



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>ACTIVE AGING WEEK SEPT. 30 - OCT. 6</b> <b>Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.</b>	<b>INTERNATIONAL COFFEE DAY</b> 9:00 Yoga Stretch - FC 10-2 Registrar of Voters - ML 10:30 Aqua Relay Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Improve Your Balance w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 2:30 Walk for Health - FL 4:45 Oktoberfest Dinner - DR <b>1</b>	<b>ROSH HASHANAH</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 Rosh Hashanah w/ Rabbi Paris-ML 2:00 Bands & Balance w/ Cindy-FC 3:00 Worship Service w/ Rev. Rowe 3:00 Ukulele Rehearsal - FC <b>2</b>	9:00 Yoga Stretch w/ Lisa - FC 10:00 Happy Knitters - 4th Fl 10:30 Aqua Zumba w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - M 3:00 Walk for Health - FL <b>3</b>	<b>WORLD SMILE DAY</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 3:00 Hallway Putt Putt w/ CL - ML 3:00 Ping Pong w/ Joey - FC 4:00 Eucharistic Service - A <b>4</b>	<b>NATIONAL NICE DAY</b> 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:15 <a href="#">Outing - Quick Center</a> 12:30 Bell Choir Rehearsal- ML 1:30 Tea & Chat - W Lounge 2:30 Chris Coogan, Pianist - ML 7:00 <a href="#">Outing - Bridgeport Symphony - Pre-subscribed</a> <b>5</b>
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - Auditorium 1:30 Afternoon Movie - A 2:30 Resident Pinochle - 3rd FL 4:00 Bingo - ML 6:00 Contemplative Prayer - IFC <b>6</b>	9:00 Seated Yoga w/ Kayti-FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 11:00 HealthPRO - A 1:00 Stretch, Balance & Ball - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:00 Pokeno - ML 2:00 October Birthday Celebration-WL <b>7</b>	9:00 Yoga Stretch w/ Kayti-FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey-ML 3:00 Andy Williams Memories Concert YT w/ Lisa - A 7:30 Co-Ed Poker w/ Joey - ML <b>8</b>	<b>ALZHEIMER'S RAFFLE</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Registrar of Voters - ML 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Seated Drumming w/ Cindy - FL 11:00 WU - Ladies' Poker w/ Joey - ML 1:00 WU - Beginners Spanish Class - ML 2:00 Acey-Deucey w/ Joey - ML 3:00 Understanding Alzheimer' Talk-A <b>9</b>	9:00 Yoga Stretch w/ Kayti - FC <a href="#">10:00 Outing - Vintage Radio Museum</a> 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe - A <b>10</b>	<b>YOM KIPPUR</b> 9:00 Yoga w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC <b>11</b>	9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Two for the Road Duo-ML <b>12</b>
Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 1:00 Channel 591 Afternoon Movie 2:30 Pinochle - 3rd FL 2:45 Outing - Downtown Cabaret 3:00 Classical Piano Performance - ML 4:00 Bingo - ML <b>13</b>	<b>COLUMBUS DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 One Day University - A <b>14</b>	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Veteran's Chat - 2nd FL 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Decorate Sukkah- CP 7:00 Tom Sansone, Musician - ML <b>15</b>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Seated Drumming - FC 11:00 WU - Ladies' Poker w/ Joey - ML 1:00 WU - Beginners Spanish Class - ML 2:00 Acey-Deucey w/ Joey - ML 2:00 Ukulele Rehearsal - FC 3:00 Olga Vinokur, concert pianist - A <b>16</b>	<b>PASTA DAY</b> 9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith/Rev Rowe-A 6:30 Casino Night - A <b>17</b>	<b>CHOCOLATE CUP CAKE DAY</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris in Sukkah 3:00 Shawn Taylor, Guitarist - ML 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC <b>18</b>	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 2:30 Afternoon Movie - A <b>19</b>
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 1:00 Channel 591 Afternoon Movie 2:30 Pinochle Resident - 3rd FL 3:00 Gene Matera, Guitarist - ML <b>20</b>	9:00 Seated Yoga w/ Lisa - FC 9:30 Guided Meditation w/ Lisa - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pray the Rosary - IFC 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 One Day University - A <b>21</b>	9:00 Yoga Stretch w/ Lisa - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Musical Encore Chicago w/ Lisa - A <b>22</b>	9:00 Seated Yoga w/ Lisa - FC 9:30 Guided Meditation w/ Lisa-FC 9:30 Catholic Mass - A 10:00 Shopping Outing - FL 11:00 Word Game - ML 11:00 Seated Drumming w/ Cindy-FC 1:00 WU - Beginners Spanish Class - ML 3:00 Healthy Living for Your Brain - A 3:00 Ukulele Rehearsal - FC <b>23</b>	9:00 Yoga Stretch w/Lisa - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:30 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe- A <b>24</b>	<b>BREAST CANCER FUNDRAISER</b> 9:00 Yoga Stretch w/ Lisa-FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 2:00 Nutrition Talk w/Candace Rodak-2FL 3:00 Ping Pong - FC <b>25</b>	<b>NATIONAL PUMPKIN DAY</b> 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:15 <a href="#">Outing - Quick Center</a> 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 3:00 RedHot & Blue of Yale Univ. Acapella Vocal Group- A <b>26</b>
<b>NAVY DAY</b> Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle Resident Meet-Up - 3rd FL 4:00 Bingo - ML <b>27</b>	<b>NATIONAL CHOCOLATE DAY</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 One Day University - SR <b>28</b>	<b>NATIONAL CAT DAY</b> 9:00 Yoga Stretch - FC <a href="#">10:00 Outing - Downtown Westport</a> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 - Lisa <b>29</b>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti-FC 9:30 Catholic Mass - A 10:00 Shopping Outing - FL 11:00 Word Game - ML 11:00 Seated Drumming w/ Cindy-FC 1:00 WU - Beginners Spanish Class - ML 2:00 Bingo - ML 3:00 Ukulele Rehearsal - FC <b>30</b>	<b>HAPPY HALLOWEEN!</b> 9:00 Yoga Stretch w/ Kayti - FC 10:00 Town Hall w/ E.D. - A 10:00 Happy Knitters - 4th Fl 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:30 Halloween Party w/ Joey & Lynn - WL <b>31</b>	<b>Recurring Programs:</b> 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 1:00 Wednesday's Watercolor Painting w/ Kayti - CAS 12:30 Thursday Learn Bridge w/ The Mehta's - 3rd Fl Lounge Wednesday Ukulele Rehearsals - FC	<b>BREAST CANCER AWARENESS MONTH</b> <b>NATIONAL APPLE MONTH</b> <b>NATIONAL COOKIE MONTH</b> <b>NATIONAL PET WELLNESS MONTH</b> <b>NATIONAL PHYSICAL THERAPY MONTH</b> <b>NATIONAL PIZZA MONTH</b> <b>SUKKOT</b> <b>OCTOBER 16 - 23</b>
<b>OCTOBER 2024</b> <b>Independent Living</b> 		<b>ACTIVITY LOCATOR KEY</b> A - AUDITORIUM AG - ART GALLERY CL - COMPUTER LOUNGE (1st Floor) CP - CAFE PATIO CAS - CREATIVE ART STUDIO DR - DINING ROOM	DOC - DOCUMENTARY FC - FITNESS CENTER FL - FRONT LOBBY GC - GALLERY CAFE IFC - INTERFAITH CHAPEL ML - MAIN LOUNGE RC - REHAB CLINIC WC - WELLNESS CENTER WL - W LOUNGE 2ND FL - 2ND FLOOR LOUNGE	3RD FL - 3RD FLOOR LOUNGE 4TH FL - 4TH FLOOR LOUNGE SR - SCREENING ROOM YT - YOUTUBE		