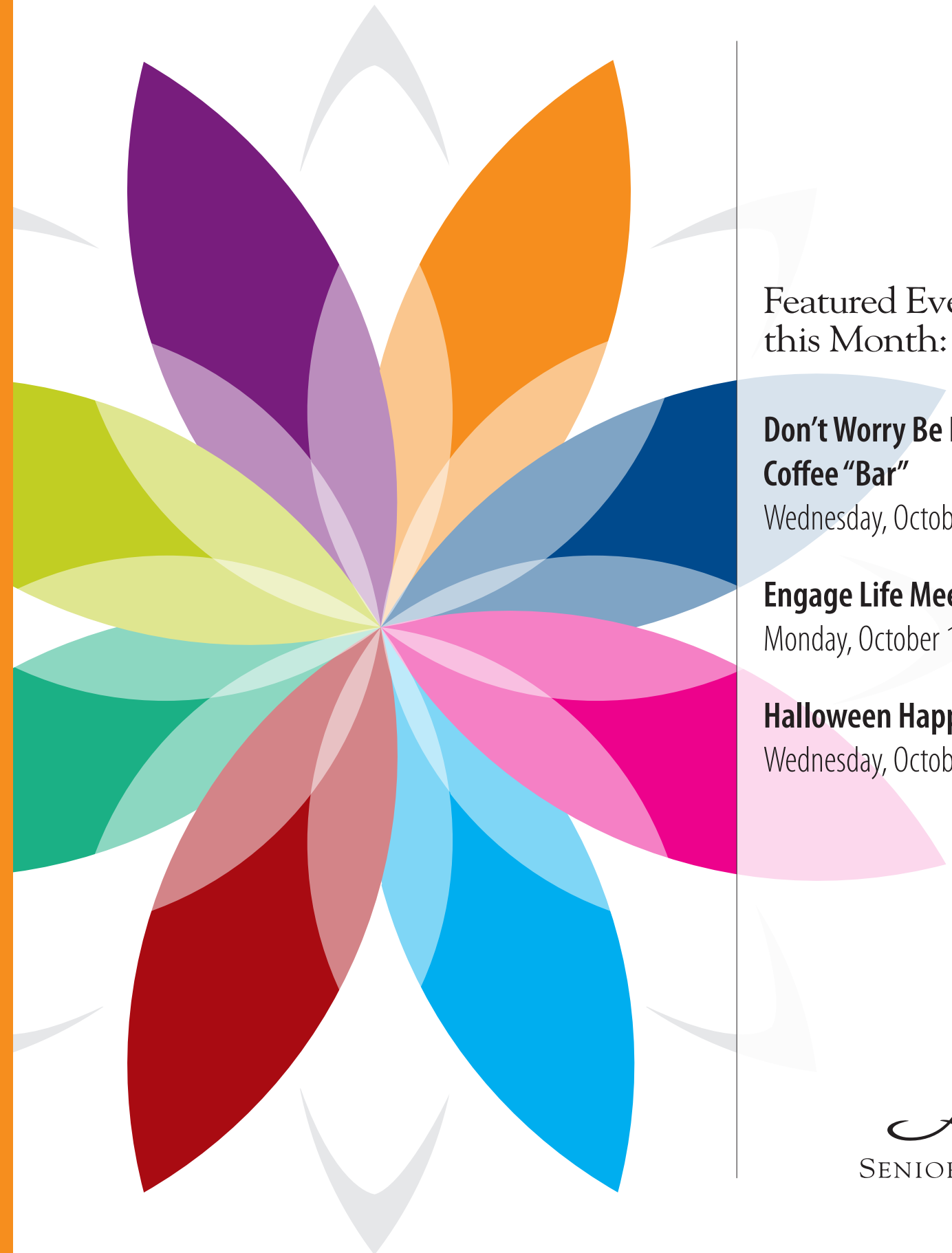


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Don't Worry Be Frappé  
Coffee "Bar"**

Wednesday, October 7, 4:00 PM

**Engage Life Meeting**

Monday, October 12, 11:00 AM

**Halloween Happy Hour**

Wednesday, October 28, 4:00 PM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

# OCTOBER 2020

# ATRIA LYNBROOK engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AS** Atria StoryWise

**ROOM LOCATION KEY:**  
Patio PAT  
Dining Room DR  
In-Room IR

**STAFF KEY:**  
Dianna Viglietta DV  
Nathan Schafroth NS  
Lori Tregila LT  
Gilda Frish GF  
Ian Humphries IH  
Wendy Wels WW  
Alice Archibald AA  
Natalia Acosta NA

If you have any questions please ask for Nathan Schafroth the Engage Life Director

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<p>9:30 <b>HF</b> AM Stretch Class (IR) (NS) 10:30 <b>LL</b> Current Health Trends Chat (IR) (NS) 11:00 <b>HF</b> Dynamic Warm-Up, Floors 12:00 <b>C</b> Community Chat (WW) 1:30 <b>C</b> Window Visits (LT) 2:00 <b>HF</b> Walking Club (PAT) (NS) 4:00 <b>EF</b> Sunday Social Hour (IR) (NS) 6:00 <b>C</b> FaceTime (IR)</p>	<p>9:00 Doctor Appointments 9:30 <b>HF</b> Move It o Groove Exercise (IR) (NS) 10:15 <b>C</b> Window Visits w/ Families (NS) 11:00 <b>LL</b> Who Wants to Be A Millionaire (IR) (DV) 12:00 <b>C</b> Community Chat (WW) 3:00 <b>C</b> FaceTime (WW) 3:00 <b>HF</b> Stretch and Tone Class (IR) (NS) 3:30 <b>C</b> Hallway Program 4:00 <b>EF</b> Monday Funday (IR) (DV)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (NS) 10:00 <b>LL</b> Short Story Dial In Talk (NS) 11:00 <b>C</b> Window Visits w/ Families (DR) (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime (WW) 3:30 <b>C</b> Hallway Program (IR) (LT) 4:00 <b>EF</b> Laughs &amp; Lemonade (IR) (DV)</p>	<p>9:30 <b>HF</b> Strength and Balance Program (IR) (NS) 10:00 <b>LL</b> Short Story Dial In Discussion (NS) 11:00 <b>LL</b> Window Visits w/ Families (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime 3:30 <b>C</b> Hallway Program (IR) (NS) 4:00 Don't Worry Be Frappé Coffee "Bar" (IR) (NS)</p>	<p>9:15 <b>LL</b> Chit Chat with Kathy 10:00 <b>HF</b> Arthritis Exercise Class (IR) (NS) 11:00 <b>C</b> Window Visits w/ Families 2:00 <b>HF</b> Stretching For Your Health (IR) (DV) 2:30 <b>CE</b> Food For Thought Meeting (IR) (NA) 3:00 <b>C</b> FaceTime (WW) 3:30 <b>LL</b> Hallway Program (IR) (NS) 4:00 <b>EF</b> Cocktail Hour (IR) (DV)</p>	<p>9:30 <b>HF</b> "Up and at 'Em" Morning Exercise (IR) (LT) 10:15 <b>LL</b> Short Story Dial In Discussion (LT) 11:00 <b>C</b> Window Visits w/ Families (DR) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime (IR) (LT) 4:00 <b>EF</b> Hallway Program (IR) (LT)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (IR) (NS) 10:00 <b>LL</b> Word Games &amp; Projects (NS) 11:00 <b>C</b> Window Visits w/ Families (DR) (NS) 12:00 <b>C</b> Community Chat (IR) 2:00 <b>HF</b> Scheduled Stroll (PAT) (LT) 3:00 <b>C</b> FaceTime (IR) (LT) 4:00 <b>EF</b> Hors d' oeuvres Hour (IR) (LT)</p>
<p>9:30 <b>HF</b> AM Stretch Class (IR) (NS) 10:30 <b>LL</b> Current Health Trends Chat (IR) (NS) 11:00 <b>HF</b> Dynamic Warm-Up, Floors 12:00 <b>C</b> Community Chat (WW) 1:30 <b>C</b> Window Visits (LT) 2:00 <b>HF</b> Walking Club (PAT) (NS) 4:00 <b>EF</b> Sunday Social Hour (IR) (NS) 6:00 <b>C</b> FaceTime (IR)</p>	<p>9:00 Doctor Appointments 9:30 <b>HF</b> Move It o Groove Exercise (IR) (NS) 10:15 <b>C</b> Window Visits w/ Families (NS) 11:00 <b>LL</b> Who Wants to Be A Millionaire (IR) (DV) 12:00 <b>C</b> Community Chat (WW) 3:00 <b>C</b> FaceTime (WW) 3:00 <b>HF</b> Stretch and Tone Class (IR) (NS) 3:30 <b>C</b> Hallway Program 4:00 <b>EF</b> Monday Funday (IR) (DV)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (NS) 10:00 <b>LL</b> Short Story Dial In Talk (NS) 11:00 <b>C</b> Window Visits w/ Families (DR) (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime (WW) 3:30 <b>C</b> Hallway Program (IR) (LT) 4:00 <b>EF</b> Laughs &amp; Lemonade (IR) (DV)</p>	<p>9:30 <b>HF</b> Strength and Balance Program (IR) (NS) 10:00 <b>LL</b> Short Story Dial In Discussion (NS) 11:00 <b>LL</b> Window Visits w/ Families (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime 3:30 <b>C</b> Hallway Program (IR) (NS) 4:00 Don't Worry Be Frappé Coffee "Bar" (IR) (NS)</p>	<p>9:15 <b>LL</b> Chit Chat with Kathy 10:00 <b>HF</b> Arthritis Exercise Class (IR) (NS) 11:00 <b>CE</b> Short Story Dial In Discussion (NS) 11:00 <b>C</b> Window Visits w/ Families 2:00 <b>HF</b> Stretching For Your Health (IR) (DV) 3:00 <b>C</b> FaceTime 4:00 Happy Hour (IR) (DV)</p>	<p>9:30 <b>HF</b> "Up and at 'Em" Morning Exercise (IR) (LT) 10:15 <b>LL</b> Collaborative Brian Games (IR) (LT) 11:00 <b>HF</b> Dynamic Warm-Up, Floors 4,5 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Workout By the Windows (WW) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Happy Hour</p>	<p>9:30 <b>HF</b> Stretching For Your Health (IR) (NS) 10:15 <b>LL</b> Word Games &amp; Projects (NS) 11:00 <b>C</b> Window Visits w/ Families 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll (PAT) (LT) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Hors d'oeuvres Hour (IR) (LT)</p>
<p>9:30 <b>HF</b> Stretching for Range of Motion (IR) (NS) 10:00 <b>HF</b> Dynamic Warm-Up, Floors 10:00 <b>LL</b> You Be The Judge (IR) (NS) 1:30 <b>C</b> Window Visits (LT) 3:00 <b>HF</b> Walking Club (PAT) (NS) 4:00 <b>EF</b> Sunday Social Hour (IR) (NS) 6:00 <b>C</b> FaceTime (IR) (NS)</p>	<p>9:00 Doctor Appointments 9:30 <b>HF</b> Move It o Groove Exercise (IR) (NS) 9:30 <b>LL</b> The Daily: Current Events (IH) 11:00 <b>LL</b> Engage Life® Meeting (IR) (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Workout By the Windows (WW) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Monday Funday (IR) (DV)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (IR) (NS) 10:00 <b>LL</b> What You Don't Know Discussion (IR) (NS) 11:00 <b>LL</b> Word Games &amp; Projects (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>C</b> Window Visits (DV) 2:00 <b>HF</b> Scheduled Stroll 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Punny Jokes &amp; Pretzels (IR) (DV)</p>	<p>9:30 <b>HF</b> Exercise for a Healthy Heart! (IR) (NS) 10:00 <b>LL</b> Short Story Dial In Discussion (NS) 11:00 <b>C</b> Window Visits (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Core Strength Training (IR) (NS) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Harvest Happy Hour (IR) (AA)</p>	<p>9:30 <b>LL</b> Chit Chat with Kathy 10:00 <b>HF</b> Arthritis Exercise Class (IR) (NS) 11:00 <b>C</b> Window Visits w/ Families (DR) (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>C</b> Window Visits (NS) 2:00 <b>HF</b> Stretching For Your Health (IR) (DV) 3:00 <b>C</b> FaceTime 4:00 Happy Hour (IR) (DV)</p>	<p>7:00 <b>EF</b> Cocktail Hour 9:30 <b>HF</b> "Up and at 'Em" Morning Exercise (IR) (LT) 10:15 <b>LL</b> Famous Actresses of The 50's (IR) (LT) 11:00 <b>HF</b> Dynamic Warm-Up, Floors 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Workout By the Windows (WW) 3:00 <b>C</b> FaceTime</p>	<p>9:30 <b>HF</b> Stretching For Your Health (NS) 10:00 <b>LL</b> Word Games &amp; Projects (LT) 11:00 <b>C</b> Window Visits w/ Families 12:00 <b>LL</b> Community Chat 2:00 <b>HF</b> Healthy Drink Chat (IR) (LT) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Hors d' oeuvres Hour (IR) (LT)</p>
<p>9:30 <b>HF</b> Stretching for Range of Motion (IR) (NS) 10:00 <b>HF</b> Dynamic Warm-Up, Floors 1-3 11:00 <b>HF</b> Dynamic Warm-Up, Floors 1:30 <b>C</b> Drive -Up Visits (LT) 3:00 <b>HF</b> Walking Club (PAT) (NS) 4:00 <b>EF</b> Sunday Social Hour (IR) (NS) 6:00 <b>C</b> FaceTime (IR) (NS)</p>	<p>9:00 Doctor Appointments 9:30 <b>HF</b> Move It Groove Exercise (IR) (DV) 10:00 <b>LL</b> Baseball Greats Chat (NS) 11:00 <b>LL</b> Short Story Dial In Discussion (IR) (DV) 12:00 <b>C</b> Community Chat (WW) 2:30 <b>HF</b> Healthy Smoothie (IR) (NA) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Monday Funday (IR) (DV)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (IR) (DV) 10:00 <b>LL</b> Short Story Dial In Discussion (NS) 11:00 <b>AS</b> Atria StoryWise™ (IR) (DV) 11:30 <b>C</b> Window Visits (NS) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll (PAT) (DV) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Make Me Laugh &amp; Lemonade (IR) (DV)</p>	<p>9:30 <b>HF</b> Exercise for a Healthy Heart! (IR) (NS) 10:00 <b>LL</b> Word Games &amp; Projects (NS) 11:00 <b>LL</b> Short Story Dial In Discussion (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Core Strength Training (IR) (NS) 2:00 <b>PA</b> Resident Council Meeting (IR) (GF) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Masks and Mimosas Happy Hour (IR) (DV)</p>	<p>9:30 <b>LL</b> Chit Chat with Kathy 10:00 <b>HF</b> Arthritis Exercise Class (IR) (NS) 11:00 <b>LL</b> World News (IR) (NS) 12:00 <b>C</b> Community Chat (WW) 1:00 <b>C</b> Window Visits (NS) 2:00 <b>HF</b> Stretching For Your Health (IR) (DV) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Bubbles and Bowties Happy Hour (IR) (NS)</p>	<p>9:30 <b>HF</b> "Up and at 'Em" Morning Exercise (IR) (LT) 10:15 <b>LL</b> Short Stories (IR) (LT) 11:00 <b>LL</b> Word Games (IR) (LT) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Strength and Balance Program (IR) (LT) 3:00 <b>C</b> FaceTime 4:00 Happy Hour</p>	<p>9:30 <b>HF</b> Zumba® Gold Class (IR) (NS) 10:00 <b>LL</b> Trivia Time (IR) (NS) 11:00 <b>C</b> Window Visits w/ Families (LT) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Healthy Food Chat (IR) (LT) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Hors d'oeuvres Hour (IR) (LT)</p>
<p>9:30 <b>LL</b> The Daily: Current Events (IH) 10:00 <b>HF</b> Dynamic Warm-Up, Floors 1-3 11:00 <b>LL</b> Great Entertainers Chat (IR) (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>C</b> Window Visits (LT) 2:00 <b>HF</b> Scheduled Stroll 4:00 <b>EF</b> Sunday Social Hour (IR) (NS) 6:00 <b>C</b> FaceTime (NS)</p>	<p>9:00 Doctor Appointments 9:30 <b>HF</b> Move and Groove Exercise (IR) (DV) 10:00 <b>LL</b> Movie Trivia (IR) (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Stretch and Tone Class (IR) (DV) 2:00 <b>C</b> Window Visits w/ Families (DV) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Monday Funday Social (IR) (DV)</p>	<p>9:30 <b>HF</b> Stretching For Your Health (IR) (DV) 10:00 <b>LL</b> Interactive Travel Chat (IR) (NS) 11:00 <b>EF</b> Window Visits w/ Families (DV) 12:00 <b>C</b> Community Chat (WW) 2:00 <b>HF</b> Scheduled Stroll (PAT) (LT) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Wine &amp; Cheese (IR) (DV)</p>	<p>9:30 <b>HF</b> Exercise for a Healthy Heart! (IR) (NS) 10:00 <b>HF</b> Dynamic Warm-Up, Floors 1-3 11:00 <b>EF</b> Word Games &amp; Projects (NS) 12:00 <b>C</b> Community Chat (WW) 1:30 <b>HF</b> Flexibility &amp; Fall Prevention (IR) (NS) 3:00 <b>C</b> FaceTime 4:00 <b>EF</b> Halloween Happy Hour (IR) (LT)</p>	<p>9:30 <b>LL</b> Chit Chat with Kathy (IR) 10:00 <b>HF</b> Arthritis Exercise Class (IR) (NS) 10:30 <b>LL</b> World News (LT) 1:30 <b>C</b> Window Visits (NS) 2:00 <b>HF</b> Stretch For Your Health (IR) (LT) 2:30 <b>C</b> Family Face Time (IR) (NS) 4:00 <b>EF</b> Wine/Cheese Happy Hour (IR) (LT)</p>	<p>9:30 <b>HF</b> "Up and at 'Em" Morning Exercise (IR) (LT) 10:00 <b>LL</b> Short Stories (IR) (LT) 11:30 <b>C</b> Window Visits (LT) 2:00 <b>HF</b> Strength and Balance Program (LT) 2:45 <b>LL</b> Word Games (LT) 4:00 Happy Hour (LT)</p>	<p>9:30 <b>HF</b> Low-Impact Aerobic (LT) 10:30 <b>LL</b> Halloween Word Games (LT) 11:30 <b>C</b> Window Visits (LT) 1:30 <b>LL</b> Scary Places on Long Island Chat (LT) 3:00 <b>HF</b> Walking Club (LT) 4:00 <b>EF</b> Hors d'oeuvres Hour (LT)</p>

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**World Smile Day Event**  
Friday, October 2, 2:30 PM

**Columbus Day Celebration**  
Monday, October 12, 2:30 PM

**Bewitched Party**  
Saturday, October 31, 2:30 PM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AS** Atria StoryWise
- M** Music

**ROOM LOCATION KEY:**

- Life Guidance Living Room LG
- Multi Purpose Room MPR
- Movie Room MR
- Living Room LR
- Dining Room DR

**STAFF KEY:**

- Donna Moore LGD
- Lori Tregila LT
- Nathan Schafroth NS
- Instructor IN
- Magdalen Thomas MT
- Mercedes Rivas MR
- Patricia Kidd PK

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<p>9:30 <b>IS</b> Catholic Mass Our Lady Of Peace Church (MPR)</p> <p>10:30 <b>HF</b> Strength &amp; Balance (LG) (LGD)</p> <p>11:00 <b>IS</b> Sunday Services - Nondenominational (MPR) (LGD)</p> <p>12:00 <b>HF</b> Tai Chi Workout (LG) (LGD)</p> <p>2:00 <b>EF</b> Board Games (MPR) (LGD)</p> <p>3:00 <b>AS</b> StoryWise™ (MPR) (LGD)</p> <p>3:30 <b>CE</b> Creative Writing (MPR) (LGD)</p> <p>4:00 <b>LL</b> This and That Trivia (MPR) (LGD)</p> <p>6:30 <b>EF</b> Sunday Night Cinema (MR) (LGD)</p>	<p>10:00 <b>HF</b> Mindfulness Stretch (MPR) (LGD)</p> <p>10:30 <b>EF</b> Good News &amp; Views (MPR) (LGD)</p> <p>11:00 <b>CE</b> Creative Storytelling (MPR) (LGD)</p> <p>12:00 <b>LL</b> Google™ Expedition - Catskill Mountains (LG) (LGD)</p> <p>2:00 <b>LL</b> Brain Fitness - Word Challenge (MPR) (LGD)</p> <p>3:00 <b>HF</b> Circuit Training (MPR) (LGD)</p> <p>4:00 <b>PA</b> Musical Interest - Bell Choir Practice (MPR) (LGD)</p> <p>6:30 <b>EF</b> Monday Night Movies (MR) (LGD)</p>	<p>10:00 <b>HF</b> Yoga Stretch (MPR) (LGD)</p> <p>10:30 <b>LL</b> Culinary Corner - Blueberry Parfait (MPR) (LGD)</p> <p>11:00 <b>C</b> You Be the Judge (MPR) (NS)</p> <p>12:00 <b>LL</b> Science Experiments (MPR) (LGD)</p> <p>2:00 <b>EF</b> Musical Interest - Billie Holiday (MPR) (LGD)</p> <p>3:00 <b>CE</b> Afternoon Bingo (LG) (LGD)</p> <p>4:00 <b>HF</b> Range of Motion (MPR) (LGD)</p> <p>6:30 <b>EF</b> Tuesday Showtime (MR) (LGD)</p>	<p>10:00 <b>HF</b> Strength &amp; Balance (MPR) (LGD)</p> <p>10:30 <b>EF</b> Competitive Club - Card Games (LGD)</p> <p>11:00 <b>CE</b> Historical Quotes (MPR) (LGD)</p> <p>12:00 <b>LL</b> Notable People - The Beatles (LR) (LGD)</p> <p>2:00 <b>CV</b> Volunteerism - Smile Cards (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (MT)</p> <p>4:00 <b>HF</b> Stretch &amp; Flex Challenge (MPR) (LGD)</p> <p>6:30 <b>EF</b> Wednesday Motion Picture (MR) (LGD)</p>	<p>10:00 <b>HF</b> Stretch &amp; Balance (MPR) (LT)</p> <p>10:30 <b>IS</b> Chicken Soup for the Soul (MPR) (LT)</p> <p>11:30 <b>LL</b> Left, Right, Center Game (MPR) (LT)</p> <p>12:00 <b>EF</b> iPad® - Brooklyn Botanical Garden (MPR) (LT)</p> <p>2:00 <b>EF</b> Games for fun (MPR) (LGD)</p> <p>3:00 <b>PA</b> Music Bingo (MPR) (IN)</p> <p>4:00 <b>HF</b> Nature Walk (MPR) (LT)</p> <p>6:30 <b>EF</b> Concert Series - Barry Manilow (LG) (LT)</p>	<p><b>World Smile Day</b></p> <p>10:00 <b>HF</b> Nature's Meditation (LG) (LT)</p> <p>10:30 <b>EF</b> Musical Interest - Love Songs (MPR) (LT)</p> <p>11:00 <b>LL</b> Newspaper Carrier Day (MPR) (LT)</p> <p>12:00 <b>PA</b> Napkin Folding (MPR) (LT)</p> <p>2:00 <b>EF</b> Drawing Club (MPR) (LT)</p> <p>2:30 <b>CE</b> World Smile Day Event (DR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (MR)</p> <p>4:00 <b>HF</b> Aerobics Workout (MPR) (LT)</p> <p>6:30 <b>EF</b> Friday Night Flick (MR) (LT)</p>	<p>10:00 <b>HF</b> Light Weight Workout (LG) (LT)</p> <p>11:00 <b>LL</b> Origins of October (MPR) (PK)</p> <p>12:00 <b>C</b> Sharing Fall Stories (MPR) (LT)</p> <p>2:00 <b>PA</b> Magazine Scavenger Hunt (LR) (LT)</p> <p>3:00 <b>PA</b> Making Hot Chocolate (DR) (IN)</p> <p>3:30 <b>LL</b> 1960's Trivia (MPR) (LT)</p> <p>4:00 <b>HF</b> Participation Dance Class (MPR) (LT)</p> <p>6:30 <b>EF</b> Saturday Night Movie (MR) (LT)</p>
<p>9:30 <b>IS</b> Catholic Mass Our Lady Of Peace Church (LGD)</p> <p>10:30 <b>HF</b> Low-Impact Aerobics (MPR) (LGD)</p> <p>11:00 <b>IS</b> Sunday Services - Nondenominational (LGD)</p> <p>12:00 <b>HF</b> Table Tennis Challenge (LGD)</p> <p>2:00 <b>C</b> Word Games (MPR) (LGD)</p> <p>3:00 <b>AS</b> StoryWise™ (MPR) (LGD)</p> <p>3:30 <b>HF</b> Movement Scarves (MPR) (LGD)</p> <p>4:00 <b>CE</b> Creative Fall Collage (MPR) (LGD)</p> <p>6:30 <b>EF</b> Silver Screen Sunday (MR) (LGD)</p>	<p><b>Happy Columbus Day</b></p> <p>10:00 <b>HF</b> Zumba® (MPR) (LGD)</p> <p>10:30 <b>EF</b> Good News and Views (LG) (LGD)</p> <p>11:00 <b>PA</b> Bell Choir Practice (MPR) (LGD)</p> <p>12:00 <b>LL</b> Google™ Expedition - Hilton Head (MPR) (LGD)</p> <p>2:00 <b>EF</b> Up, Middle, &amp; Down Game (MPR) (LGD)</p> <p>2:30 <b>EF</b> Columbus Day Celebration (DR) (LGD)</p> <p>3:00 <b>CE</b> Photography Club (MPR) (LGD)</p> <p>3:30 <b>HF</b> Laughter Yoga (MPR) (LGD)</p> <p>4:00 <b>EF</b> Scrabble® (MPR) (LGD)</p> <p>6:30 <b>EF</b> Monday Night Movies (MR) (LGD)</p>	<p>10:00 <b>HF</b> Light &amp; Lively Workout (MPR) (LGD)</p> <p>10:30 <b>C</b> You Be the Judge (MPR) (NS)</p> <p>11:00 <b>PA</b> Musical Interest - Glee Club (MPR) (LGD)</p> <p>12:00 <b>LL</b> Science - Digestion (MPR) (LGD)</p> <p>2:00 <b>EF</b> Tambourine Jingles (MPR) (LGD)</p> <p>3:00 <b>CE</b> Afternoon Bingo (MPR) (LGD)</p> <p>3:30 <b>HF</b> Aerobics Workout (MPR) (LGD)</p> <p>4:00 <b>CE</b> Artist Corner - Monet (MPR) (LGD)</p> <p>6:30 <b>EF</b> Diana Ross Concert Series (LG) (LGD)</p>	<p>10:00 <b>HF</b> Rise &amp; Shine Workout (MPR) (LGD)</p> <p>10:30 <b>EF</b> Competitive Club - Kings in the Corner (MPR) (LGD)</p> <p>11:00 <b>PA</b> Musical Interest - Bell Choir Practice (MPR) (LGD)</p> <p>12:00 <b>LL</b> Notable People - George Burns (MPR) (LGD)</p> <p>2:00 <b>EF</b> Pamper Yourself (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Movement with Scarves (LR) (LGD)</p> <p>6:30 <b>EF</b> Wednesday Motion Picture (MR) (LGD)</p>	<p>10:00 <b>HF</b> Morning Stretch (MPR) (LT)</p> <p>10:30 <b>LL</b> Technology - Ben &amp; Jerry Ice Cream (MPR) (LT)</p> <p>11:00 <b>LL</b> October Plants (MPR) (LGD)</p> <p>12:00 <b>EF</b> iPad® - Trip To The Aquarium (Cam) (MPR) (LT)</p> <p>2:00 <b>PA</b> Reminiscing - Good Old Days... (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bing (MPR) (MR)</p> <p>4:00 <b>HF</b> Light &amp; Lively Workout (MPR) (LT)</p> <p>6:30 <b>EF</b> Thursday Night Cinema (MR) (LGD)</p>	<p>10:00 <b>HF</b> Morning Movement with Scarves (MPR) (LT)</p> <p>10:30 <b>EF</b> Drawing Club (MPR) (LT)</p> <p>11:00 <b>CE</b> Fall A - Z (MPR) (IN)</p> <p>12:00 <b>CV</b> Volunteerism - Welcome Cards (MPR) (LT)</p> <p>2:00 <b>C</b> Remember When.... (MPR) (LT)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LT)</p> <p>4:00 <b>HF</b> Meditation and Afternoon Movement (LG) (LT)</p> <p>6:30 <b>EF</b> Friday Night Film Festival (MR) (LT)</p>	<p><b>Sweetest Day</b></p> <p>10:00 <b>HF</b> Strength &amp; Balance (MPR) (LT)</p> <p>11:00 <b>CE</b> Marble Painting (MPR) (LT)</p> <p>12:00 <b>C</b> Social Media - A Difference of Opinion (MPR) (LT)</p> <p>2:00 <b>PA</b> Sensory Saturday - Textures (MPR) (LT)</p> <p>3:00 <b>EF</b> October Sundaes (MPR) (MT)</p> <p>3:30 <b>HF</b> Afternoon Stroll (MPR) (LT)</p> <p>4:00 <b>LL</b> Google™ Expedition - Alaska (MPR) (LT)</p> <p>6:30 <b>EF</b> Saturday Night Movie and Munchies (MR) (LT)</p>
<p>9:30 <b>IS</b> Catholic Mass Our Lady Of Peace Church (MPR)</p> <p>10:30 <b>HF</b> Movement with Scarves (MPR) (LGD)</p> <p>11:00 <b>IS</b> Sunday Services - Nondenominational (MPR) (LGD)</p> <p>12:00 <b>PA</b> Bell Choir Practice (MPR) (LGD)</p> <p>2:00 <b>EF</b> Karaoke Music Party (MPR) (LGD)</p> <p>3:00 <b>AS</b> StoryWise™ (MPR) (LGD)</p> <p>3:30 <b>HF</b> Bowling Challenge (MPR) (LGD)</p> <p>4:00 <b>CE</b> Down Memory Lane (MPR) (LGD)</p> <p>6:30 <b>EF</b> Sunday Cinema &amp; Snacks (MPR) (LGD)</p>	<p>10:00 <b>HF</b> Mindfulness Stretch (MPR) (LGD)</p> <p>10:30 <b>EF</b> Good News and Views (MPR) (LGD)</p> <p>11:00 <b>PA</b> Family Fued (LG) (LGD)</p> <p>12:00 <b>LL</b> Google™ Expedition - Landing on the Moon (MPR) (LGD)</p> <p>2:00 <b>CE</b> Sensory Sculpting (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (LG) (LGD)</p> <p>4:00 <b>HF</b> Aerobics Workout (MPR) (LGD)</p> <p>4:30 <b>LL</b> Short Stories (MPR) (LGD)</p> <p>6:30 <b>EF</b> Monday Night Movie (MR) (LGD)</p>	<p>10:00 <b>HF</b> Yoga In The Morning (MPR) (LGD)</p> <p>10:30 <b>CE</b> Poets Corner - Shel Silverstein (MPR) (LGD)</p> <p>11:00 <b>LL</b> Bakers Corner - Yankee Doodle Brownies (MPR) (LGD)</p> <p>12:00 <b>LL</b> Science - Astronomy - Venus (MPR) (LGD)</p> <p>2:00 <b>PA</b> Musical Interest - Glee Club (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Light &amp; Lively Workout (MPR) (LGD)</p> <p>6:30 <b>EF</b> Concert Series - The Beatles (MPR) (LGD)</p>	<p>10:00 <b>HF</b> Strength &amp; Balance (MPR) (LGD)</p> <p>10:30 <b>EF</b> Favorite Choice Games (MPR) (LGD)</p> <p>11:00 <b>CE</b> Photography Club (MPR) (LGD)</p> <p>12:00 <b>LL</b> Notable People - Andy Griffith (MPR) (LGD)</p> <p>2:00 <b>EF</b> Root Beer Floats and Funny Jokes (MPR) (LGD)</p> <p>2:30 <b>HF</b> Hand Massage Therapy (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Egg Shakers &amp; Movers (MPR) (LGD)</p> <p>6:30 <b>EF</b> Wednesday Motion Picture (MR) (LGD)</p>	<p>10:00 <b>HF</b> Arthritis Exercise Class (LR) (NS)</p> <p>10:30 <b>LL</b> History of Lynbrook (LGD)</p> <p>11:00 <b>C</b> Name your favorite fall Plants (LG) (LGD)</p> <p>12:00 <b>LL</b> Up, Down, Middle Game (MPR) (LT)</p> <p>2:00 <b>EF</b> Vintage Game Talk (MPR) (LT)</p> <p>3:00 <b>PA</b> Song Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Walking Club (MPR) (LGD)</p> <p>6:30 <b>EF</b> Thursday Night Theater (MR) (LT)</p>	<p>10:00 <b>HF</b> Aerobics Workout (MPR) (LT)</p> <p>10:30 <b>LL</b> Brain Fitness - This and That Trivia (MPR) (LT)</p> <p>11:00 <b>LL</b> You Be the Judge (MPR) (LT)</p> <p>12:00 <b>C</b> Hollywood Portraits (MPR) (LT)</p> <p>2:00 <b>CE</b> Familiar Face Bingo (MPR) (MR)</p> <p>3:00 <b>EF</b> Meditation &amp; Exercise In The Afternoon (MPR) (MR)</p> <p>6:30 <b>EF</b> Friday Night Flick (MR) (LT)</p>	<p>10:00 <b>HF</b> Light Weight Workout (MPR) (LT)</p> <p>10:30 <b>CE</b> Neon Colors Activity (MPR) (LT)</p> <p>11:00 <b>LL</b> Chef's Corner - Vegetables &amp; Dip (MPR) (LT)</p> <p>12:00 <b>PA</b> Sensory Saturday - Jewelry Box (MPR) (LT)</p> <p>2:00 <b>C</b> Let's Sing Together (MPR) (LT)</p> <p>3:00 <b>EF</b> B-I-N-G-O (MPR) (MT)</p> <p>3:30 <b>HF</b> Sit and Dance Class (MPR) (LT)</p> <p>4:00 <b>LL</b> The Beatles - Abbey Road (MPR) (LT)</p> <p>6:30 <b>EF</b> Saturday Cinema (MR) (LT)</p>
<p>9:30 <b>IS</b> Catholic Mass Our Lady Of Peace Church (MPR)</p> <p>10:30 <b>HF</b> Mindfulness Stretch (MPR) (LGD)</p> <p>11:00 <b>IS</b> Sunday Services - Nondenominational (MPR) (LGD)</p> <p>12:00 <b>HF</b> Volleyball Challenge (MPR) (LGD)</p> <p>2:00 <b>EF</b> Dance Party (MPR) (LGD)</p> <p>3:00 <b>AS</b> StoryWise™ (MPR) (LGD)</p> <p>3:30 <b>HF</b> Walking Club (MPR) (LGD)</p> <p>4:00 <b>PA</b> 1960's Trivia (MPR) (LGD)</p> <p>6:30 <b>EF</b> Sunday Night Cinema (MR) (LGD)</p>	<p>10:00 <b>HF</b> Strength and Balance Program (MPR) (LGD)</p> <p>10:30 <b>EF</b> Good News and Views (MPR) (LGD)</p> <p>11:00 <b>IS</b> Captivating Short Stories (MPR) (LGD)</p> <p>12:00 <b>LL</b> Google™ Research - Ancestor Appreciation (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>3:00 <b>HF</b> Zumba® Workout (MPR) (LGD)</p> <p>4:00 <b>CE</b> Photography Club - New York City (MPR) (LGD)</p> <p>6:30 <b>EF</b> Monday Night Movie (MR) (LGD)</p>	<p>10:00 <b>HF</b> Rise &amp; Shine Exercise (MPR) (LGD)</p> <p>10:30 <b>LL</b> Culinary Corner - Homemade Bread (MPR) (LGD)</p> <p>11:00 <b>PA</b> The Game SET (MPR) (NS)</p> <p>12:00 <b>IS</b> Reading: Chicken Soup for the Soul (LG) (LGD)</p> <p>2:00 <b>CE</b> Autumn Begins Chat (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Aerobic Workout (MPR) (LGD)</p> <p>6:30 <b>EF</b> Concert Series - Music of the 50's (LG) (LGD)</p>	<p>10:00 <b>HF</b> Light Weight Workout (MPR) (LGD)</p> <p>10:30 <b>EF</b> Dominoes Game (MPR) (LGD)</p> <p>11:00 <b>LL</b> Logic Games (LG) (LGD)</p> <p>12:00 <b>CE</b> Creativity and Relaxation (MPR) (LGD)</p> <p>2:00 <b>EF</b> Hand Massage Therapy (MPR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Chair Yoga (MPR) (LGD)</p> <p>6:30 <b>EF</b> Motion Picture Wednesday (MR) (LGD)</p>	<p>10:00 <b>HF</b> Low-Impact Aerobic (LG) (PK)</p> <p>10:30 <b>LL</b> History of Oceanside Long Island (LGD)</p> <p>11:00 <b>LL</b> Card Games (MPR) (LGD)</p> <p>12:00 <b>EF</b> iPad® - Queens Botanical Garden (LG) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Strength and Balance Program (MPR) (LGD)</p> <p>6:30 <b>EF</b> Thursday Movies (LG) (MR)</p>	<p>10:00 <b>HF</b> Low-Impact Aerobic (PK)</p> <p>10:30 <b>PA</b> Anniversaries and Birthdays (MPR) (IN)</p> <p>11:00 <b>LL</b> Brain Fitness - Finishing Lyrics (LG) (IN)</p> <p>12:00 <b>EF</b> Dancing (MPR) (IN)</p> <p>2:00 <b>C</b> Social Club (MPR) (IN)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (MR)</p> <p>4:00 <b>HF</b> Engage Your Brain (EYB) (MPR) (MR)</p> <p>6:30 <b>EF</b> Friday Cinema (LG) (MR)</p>	<p><b>Happy Halloween</b></p> <p>10:00 <b>HF</b> Strength and Balance Program (PK)</p> <p>11:00 <b>C</b> Hobby Workshop (MPR) (IN)</p> <p>12:00 <b>CE</b> Jewelry Making (MPR) (IN)</p> <p>2:30 <b>EF</b> Bewitched Party (DR) (LGD)</p> <p>3:00 <b>EF</b> Afternoon Bingo (MPR) (LGD)</p> <p>4:00 <b>HF</b> Low-Impact Aerobic (MPR) (MR)</p> <p>6:30 <b>EF</b> Saturday night Movie</p>