30 Short Story w/CG's - IL <b>10</b>	<b>YOM KIPPER</b> 9:30 Sunrise Exerice w/NP-S 11:00 Sit & Be Fit w/NP-IL 11:30 Balloon Vollev w/NP-IL 11:30 Dance Along w/VH-S 2:00 <i>Spanish 101 w/NP- IL</i> 2:30 Auction w/NP-IL 3:30 Dominos w/NP-IL 4:15 Strange Facts w/VH-S <b>11</b>	<b>WORLD HOSPICE DAY</b> 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Music & Laughter w/Lisa-S 2:00 <i>Paisley Pet Therapy -IL</i> 2:00 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 YouTube Concert w/CG's-IL <b>12</b>
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<b>NAVY BIRTHDAY</b> 9:30 Morning Greetingsw/Kayti-S 10:30 Exercise&Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL 11:30 <i>Pianist: John Lamb-S</i> 2:30 Manicure&Music w/Kayti-IL 6:30 Evening TCM w/CG's-IL <b>13</b>	<b>COLUMBUS DAY</b> <b>NATIVE AMERICAN DAY</b> 9:30 Monday Fitness w/VH - S 11:00 Exercise Trivia w/Joey-IL 11:00 <i>Lynn Lewis, Singer - S</i> 11:30 Looking Forward w/VH-IL 2:30 Native Americans w/VH-IL 3:30 Manicures & Music w/VH-IL 6:00 <i>Antique Roadshow w/NP-S</i> 6:30 Farkle Game w/CG's - IL <b>14</b>	<b>NATIONAL MUSHROOM DAY</b> 9:30 Fun Fitness w/VH-S 11:00 Tuesday Tune-Up w/VH-IL 11:30 Mushroom Facts w/VH-IL 11:30 Famous Quotes w/NP-S 2:30 <i>Chips And Soda Social w/VH -IL</i> 3:30 Horse Shoe Toss w/VH-IL 4:15 Short Story w/NP-S 6:30 Card Games w/CG's-IL <b>15</b>	<b>DICTIONARY DAY</b> 9:30 Lets Get Fit w/VH- S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Spelling Bee w/VH- S 2:30 Charades w/VH-IL 3:30 Ring Toss w/VH-G 4:15 Sensory Touch w/VH-S 6:30 Evening Stretch w/CG's-IL <b>16</b>	<b>BLACK POETRY DAY</b> 9:30 Shake It Loose w/VH-S 11:00 Wake Up Fitness w/VH-IL 11:30 Black Poetry w/VH-IL 11:30 Today's Headlines /NP-S 2:30 <i>Pasta 101 w/VH-IL</i> 3:30 Pumpkin Carving w/VH-IL 4:15 Name Five w/NP-S 6:30 Kerplunk! Game w/CG's <b>17</b>	<b>ALASKA DAY</b> 9:30 Light Stretch w/VH-S 11:00 Dancersice w/VH-IL 11:30 All About Alaska w/VH - IL 11:30 Balloon Toss w/NP-S 2:00 <i>Spanish 101 w/NP-IL</i> 2:30 <i>Pianist : John Lamb -IL</i> 3:00 <i>PIZZA Social w/VH-IL</i> 4:15 Proverb to Ponder w/NP - S 6:30 Card Shark w/CG's-IL <b>18</b>	<b>SWEETEST DAY</b> 9:30 Head To Toes w/NP-S 10:00 <i>Music&amp;Dance w/Jennifer-G</i> 11:00 <i>Music&amp;Dance w/Jennifer-IL</i> 11:30 Fiction Or Facts w/NP-S 2:30 Guess The Color w/NP-IL 3:30 Bingo w/NP-G 4:15 Story Bible w/NP-S 6:30 Reminiscing w/CG's <b>19</b>
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<b>CHEFS DAY</b> 9:30 Fun & Fit w/NP-S 10:00 Wake up w/NP-G 11:00 Let's Stretch w/NP-IL 11:30 Name The Tune w/NP-S 2:30 Art (Scarecrow) w/NP-IL 3:30 Sing A Long w/NP-G 4:15 Tell a Funny Story w/NP-S 6:30 Mandala w/CG's - IL <b>20</b>	<b>NATIONAL APPLE DAY</b> 9:30 Stay Fit w/NP-S 11:00 Exercise Trivia w/Joey-IL 11:30 Looking Forward w/NP-IL 2:00 <i>Hot Apple Cider Socialw/NP-IL</i> 3:30 Penny Ante w NP-IL 6:00 <i>Apple Cider &amp; Pumpkin Carving w/VH-S</i> 6:30 Western Movie w/CG's - IL <b>21</b>	<b>NATIONAL NUT DAY</b> 9:30 Bend & Stretch w/NP-S 11:00 Lite Exercise w/NP-IL 11:30 Bible Verses w/NP-IL 11:30 Bingo w/VH - S 2:15 <i>Singer: Jennifer DiSapio</i> 3:30 Bottom Up w/NP-IL 4:15 Manicure & Music w/VH-S 6:30 Card Games w/CG's -IL <b>22</b>	<b>SHEMINI ATZERET</b> 9:30 Mid Week Fitness w/VH-S 11:00 Rise Up Fitness w/VH-IL 11:30 <i>SpringsResidentCouncil - SDR</i> 1:30 <i>Singing With Sister Char -IL</i> 2:30 Name 5 Game w/VH- IL 3:30 Musical Favorites w/VH-G 4:15 Wheel Of Fortune w/VH-S 6:30 Jigsaw Puzzles w/CG's- IL <b>23</b>	<b>UNITED NATION DAY</b> 9:30 Light Fitness w/NP-S 11:00 Head to Toes w/NP-IL 11:15 <i>Out -Trip For Lunch w/VH</i> 11:30 Reminisc w/NP-IL 11:30 Bingo w/CL-S 2:00 <i>Birthday Party w/NP-IL</i> 3:30 Bingo w/NP-IL 4:15 Card Game Fun w/VH-S 6:30 Life Time Movie w/CG's -IL <b>24</b>	<b>NATIONAL ART DAY</b> 9:30 1-2-3 Stretch w/NP-S 11:00 Fun Fitness w/NP-IL 11:30 Balloon Toss w/NP-IL 11:30 Art Appreciation w/VH-S 2:00 <i>Spanish 101 w/NP- IL</i> 2:30 <i>WU-Making Soap -NP-IL</i> 3:30 Bible Story w/NP-IL 4:15 Halloween Stories w/VH-S 6:30 Evening Chat w/CG's - IL <b>25</b>	<b>NATIONAL PUMPKIN DAY</b> 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Family Feud w/Joey-S 2:30 Wheel of Fortune w/Joey-IL 3:30 Family Feud w/Joey-G 4:00 AfternoonGreetings w/Joey-S 6:30 Evening Stretch w/CG's-IL <b>26</b>
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<b>NATIONAL BLACK CAT DAY</b> 10:00 Morning Greetings w/Joey-S 10:30 Exercise & Trivia w/Joey-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Inspirational w/Joey-S 2:30 <i>Lynn Lewis, Singer - IL</i> 3:30 Wheel Of Fortune w/Joey - G 4:00 Afternoon Greetings w/Joey - S 6:30 Relaxing Music w/CG's - IL <b>27</b>	<b>NATIONAL CHOCOLATE DAY</b> 9:30 Monday Fitness w/VH-S 11:00 Exercise Trivia w/Joey-IL 11:00 <i>Singing With Sister Char -S</i> 11:30 Looking Forward w/VH-IL 3:30 Manicures & Music w/VH-IL 6:00 <i>Hot Chocolate Social w/NP-S</i> 6:30 Mandala Art w/CG's - IL <b>28</b>	<b>INTERNET DAY</b> 9:30 Easy Does It Fitness w/VH-S 11:00 Lets Move w/VH-IL 11:30 <i>Health Talk "Flu" w/Bindu George, RN-IL</i> 11:30NameTheSpookyTunew/VH-S 2:30 <i>Charcuterie Social w/VH -IL</i> 3:30 About The Internet w/VH-IL 4:15 Bingo w/NP -S 6:30 Classical Favorites w/CG's- <b>29</b>	<b>NATIONAL CANDY CORN DAY</b> 9:30 Head To Toe Fitness w/VH-S 10:30 Light Fitness w/NP -IL 11:15 <i>Inn Resident Council - IL DR</i> 11:45 I Spy Game w/NP-S 2:30 Finish it! Card Game w/VH-IL 3:30 Superstitions w/VH-IL 4:15 Useless Trivia w/NP-S 6:30 Relaxing Music w/CG's -IL <b>30</b>	<b>HALLOWEEN</b> 9:30 Fitness Time w/VH-S 11:00 Sunrise Exercise w/VH-IL 11:30 Halloween w/VH-IL 11:30 Visit Salem w/NP - S 2:30 - 4:30 pm <i>Halloween Bash Springs &amp; Inn</i> 6:30 Thriller Movie w/CG's IL <b>31</b>	<b>Weekly Shabbat Service In</b> <b>The Town Center</b> <b>Interfaith Chapel</b>  <b>Monthly Catholic Communion</b> <b>with Sister Maureen</b>	<b>*Polish American Heritage Month</b> <b>*Italian American Heritage Month</b> <b>*Filipino American History Month</b> <b>*Breast Cancer Awareness Month</b> <b>*National Disability Employment Awareness Month</b>
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# OCTOBER 2024

## Inn/Springs



AT 3030 PARK

**ACTIVITY LOCATOR KEY**  
 AG - Art Gallery  
 AS - Art Studio  
 A - Auditorium  
 G - Gardens  
 TC - Town Center  
 CG's - Caregivers  
 CL - Community Life  
 IL - Inn Lounge  
 S - Springs  
 VH - Victoria  
 NP- Noemi  
 SC - Springs Conference Room  
 DR - Dining Room

Any Questions About Out-Trips or Family gathering, or programs. Call Victoria at 203-374-6452 or Noemi at 203-374- 6168

Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.