

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>"Autumn carries more gold in its pocket than all the other seasons"</b> - Jim Bishop</p>	<p><b>INTERNATIONAL MUSIC DAY</b> 10:00 Get Fit w/NP-G 10:30 <i>Singer: MOJO-G</i> Enjoy The Outdoor w/Nayas-G Fun Club w/Ladrina -G 2:30 Finish The Saying w/NP-G 3:30 Let's Make Music w/NP-G Story Time w/Nayas-G TMC Classic Movies w/Nayas-G</p>	<p><b>ROSH HASHANAH</b> 10:00 <i>Tai Chi w/ Jonathan-G</i> 10:30 Word Game w/NP-G Ring Toss w/Navas-G Would You Rather w/Nayas-G 2:30 <i>Interactive Culinary Program: w/NP-G</i> Great Laugh w/Navas-G Scrabble w/Nayas-G</p>	<p><b>WORLD TEMPERANCE DAY</b> 10:00 Light Stretch w/NP-G 10:30 Old Wives Tales w/NP-G Don't Break The Ice w/Navas-G Outdoor Trivia w/Navas-G 2:30 Art &amp; craft Making Tree w/NP-G 3:30 Brain Teaser w/NP-G Tic Tac Toe w/Nayas</p>	<p><b>NATIONAL CINNAMON ROLL DAY</b> 10:00 Stav Fit w/NP-G 10:30 Old Humor w/NP-G Would You Rather w/Nayas-G 1:30 <i>Singing With Sister Char-G</i> 2:30 Tennis Balloon w/NP-G 3:30 Bible Stories w/NP-G Snacks Outdoor w/Nayas-G</p>	<p><b>WORLD TEACHER'S DAY</b> 10:00 Lets Get Fit w/VH-G Game Show Fun w/Nayas-G Local News w/Nayas-G Music Fun w/Nayas-G Hand Rubs &amp; Music w/Nayas-G 3:30 <i>Teachers Day Social w/VH-G</i> Western Movie w/Nayas-G</p>
<p><b>COACHES DAY</b> 10:00 Fun Fitness w/VH-G Music Sing A Long w/Nayas-G Building Blocks Fun w/Nayas-G Puzzles w/Nayas-G Bible Stories w/Nayas-G 3:30 <i>Armchair Travel Mongolia w/VH -G</i> Today in History w/Nayas-G</p>	<p><b>NATIONAL FRAPPE DAY</b> 10:30 Fun Fitness w/VH-G 11:00 World Religion w/VH-G Table Bowling w/Nayas-G Checkers w/Nayas-G 3:00 <i>Art Remedy w/Morgan -G</i> Music Appreciation w/Mavel-G Dice Games w/Nayas-G</p>	<p><b>PODIATRY DAY</b> 10:00 Fitness &amp; Jokes w/VH-G 10:30 All About Our Feet w/VH-G 1:30 <i>Silverman's Farm w/VH</i> Fun Club w/Ladrina -G Songs of the 40's w/Nayas -G 3:30 Bingo w/VH -G Evening Western Movie w/Nayas-G</p>	<p><b>NATIONAL EMERGENCY NURSES DAY</b> 10:30 Balloon Toss w/NP-G Mind Joggers w/Nayas -G Balloon Toss w/Nayas-G Bible Story w/ Nayas-G 3:30 Word Game w/NP-G Scrabble w/Nayas-G</p>	<p><b>WORLD MENTAL HEALTH DAY</b> 10:00 Rise And Shine w/VH-G 10:30 <i>Pianist John Lamb-G</i> Kurplunk w/Nayas-G Snack Attack w/Nayas-G 2:30 Seated Kick Ball w/VH-G 3:30 Finish The Lyric w/VH-G Music For The Soul w/Nayas-G</p>	<p><b>YOM KIPPER</b> 10:30 TGIF Fitness w/VH-G 11:00 Yom Kipper w/VH-G Bible Reading w/Nayas-G 1:30 <i>Singing With Sister Char-G</i> 2:30 <i>Interactive Culinary Program: German Cucumber w/VH-G</i> 3:30 Guess The Picture w/VH-G Hand Rub &amp; Music w/Nayas-G</p>	<p><b>WORLD PALLIATIVE CARE DAY</b> 10:00 <i>Tai Chi w/ Jonathan-G</i> History Of Lio w/Nayas- G Daily News w/Nayas-G Tic Tac Toe w/Nayas-G Balloon Volley w/Nayas-G 2:30 Variety of Fun w/Lisa-G Soothing Music w/Nayas-G</p>
<p><b>NAVY DAY</b> Morning Exercise w/Nayas-G Daily Devotional w/Nayas-G Remember When...? w/Nayas-G Enjoy the Outdoors w/Nayas-G Theme Bingo w/Nayas-G All About The Navy w/Nayas-G Hallmart Movie w/Nayas-G</p>	<p><b>COLUMBUS DAY NATIVE AMERICAN DAY</b> 10:00 Sunshine Fitness w/NP-G 10:30 Columbus Day w/NP-G Hand Rubs w/Nayas-G Table Bowling w/Nayas-G 2:30 <i>October Birthday Party w/NP-G</i> Music Appreciation w/Marvel-G Evening YouTube Concert w/Nayas -G</p>	<p><b>NATIONAL MUSHROOM DAY</b> 10:00 Head To Toes w/NP-G 10:30 Name 5 w/NP-G Fun Club w/Ladrina -G Don't Break The Ice w/Nayas-G 2:30 Making Music w/NP-G 3:30 Famous Quotes w/NP-G TMC Movies w/Nayas-G</p>	<p><b>DICTIONARY DAY</b> 10:00 <i>Tai Chi w/ Jonathan-G</i> Spelling Bee w/Nayas-G Football Facts w/Nayas-G One Hit Wonders w/Nayas-G 3:30 Ring Toss w/VH-G Snacks &amp; Chat w/Nayas-G Western Movie w/Nayas-G</p>	<p><b>BLACK POETRY DAY</b> 10:00 Light Stretch w/NP-S 10:30 Word Game W/NP-G Ring Toss w/Nayas -G Hand Massage w/Nayas-G 2:30 <i>Singer: Billy G-G</i> 3:30 <i>Bio Mayas Angelou w/NP-G</i> Charades w/Nayas-G</p>	<p><b>ALASKA DAY</b> 10:00 Fun Fitness w/NP-G 10:30 Pictionary w/NP-G Horse Shoe Toss w/Nayas-G Stroll In The Garden w/Nayas-G 1:30 <i>Singing With Sister Char-G</i> 2:30 <i>Interactive Culinary Program: Pound Cake With Pumkin w/NP-G</i> 3:30 Travel To Alaska w/NP-G w/Nayas -G</p>	<p><b>SWEETEST DAY</b> 10:00 <i>Music &amp; Dance w/ Jennifer-G</i> Balloon Toss w Nayas-G Fiction Or Facts w/Nayas-G Guess The Color w/Nayas-G 3:30 Bingo w/NP-G Story Bible w/Nayas-G Chicken Soup For The Soul w/Nayas-G</p>
<p><b>INTERNATIONAL CHEFS DAY</b> Fun &amp; Fit w/Navas -G Funny Story w/NP-G Good Old Days w/Navas-G 2:30 <i>Lynn Lewis, Singer -G</i> Bingo w/Nayas-G 3:30 You Be The Judge w/NP-G Ring Toss w/Nayas -G</p>	<p><b>NATIONAL APPLE DAY</b> 10:00 1-2-3 Stretch w/VH-G 10:30 Apple Benefits w/Nayas-G Card Sharks w/Nayas-G Finish the Phrase w/Nayas-G 2:30 <i>An Apple A Day Social w/VH-G</i> Music Appreciation w/Marvel-G TCM Classic Movie w/Nayas-G</p>	<p><b>NATIONAL NUT DAY</b> 10:00 Fitness &amp; Jokes w/VH-G 10:30 Facts About Nuts w/VH -G Mandela Art w/Nayas-G Fun Club w/Ladrina -G 2:30 Beach Ball Volly w/VH-G 3:30 <i>Singer: Jennifer DiSapio -G</i> Evening Games w/Nayas-G</p>	<p><b>SHEMINI ATZERET</b> 10:00 Mit-Week Fitness w/VH-G Silly Words w/Nayas-G Jigsaw Puzzles w/Nayas-G Ring Toss w/Nayas-G 3:30 <i>Pumpkin Carving &amp; Music w/VH-G</i> All About 50's Music w/Nayas-G Evening Stretch w/Nayas-G</p>	<p><b>UNITED NATION DAY</b> 10:00 Get Fit w/VH-G 11:15 <i>Out Trip For Lunch w/VH</i> Kurplunk w/Nayas-G Snack Attack w/Nayas-G Theme Charades w/Nayas-G 3:30 Halloween Facts w/VH-G Music And Hand Rubs w/Nayas-G</p>	<p><b>NATIONAL ART DAY</b> 10:00 Balloon Fitness w/VH-G 10:30 Halloween Art w/VH -G I Spy w/Nayas-G 1:30 <i>Singing With Sister Char-G</i> 2:00 <i>Interactive Culinary program: Hot Chocolate w/VH-G</i> Table Bowling w/Nayas-G TCM w/Nayas-G</p>	<p><b>NATIONAL PUMPKIN DAY</b> 10:00 <i>Tai Chi w/ Jonathan-G</i> Fill in the Blanks w/Nayas-G Checkers w/Nayas-G Refreshments &amp; Music w/Nayas-G 2:00 <i>Paisley Pet Therapy -G</i> 3:30 Family Feud w/Joey-G Sittercise w/Nayas-G</p>
<p><b>NATIONAL BLACK CAT DAY</b> 10:00 Exercise &amp; Trivia w/Joey-G Bible Stories w/Nayas-G Qwirkle Game w/Nayas-G Daily Chronicle w/Nayas-G Word Pairs w/Nayas-G 3:30 Wheel of Fortune w/Joey-G Local News Report w/Nayas-G</p>	<p><b>NATIONAL CHOCOLATE DAY</b> 10:00 Stay Fit w/NP-G 10:30 You Be The Judge -G Table Bowling w/Nayas-G Great Laugh w/Nayas-G 2:00 <i>Culinary Program: Banana w/ Peanut butter &amp; chocolate w/NP-G</i> Music Appreciation w/Marvel-G Evening Chat w/Nayas-G</p>	<p><b>INTERNET DAY</b> 10:00 Light Stretch w/NP-G 10:30 Brain Teaser w/NP-G Charades w/Nayas-G Stroll around The Garden w/Nayas-G 3:30 Salem Massachusetts w/NP-G Old Humor w/Nayas-G</p>	<p><b>NATIONAL CANDY CORN DAY</b> 10:00 Mid Stretch w/NP-G 10:30 Reminiscing w/NP-G Tic-Tac-Toe w/Nayas-G Bean Toss w/Nayas-G 2:30 Art &amp; Craft w/NP-G 3:30 Funny Stories w-NP-G Spelling Bee W/Nayas-G</p>	<p><b>HALLOWEEN</b> 10:00 Warm Up Stretch w/NP-G 10:30 Halloween Trivia w/NP-G Card Games w/Nayas Hand Rubs &amp; Music w/Nayas 2pm - 4pm <i>Trick-Or-Treating Hours</i> All About Halloween w/Nayas-G Scrabble w/Nayas</p>	<p>Weekly Shabbat Service In The Town Center Interfaith Chapel</p> <p>Monthly Catholic Communion with Sister Maureen</p>	<p>*Polish American Heritage Month *Italian American Heritage Month *Filipino American History Month *Breast Cancer Awareness Month *National Disability *Employment Awareness Month</p>
<p><b>OCTOBER 2024 Gardens</b></p> <p>THE WATERMARK AT 3030 PARK</p>		<p><b>ACTIVITY LOCATOR KEY</b></p> <p>AG - Art Gallery AS - Art Studio A - Auditorium G - Gardens TC - Town Center</p>	<p>CG's - Caregivers CL -Community Life IL - Inn Lounge S - Springs VH -Victoria NP- Noemi SC - Springs Conference Room DR - Dining Room</p>	<p>Any Questions About Out-Trips or Family gathering, or programs. Call Victoria at 203-374-6452 or Noemi at 203-374- 6168</p>	<p>Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.</p>	