

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Hope Project for
Breast Cancer Awareness**
Wednesday, October 4, 3:00 pm

Fabulous Fall Festival 2017
Wednesday, October 25, 3:00 pm

**Halloween Costume Party/
Pumpkin Contest**
Tuesday, October 31, 2:30 pm

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2017

ATRIA ON THE HUDSON engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Breast Cancer Awareness Month **1**

9:30 St. Augustine's Mass Trip (L) [GA]
 10:15 IS Catholic Service Eucharistic Ministers (T) [V]
 10:30 HF Water Walking Exercise (P) [OV]
 11:00 EF Can You Name the Music? (A) [MD]
 12:00 Board Game: Word Tiles (C) [MD]
 2:00 Popcorn Movie Matinee (T)
 2:15 C Gentleman's Club: Planes and Trains (GR) [GA]
 2:30 HF Low Impact Aerobic Exercise (A) [GA]
 3:00 EF Songs From Around the World with Peter (HG)
 4:00 Don't Miss the Three Act Cabaret Show! (A)
 7:30 Sunday Popcorn Cinema (A)

2

10:00 CE Art Studio Open for Personal Projects (AS) [RL]
 10:30 HF Strength and Balance with Weights (A) [GA]
 11:00 LL This Week in History (A) [GA]
 12:00 EF Ping Pong by the Pool (P) [MD]
 1:00 PA Mahjong Games (GR) [RL]
 2:00 IS Inspiring Rhythms Group Drumming (T) [OV]
 2:30 HF Balance Focused Exercise Class (A)
 3:00 LL The Greatest Mysteries Ever Discussion (A) [GA]
 4:00 PA Green Thumb Horticulture Workshop (A) [OV]
 6:00 Game Night: Your Choice! (GR) [RL]
 7:30 Romance Movie (T)

3

10:30 LL Headlines and News Discussion (A) [KC]
 11:00 HF Easy Yoga for Easing Pain (A) [OV]
 12:00 EF Pocket Billiards (P) [GA]
 1:30 Bus Outing or Local Shopping Trip (L)
 2:00 PA Bridge Tournament (GR) [RL]
 2:00 Matinee Movie with Popcorn (T)
 2:00 PA Resident Led Bingo Games (HG) [V]
 3:00 HF Yomenco Dance w/ Therapy Dog Rockwell (L) [OV]
 4:00 CE Creative Crafting: Wooden Models (A) [NC]
 6:30 CE Karaoke Singing Fun! (A) [MD]
 6:45 PA Meeting of the Members of The Voice (PD) [RL]
 7:30 Comedy Movie Night (T)

Jewish Holiday of Sukkot Begins **4**

10:00 CE Studio Art Class (AS) [OV]
 10:30 HF Seated Dancing Routines to Music (A) [MD]
 11:00 Boggle™ Word Search Game (HG) [KC]
 12:00 EF Ping Pong by the Pool (P) [KC]
 1:30 Shop-Rite Shopping Trip (L)
 2:00 PA Bridge Games (GR) [RL]
 2:00 CV Knitting/Crocheting for a Cause (LB) [NC]
 2:00 Matinee Movie (T)
 2:15 HF Chair Aerobics (A) [GA]
 3:00 Hope Project for Breast Cancer Awareness (A) [NC]
 4:00 LL Categories Word Game (A) [MD]

Westchester Broadway Theater Trip **5**

10:00 PA Tech Time with Mia (C) [MD]
 10:30 HF Low-Impact Aerobics (A) [GA]
 11:00 HF Word Wheel Challenge (A) [MD]
 12:00 Board Games Checkers (GR) [KC]
 2:00 Movie Candy Matinee (T)
 2:00 Ossining Public Library Trip (L)
 2:00 HF Senior Fitness Exercise Class with Sara (A) [OV]
 2:00 EF Trip to Ossining Public Library (L) [RL]
 3:00 EF Blackjack Games (A) [GA]
 4:15 HF Stretch and Straighten (A) [NC]
 7:00 LL Golden Age of Hollywood Movie Discussion (T) [KC]

World Smile Day **6**

10:15 IS Spiritual Retreat and Relaxation (A)
 10:45 HF In-House Personal Training with GymGuyz (A) [OV]
 11:30 CE Short Story Reading and Appreciation (A)
 12:00 Card Games: Gin Rummy (GR) [KC]
 2:00 Afternoon Movie Matinee (T)
 2:00 HF Gentle Stretching and Relaxation (A) [KC]
 3:00 CE Theater Arts for the Young at Heart (A) [OV]
 4:00 PA Ambassador Program Meeting (C) [NC]
 4:30 EF Photo Booth: Pose with Your Best Smile (A) [NC]
 7:15 IS Shabbat Services (A) [V]
 7:30 Your Friday Favorite Flick (T)

World Card Making Day **7**

10:00 HF Pool's Open for a Swim! (P) [OV]
 10:00 PA Sundries "Store" Open for Business (HG) [RL]
 10:30 HF Strengthen with Therabands (A) [KC]
 11:00 LL Discussion of Ethical Dilemmas (A) [NC]
 12:00 EF Ping Pong Tournament (P) [KC]
 1:00 PA Scrabble® Game (C) [RL]
 2:00 HF Low-Impact Aerobics (A) [KC]
 2:00 Saturday Matinee Movie (T)
 2:30 CE Art Class: Greeting Card Crafts (AS) [NC]
 3:00 CE Poetry Appreciation: Free Verse (A) [KC]
 4:00 LL Current National News Events with Art (A)

National Pierogi Day **8**

9:30 St. Augustine's Mass Trip (L) [GA]
 10:15 IS Catholic Service Eucharistic Ministers (T) [V]
 10:30 HF Water Walking in the Pool (P) [OV]
 11:00 EF Can You Name the Music? (A) [MD]
 12:00 What's a Pierogi? Trivia Q's (GR) [MD]
 2:00 LL Great Courses Lecture Series (A) [GA]
 2:00 Popcorn Movie Matinee (T)
 2:15 C Gentleman's Club: Heroes (GR) [GA]
 2:30 HF Low-Impact Aerobic (A) [GA]
 3:00 Wii® (c) Bowling Teams (A) [MD]
 4:00 CE Drama Club (A) [GA]

National Chess Day **9**

10:00 CE Art Studio Open for Personal Projects (AS) [RL]
 10:15 LL This Week in History (A) [GA]
 11:00 HF Healing Therapeutics Exercise Group p (A) [V]
 12:00 Chess Demonstration and Games (C) [MD]
 1:00 PA Mahjong Games (GR) [RL]
 2:00 Movie Matinee (T)
 2:30 HF Low Impact Aerobics (A)
 3:00 HF Engage Your Brain (EYB) (A) [MD]
 4:00 HF Group Crossword on the Large Screen (A) [GA]
 6:00 LL You Be the Judge Jury Decisions (A) [RL]
 7:30 Action Movie Night (T)

10

10:30 LL Headlines and News Discussion (A) [MD]
 11:00 HF Yoga and Movement (A) [OV]
 12:00 IS CSI Temple Luncheon Trip (L)
 12:30 EF Pocket Billiards (P) [GA]
 1:30 Bus Outing or Local Shopping Trip (L)
 2:00 PA Bridge Tournament (GR) [V]
 2:00 Popcorn Movie Matinee (T)
 2:00 PA Resident Led Bingo Games (HG) [RL]
 3:00 LL Let's Travel to the USA (part 2) (A) [GA]
 4:00 CE Crafting Group (C) [NC]
 4:30 HF Before Dinner Walk and Stretch (L) [KC]
 6:30 CE Karaoke Singing Fun (A) [MD]

11

10:00 CE Painting Class (AS) [OV]
 10:30 HF Seated Dancing with Music (T) [MD]
 11:00 Boggle™ Word Search Game (HG) [KC]
 12:15 HF Movement with Mia (A) [MD]
 2:00 PA Bridge Games (GR) [RL]
 2:00 CV Knitting/Crocheting for a Cause (LB) [NC]
 2:00 Popcorn Movie Matinee (T)
 2:15 HF Seated Aerobic Exercise (A) [GA]
 3:00 EF Blackjack Games (A) [GA]
 4:00 PA October Birthday Celeb w/ Live Music (A) [OV]
 6:30 C Poker Game Night (A) [GA]
 7:30 Wacky Wednesday Movie (T)

National Farmer's Day **12**

10:00 PA Tech Time (C) [MD]
 10:30 HF Low-Impact Aerobics (A) [GA]
 11:00 HF Word Wheel Challenge (A) [MD]
 12:00 EF Ping Pong Tournament (P) [MD]
 1:30 Bus Outing or Local Shopping Trip (L) [RL]
 2:00 Movie Matinee (T)
 2:00 HF Senior Fitness Exercise Class with Sara (A) [OV]
 3:00 Food for Thought Monthly Meeting (A) [JL]
 4:00 LL Opera in the Afternoon: "La Traviata" (A) [OV]
 4:00 C Welcome New Residents: Get to Know You (HG) [NC]
 7:00 LL Golden Age of Hollywood Movie Discussion (T) [KC]

13

10:00 C Coffee Klatch (C) [NC]
 10:30 HF Kickboxing 101 for General Fitness (A)
 11:00 C The Mystery Behind Friday 13 (C) [NC]
 11:00 CE Short Story Reading and Appreciation (A)
 12:00 Board Games: Monopoly (GR) [KC]
 2:00 Popcorn Matinee Movie (T)
 2:15 HF Afternoon Exercise (A)
 2:30 CE Art Studio Workshop (AS) [OV]
 3:30 HF Nutrition Class: Sugar Facts and Fiction (A) [OV]
 4:00 C Social Media Demonstration (A) [NC]
 7:15 IS Shabbat Services (A) [V]
 7:30 Friday Evening Flick (T)

National Motorcycle Ride Day **14**

10:00 PA Sundries "Store" Open for Business (HG) [RL]
 10:30 HF Strengthen with Therabands (A)
 11:00 LL Debate of Ethical Dilemmas (A) [NC]
 11:00 PA Scrabble® Games (HG) [RL]
 12:00 Card Games: Crazy 8's (GR) [KC]
 2:00 HF Aqua Aerobics (P) [OV]
 2:00 Matinee Movie Musical (T)
 2:30 LL How to Ride a Motorcycle Demonstration (OT) [NC]
 3:00 CE Poetry Appreciation: Humor (A) [KC]
 4:00 LL Current Events with Art (A) [OV]
 7:30 Saturday Candy Cinema (T)

National "I Love Lucy" Day **15**

9:30 St. Augustine's Mass Trip (L) [GA]
 10:15 IS Catholic Service Eucharistic Ministers (T) [V]
 10:30 HF Water Walking in the Pool (P) [OV]
 11:00 EF Can You Name the Music? (A) [MD]
 12:00 Bananagrams® (R) (C) [MD]
 2:00 Popcorn Movie Matinee (T)
 2:15 C Gentleman's Club: Sports Greats (GR) [GA]
 2:30 HF Low Impact Aerobics (A) [GA]
 3:30 EF Categories Word Game (A) [GA]
 4:00 CE Drama Club (A) [GA]
 7:30 Sunday Comedy Cinema (A)

National Dictionary Day **16**

10:00 CE Art Studio Open for Personal Projects (AS) [RL]
 10:30 HF Strength and Balance Using Weights (A) [GA]
 11:00 LL This Week in History (A) [GA]
 12:00 EF Vinyl Record Club (A) [MD]
 1:00 PA Mahjong Games (GR) [RL]
 2:00 IS Inspiring Rhythms Group Drumming (T) [OV]
 3:00 HF Engage Your Brain: Spelling Bee Contest (A) [GA]
 4:00 PA Green Thumb Horticulture Workshop (A) [OV]
 4:30 Before Dinner Stretch & Bend (A)
 7:30 Fall Evening Movie (T)

17

10:30 LL Headlines and News and Discussion (A) [KC]
 11:00 HF Yoga with Laura (A) [OV]
 12:00 EF Pocket Billiards (P) [GA]
 1:30 Bus Outing or Local Shopping Trip (L) [NC]
 2:00 Afternoon Movie Time (T)
 2:00 PA Bridge Tournament (GR) [V]
 2:00 PA Resident Led Bingo Game (HG) [RL]
 3:00 EF Classical Piano Concert (PO) [OV]
 4:00 HF Yomenco Dance w/ Therapy Dog Rockwell (A) [OV]
 6:30 CE Karaoke Singing Fun! (A) [MD]
 7:30 Romance Movie Night (T)

18

10:00 CE Painting Class (AS) [OV]
 10:30 HF Seated Dancing Routines to Music (A) [MD]
 11:00 Engage Life® Programming Meeting (A) [NC]
 12:00 Board Games: Monopoly [KC]
 2:00 PA Bridge Games (GR) [RL]
 2:00 CV Knitting/Sewing for a Cause (LB) [NC]
 2:00 Movie Matinee (T)
 2:15 HF Walking for Fitness (OC) [MD]
 3:00 EF Blackjack Games (A) [GA]
 4:00 EF Categories Word Game (A) [MD]
 6:30 C Poker Game Night (A) [GA]
 7:30 Wild Card Movie (T)

19

10:00 PA Tech Time (C) [MD]
 10:30 HF Low-Impact Aerobics (A) [GA]
 11:00 HF Word Wheel Challenge (A) [MD]
 1:30 EF Bus Outing or Local Shopping Trip (L) [RL]
 1:30 CE Creative Writing Workshop (PD)
 2:00 Movie Matinee (T)
 2:00 HF Senior Fitness Exercise Class with Sara (A) [OV]
 3:00 LL Lecture: Movie Director Busby Berkeley (A)
 3:00 Resident Council Monthly Meeting (A)
 4:00 EF Blackjack Games (A) [GA]
 7:00 LL Golden Age of Hollywood Movie Discussion (T) [KC]
 7:30 Classic Movie Night (T)

20

10:30 IS Spiritual Retreat and Relaxation (A)
 10:45 HF In-House Personal Training with GymGuyz (A) [OV]
 11:00 C Laughter Is the Best Medicine (C) [NC]
 11:00 CE Short Story Reading and Appreciation (A)
 12:00 Card Games: Hearts (GR) [KC]
 2:00 Movie Matinee (T)
 2:15 HF Nature Walk (L)
 2:30 LL Technology Help Class (A) [NC]
 3:00 CE Theater Arts for the Young at Heart (A) [OV]
 4:00 HF Nutrition Q's: Vitamins/Fact or Fiction (A) [NC]
 7:15 IS Shabbat Services (A) [V]
 7:30 Fabulous Friday Flick (T)

21

10:00 HF Pool's Open for a Swim! (P)
 10:00 PA Sundries "Store" Open for Business (HG) [RL]
 10:30 HF Strengthen with Therabands (A)
 11:00 LL Discussion of Ethical Dilemmas (A) [NC]
 12:00 Board Games: Scrabble® (GR) [KC]
 2:00 Afternoon Cinema (T)
 2:00 HF Water Aerobics (P) [OV]
 3:00 CV Animal Advocacy: Making Dog Biscuits (C) [NC]
 3:00 CE Poetry Appreciation: Limericks (A) [KC]
 4:00 LL National News Events with Art (A)
 7:30 Saturday Showtime (T)

22

9:30 St. Augustine's Mass (L) [GA]
 10:15 IS Catholic Service Eucharistic Ministers (T) [V]
 10:30 HF Water Walking in the Pool (P) [OV]
 11:00 EF Can You Name the Music? (A) [MD]
 12:00 EF Pocket Billiards (P) [GA]
 1:30 Creative Crafts (HG) [V]
 2:00 Popcorn Matinee Movie (T)
 2:15 C Gentleman's Club (GR) [GA]
 2:30 HF Low Impact Aerobics (A) [GA]
 3:00 EF Words Within Words (A) [GA]
 4:00 CE Drama Club (A) [GA]
 7:30 Sunday Action Cinema (A)

23

10:00 CE Art Studio Open for Personal Projects (AS) [RL]
 10:15 LL This Week in History (A) [GA]
 11:00 HF Healing Therapeutics Exercise Class (A) [V]
 12:00 Jigsaw Puzzle Team (LB) [MD]
 1:00 PA Mahjong Games (GR) [RL]
 2:00 IS Inspiring Rhythms Group Drumming (T) [OV]
 2:30 Art Studio Pottery Painting Time (AS)
 3:15 LL Science and Technology Class (A) [MD]
 4:00 HF Words Within Words Challenge (A) [KC]
 4:15 HF Autumn Leaves Walk & Leaf Painting (OC) [MD]
 7:30 Romance Movie (T)

24

10:30 LL Headlines and News Discussion (A) [MD]
 11:00 HF Yoga Class (A) [OV]
 12:00 EF Ping Pong by the Pool (P) [MD]
 1:30 Bus Trip/Outing or Local Shopping Trip (L) [RL]
 2:00 PA Bridge Tournament (HG) [RL]
 2:00 Popcorn Movie Matinee (T)
 2:00 PA Resident Led Bingo Game (HG) [V]
 2:15 HF Movement with Mia (A) [MD]
 3:00 LL Professor Bruce Lectures on News (A) [OV]
 4:00 Violin Concert with Albert Mulad (A) [NC]
 6:30 CE Karaoke Singing Fun! (A) [MD]
 7:30 Comedy Movie Night (T)

25

10:00 CE Watercolor Painting Class (AS) [OV]
 10:30 HF Seated Dancing with Music (A) [MD]
 11:00 Boggle™ Word Search (HG) [KC]
 12:00 Card Games: Crazy 8's (GR) [MD]
 12:30 EF Greenburgh Feature Movie Outing (OC)
 2:00 PA Bridge Games (GR) [RL]
 2:00 HF Healthy Living with Dr. Rick (A) [OV]
 2:00 CV Knitting/Sewing for a Cause (LB) [NC]
 2:00 Popcorn Matinee Movie (T)
 3:00 EF Fabulous Fall Festival 2017 (A) [NC]
 4:00 LL You Be the Judge Jury Decisions (A) [GA]
 6:30 C Poker Game Night (A) [GA]

26

10:00 PA Tech Time with Mia (C) [MD]
 10:30 HF Low Impact Aerobics Class (A) [GA]
 11:00 HF Word Wheel Challenge (A) [MD]
 12:00 EF Pool Sharks by the Pool (P) [GA]
 1:30 Bus Outing or Local Shopping Trip (OC) [RL]
 2:00 Popcorn Movie Matinee (T)
 2:00 HF Senior Fitness Exercise Class with Sara (A) [OV]
 2:30 Food for Thought Monthly Meeting (A) [JL]
 4:00 LL Afternoon Opera: "Pirates of Penzance" (A) [OV]
 7:00 LL Golden Age of Hollywood Movie Discussion (T) [KC]
 7:30 Classic Movie Night (T)

27

10:00 C Coffee Klatch (C) [MD]
 10:30 HF Strengthen and Balance Using Weights (A)
 11:00 CE Short Story Reading and Appreciation (A)
 12:00 Board Games: Checkers
 1:30 EF Ping Pong Game (P) [RL]
 2:00 PA Monthly Book Club Meeting (A) [NC]
 2:00 Popcorn Afternoon at the Movies (T)
 2:15 CE Art Studio Workshop (AS) [OV]
 3:00 IS Support Group Discussion (A) [RSA]
 4:00 HF Before Dinner Stroll and Stretch (L) [KC]
 7:15 IS Shabbat Services (A) [OV]
 7:30 Fun Friday Flick

National Chocolate Day **28**

10:00 HF Pool's Open for a Swim! (P) [OV]
 10:30 HF Strengthen with Therabands (A) [KC]
 11:00 LL Debate of Ethical Dilemmas (A) [NC]
 12:00 Jigsaw Puzzle Team (C) [NC]
 2:00 HF Aqua Aerobics (P) [OV]
 2:00 Musical Movie Matinee (T)
 2:15 HF Walking Club (OC) [NC]
 3:00 CE Shakespearean Sonnets (A) [KC]
 4:00 LL What's Going On in the World? with Art (A) [OV]
 7:00 HF Can Chocolate Be Nutritious? (A) [NC]
 7:30 Saturday Slice of Life Cinema (T)

29

9:30 St. Augustine's Mass (L) [GA]
 10:15 IS Catholic Service Eucharistic ministers (T) [OV]
 10:30 HF Morning Exercise (A) [MD]
 11:00 EF Can You Name the Music? (A) [MD]
 12:00 Table Games: Dominoes (GR) [KC]
 2:00 Afternoon Popcorn Cinema (T)
 2:15 C Gentleman's Club (GR) [GA]
 2:30 HF Low-Impact Aerobic (A) [MD]
 3:00 EF Songs From Around the World (HG)
 4:00 CE Drama Club (A) [GA]
 7:30 Sunday Western Cinema (T)

30

10:00 CE Art Studio Open for Personal Projects (AS) [RL]
 10:30 HF Strength and Balance with Weights (A) [GA]
 11:00 LL This Week in History (A) [GA]
 12:00 CE Music Appreciation (A) [MD]
 12:00 EF Pool Sharks by the Pool (P) [GA]
 1:00 PA Mahjong Games (HG) [RL]
 2:00 Popcorn Movie Matinee (T)
 2:15 HF Matter of Balance Class (MOB) (A) [MD]
 4:00 HF Words Within Words (A) [GA]
 7:00 EF Dr. Allan Mohl After Dinner Piano (HG) [OV]
 7:30 Monday Evening Movie (T)

Halloween **31**

10:30 LL Headlines and News Discussion (A) [KC]
 11:00 HF Seated Yoga with Laura (A) [OV]
 12:00 Board Games: Word Tiles (GR) [MD]
 1:30 Bus Trip/Outing or Local Shopping Trip (L)
 2:00 PA Resident Led Bingo Game [RL]
 2:30 EF Halloween Costume Party/Pumpkin Contest (A) [NC]
 3:30 EF Halloween Storytelling (A) [OV]
 4:30 HF Dance Class (A) [NC]
 6:30 CE Karaoke Singing Fun! (A) [MD]
 7:30 Action Movie Night (T)



- PA Personal Achievement
- HF Health & Fitness
- EF Entertainment & Fun
- CV Civic Engagement
- LL Lifelong Learning
- CE Creative Expression
- IS Inspiration & Spirituality
- C Connection
- W Wisdom of Curiosity
- L Legato

ROOM LOCATION KEY:

Lobby	L	Outside Terrace	OT
Theater	T	Piano Area	PO
Pool	P	Outside community	OC
Activity Room	A		
Catskills Cafe	C		
Game Room	GR		
Highlands Grille	HG		
Art Studio	AS		
Private Dining Room	PD		
Library	LB		

STAFF KEY:

Grace Arenholz	GA
Volunteer	V
Outside Vendor	OV
Mia DeMuro	MD
Resident Led	RL
Kelsey Crooks	KC
Nancy Chaikin	NC
Julie Lavelle	JL
RSA	RSA

Bananagrams® is a trademark of Bananagrams, LLC.
 Boggle™ is a trademark of Parker Brothers.
 Scrabble® is a registered trademark of Hasbro, Inc.
 Wii® is a trademark of Nintendo of America, Inc.

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**LEGATO MUSIC PROGRAM-
Lou Patrick**
Tuesday, October 10, 11:00 am

**Welcome to the
Neighborhood Party!**
Thursday, October 26, 3:00 pm

**Halloween Costume Party/
Pumpkin Contest**
Tuesday, October 31, 2:30 pm

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2017

ATRIA ON THE HUDSON life guidance®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 **HF** Conductorcise® (LG) **1**
 10:00 **CV** Sunday paper (GY) [RSA]
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]
 11:00 **C** Lets Chat Over some Homemade Cookies (LG) [LS]
 2:00 **CE** LEGATO MUSIC PROGRAM- Visiting the 80's (LG) [LS]
 3:00 Sundae's w/ "Babe" Ruth That Is?! (LG) [RSA]
 3:30 **HF** Happy Feet (LG) [LS]
 4:00 **C** Hot Topics w/ Bryan (LG) [RSA]
 6:30 **C** Evening Movie- Grumpy Old Man (LG) [RSA]

10:00 **HF** Conductorcise® (LG) **8**
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]
 10:30 **CV** Sunday Paper (LG)
 1:00 **CE** LEGATO MUSIC PROGRAM- Cherry Berry (LG) [RSA]
 2:30 **HF** MOVIN' & GROOVIN' (LG)
 3:00 Sundae's on a Sunday (OC) [RSA]
 4:15 **C** Hot Topics w/ Bryan (LG) [RSA]
 5:00 **EF** Lets Dine w/ Lizanae (PD) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Sit & Fit (LG) [RSA] **15**
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [OV]
 10:30 **CV** Daily Chronicles (LG)
 11:00 **EF** I Love Lucy! (LGP) [LS]
 1:00 **CE** LEGATO MUSIC PROGRAM- (LG) [RSA]
 1:30 **CE** Explore the Roman Poets (LG) [RSA]
 2:00 **HF** Low-Impact Aerobic (LG) [RSA]
 3:00 Let's Decorate mini cupcakes (LG) [LS]
 4:00 **C** Hot Topics w/ Bryan- Winston Churchill (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Dance Around The World (LG) **22**
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]
 10:30 **CV** Sunday Paper (LG)
 1:00 **C** Hand Massage (LG)
 1:30 **EF** Create a Scarecrow (LG) [RSA]
 2:00 **HF** COLORFUL WEIGHTS (LG)
 2:30 **EF** Make A Difference Today (LG) [LS]
 3:00 Double "O" Boo (LG) [LS]
 4:00 **C** Hot Topics w/ Bryan (LG) [RSA]
 4:30 **CE** LEGATO MUSIC PROGRAM
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Conductorcise® **29**
 10:15 **IS** Catholic Service Eucharistic Ministers (T) [V]
 10:30 **CV** Sunday Paper
 11:00 **LL** Let's Chat w/ Oatmeal Cookies (LGK) [RL]
 12:00 **C** Dine In w/ Lizanae (PR) [LS]
 1:00 **C** Hand Massage (LG) [RSA]
 1:30 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 2:00 **HF** Low-Impact Aerobic (LG) [RSA]
 3:00 **EF** BINGO ANYONE? (LG) [RL]
 4:00 **C** Hot Topics w/ Bryan- Stock Market Crash (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Movin N Groovin (LG) **2**
 10:30 **PA** Happy Rosh Hashanah! (LG) [RL]
 11:00 **C** Rod Serling Series Twilight Zone Party (LG) [RSA]
 1:00 **PA** Pressed For Words (LG) [LS]
 1:30 **LL** Name a Detective Trivia! (LG) [LS]
 2:00 **HF** Stretch and Flex (GY) [RSA]
 3:00 **HF** Who is Groucho Marx? (A) [LS]
 3:30 **CE** LEGATO MUSIC Soul Train Line Anyone? (LG) [RSA]
 4:00 **EF** Wheel of Fortune® (LG)
 6:30 **C** Evening Movie- Marx Bro's Animal Crackers (LG) [RSA]

10:00 **HF** Sit & Fit (LG) [LS] **9**
 10:30 **C** Open Discussion Time (GY) [RSA]
 11:00 **PA** Pop, Pop, Pop Corn Bar (LG) [LS]
 1:00 Columbus Day Trivia (LG) [LS]
 1:30 **PA** Armchair Travel (LG) [RSA]
 2:00 **LL** Documentary-Columbus Day
 2:15 **LL** Happy Columbus Day! (LG) [LS]
 3:00 **CE** LEGATO MUSIC PROGRAM (LG) [LS]
 3:30 **C** Give a Compliment!
 4:00 **EF** Pressed For Words (LG) [LS]
 4:15 **HF** Let's Take a Walk-LG Courtyard (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Movin N Groovin (LG) **16**
 10:30 **LL** Jeopardy!® (LG)
 11:00 **LL** News and Views [RSA]
 11:15 **EF** Exploring The Great Poets! (LG) [RSA]
 1:00 **CE** No Bake Fun (LG) [LS]
 1:30 Spelling Bee Challenge (LG) [LS]
 2:00 **HF** Stretch and Flex (LG)
 3:00 **PA** Let's Search For Words (LG) [RL]
 3:30 **LL** Scattergories® (LG) [RSA]
 4:00 **CE** LEGATO MUSIC PROGRAM (LG)
 4:30 **C** Give A Compliment! [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:15 **HF** Sit & Fit (OC) [LS] **23**
 10:30 **LL** News and Views (LG) [RSA]
 11:00 **HF** Movin' N Groovin w/ Evelyn (LG) [OV]
 11:15 **CE** Eat in' Pumpkin Day [RSA]
 1:15 Balloon Toss (LG)
 2:00 **HF** Happy Feet (LG)
 2:30 **PA** WHO AM I (LG) [RSA]
 3:00 **LL** Buzz Words (LG) [RSA]
 3:30 **IS** A Walk Down Memory Lane (LG)
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 4:30 **EF** Karaoke anyone? (LG) [RL]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Walking the Community (LGP) [LS] **30**
 10:45 **EF** Pressed For Words (LG) [LS]
 11:15 **CE** Adult Coloring (LG) [RSA]
 1:00 **C** Dip an "Apple" Bar (LGK) [LS]
 1:30 **LL** News & Views (LG) [LS]
 2:00 **HF** Strength and Balance Program (LG) [LS]
 2:30 Let's Play A Board Game (LG) [RSA]
 3:00 **IS** Meditate over Jazz (LG) [RSA]
 3:15 **PA** Let's be A Part Off History (LG) [RSA]
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [LS]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Chair Aerobics (LG) [LS] **3**
 10:30 **HF** Wear "Blue" Anti-Bullying (LG) [LS]
 11:00 **CE** LEGATO MUSIC PROGRAM- Chubby Checkers (LG) [LP]
 11:45 **PA** Makeup Makeover (LG) [LS]
 1:00 **CV** The Daily Chronicles (LG) [RSA]
 1:15 **C** Let's Snack & Listen to Ole' Time Radio (LG) [LS]
 2:00 **EF** Pressed For Words (LG) [LS]
 3:00 **EF** Let's Have A Laugh w/ Andy Griffith
 3:30 **C** WHO AM I (LG) [RSA]
 4:00 Arts N Crafts w/ Marie (LG) [RL]
 4:15 **HF** Tour the Community (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** COLORFUL WEIGHTS (LG) **10**
 10:30 **LL** News and Views (LG)
 11:00 **CE** LEGATO MUSIC PROGRAM- Lou Patrick (LG) [LP]
 1:00 **LL** Reading for the Club (LGP) [LS]
 2:00 **HF** Fun Fitness (LG)
 2:30 **EF** Happy Birthday Ed Wood! (LGP) [LS]
 3:00 **EF** Let's Play Bingo! (LG) [RSA]
 4:00 Arts N Crafts w/ Marie (LG) [RL]
 4:15 Jeopardy!® Trivia (LG) [LS]
 6:30 **C** Evening Movie- (LG) [RSA]
 7:30 **C** Yomenco w/ Bruce (LG) [OV]

10:00 **HF** COLORFUL WEIGHTS (LG) **17**
 10:30 **LL** National geographic Day (LG) [LS]
 11:00 **CE** Snack And Chat! (LG) [RSA]
 1:15 **CE** Arts & Craft (LG) [RSA]
 2:00 **CE** LEGATO MUSIC PROGRAM w/ Nancy Sinatra (LG) [RSA]
 2:30 **EF** Connect 4 game (LG) [RSA]
 3:00 **LL** Arts & Craft (LG) [LS]
 3:30 **EF** Words within Words (LG)
 4:00 Arts N Crafts w/ Marie (LG) [RL]
 4:00 **HF** Sittercise (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** COLORFUL WEIGHTS (LG) **24**
 10:30 **LL** iPad- News and Views (LG)
 11:00 **C** Your Full Of Bologna (LG) [RSA]
 1:00 **CV** Bingo Challenge (LG) [LS]
 2:00 **HF** MOVIN' and GROOVIN' (LG)
 2:30 Words within Words (LG) [RSA]
 3:00 **CE** LEGATO MUSIC PROGRAM (LG)
 3:30 **IS** GIVE ME A COMPLIMENT (LG)
 4:00 Arts N Crafts w/ Marie (LG) [RL]
 4:00 **LL** Trivia Challenge (LG)
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Conductorcise® (LG) [LS] **31**
 10:30 Jeopardy!® Time! (LG) [LS]
 11:00 **CE** Decorate Pumpkins (LG) [LS]
 1:00 **HF** It's a Thriller kinda Thing! (LG) [LS]
 1:30 **LL** Halloween Crafts (LG) [RSA]
 2:00 **EF** Let's Trick Or Treat! (LG) [LS]
 2:30 **PA** Halloween Costume Party/ Pumpkin Contest (LG) [LS]
 3:30 **LL** Karaoke Time (LG) [RSA]
 3:30 **CE** Let's Make Sugar Halloween Cookies (LGK) [LS]
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 Community Trip- TBA (LG) [RSA] **4**
 10:00 **HF** Conductorcise® (LG)
 11:00 **LL** FUN WITH WORDS (LG) [RSA]
 11:30 **IS** Poem A Day w/ Tamora (LG) [TM]
 1:00 **EF** Let's Follow Dick Tracy (LG) [RSA]
 1:30 **C** Let's Connect 4 (LG) [RSA]
 2:00 **HF** Get In Shape- iPad aerobics (LG) [RSA]
 2:15 **LL** Let's Send a Flick w/ Text (LG) [LS]
 3:00 **CV** Reading's w/ Patricia "PATTY" (LGP) [RL]
 3:30 **CE** LEGATO MUSIC PROGRAM (LG) [LS]
 4:00 Let's Have Tea for "Ten-Four" Day (LG) [LS]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 Community Trip- TBA (OC) [LS] **11**
 10:00 **HF** Conductorcise® (LG)
 11:15 **CE** Poem A Day w/ Tamora Mills (LGP) [TM]
 11:30 **LL** Daily Chronicle (LG) [RSA]
 1:00 **PA** Happy Yom Kippur! (LG) [RL]
 1:30 Bingo Anyone?
 2:00 **CE** LEGATO MUSIC PROGRAM (LG) [NS]
 2:15 **PA** Let's Make A Sausage Pizza (LGK) [LS]
 3:30 **HF** Let's Take a Walk (OC) [LS]
 4:00 **LL** Poetry w/ Patricia (A) [RL]
 6:30 **C** Evening Movie- (LG) [RSA]

10:00 Community Trip- TBA (OC) [RSA] **18**
 10:00 **HF** Conductorcise® (GY) [RSA]
 11:00 **LL** News & Views (LG) [RSA]
 11:15 **CE** Poem A Day w/ Tamora Mills (LG) [TM]
 1:00 **EF** Pressed For Words! (LG) [LS]
 1:15 **HF** Get in Shape (LG) [LS]
 2:00 **CE** LEGATO MUSIC PROGRAM (LG) [NS]
 2:30 **C** Tick-Tock Let's Watch The Clock (LG) [RSA]
 3:00 **CE** No Bake Snack! (LGK) [RSA]
 3:30 **EF** Bingo Tournament
 4:00 **EF** Fill in the Blank- (LG) [RSA]
 6:30 **C** -Evening Movie (LG) [RSA]

10:00 Community Trip (OC) [RSA] **25**
 10:00 **HF** Conductorcise® (LG) [LS]
 10:30 **CE** Poem A Day w/ Tamora (LG) [TM]
 11:00 **CE** LEGATO MUSIC PROGRAM (LGP) [LS]
 11:30 **EF** Pressed For Words (LG) [RSA]
 1:15 **IS** SPA TIME (LG) [RSA]
 2:00 **HF** Fun Fitness (LG) [RSA]
 2:30 **C** Let's Have a Laugh (LG) [RSA]
 3:00 **EF** Let's Just Dance (LG) [RSA]
 4:00 **LL** Word to the WISE (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Flex and Stretch (LG) **5**
 10:30 **CV** News-stand (LG) [RSA]
 11:00 **CE** Let's Have a Piece of Betty "Apple" (LG) [LS]
 2:00 **HF** Fun Fitness (LG)
 2:30 **CE** LEGATO MUSIC PROGRAM (LG) [LS]
 2:30 Lets Strengthen Our BRAINS! (LG) [RSA]
 3:00 **PA** Golden Arches Day (LG) [RSA]
 3:15 **PA** Craft Corner! (LG) [RSA]
 3:30 **LL** Let's Talk About Life (OC) [LS]
 4:00 **C** Recite a your Favorite Quote! (LG) [RSA]
 6:30 **C** Evening Movie- (LG) [RSA]

10:00 **HF** Flex and Stretch (LG) **12**
 10:30 **LL** Who Is Psychic Romark? (LG) [LS]
 11:00 **CE** LEGATO MUSIC PROGRAM- (LG) [LS]
 11:15 Crafts w/ Marie (LG) [RL]
 12:00 **CV** Chef's Table Luncheon (LGK) [JL]
 1:00 **EF** Sing Along to 'O Sole Mio' (LG) [RSA]
 2:00 **HF** Stretch and Flex (LG) [LS]
 2:30 **PA** Horticulture w/ Cathy (LG) [CF]
 2:45 **EF** Let's Learn Spanish (LGP) [RSA]
 3:00 **LL** What Are Fossil's? (LG) [LS]
 4:00 **C** Pressed for Words! (LG) [RSA]
 6:30 **C** Evening Movie- (LG) [RSA]

10:00 **HF** Flex and Stretch (LG) **19**
 10:00 **IS** World Alzheimer's Day! (OC) [LS]
 11:00 A DOUGHNUT DAY! (LG) [LS]
 1:00 **HF** Who is Helen Keller? (GY) [RSA]
 1:30 **C** Let's Have A Chat! (OC) [RSA]
 2:00 **CE** Hamlet on Stage (LGF) [LS]
 2:30 **EF** LET'S PLAY CARDS (LG) [RSA]
 3:00 Lets Toss Balloons (LG) [RSA]
 4:00 **CE** LEGATO MUSIC PROGRAM w/ Nancy (LG)
 4:30 Pictionary™ (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Flex and Stretch (LG) **26**
 10:30 **LL** Fill in the Blank... (LG) [RSA]
 11:30 **EF** Pressed For Words On The iPad (LG) [LS]
 1:00 **CE** Poem A Day! (LG) [RSA]
 2:00 **HF** Get in Shape- iPad aerobics (LG) [RSA]
 2:30 **CE** Hula-Hooping to Music (LG) [RSA]
 3:00 **C** Welcome to the Neighborhood Party! (LG) [RSA]
 Lets Bowl (LG) [RSA]
 4:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Sit and Be Fit (LG) [RSA] **6**
 10:30 **C** Movie in the Theater- The Jazz Singer (T) [RSA]
 10:45 **EF** Jeopardy!® Trivia (A) [RSA]
 11:00 **CE** Let's Make Crazy Cookies (LG) [RSA]
 1:00 **C** Right-Brainers Rule Day (LG) [AA]
 1:15 **CE** Let's Think Positive, What's on your Mind (LG) [AA]
 2:00 **HF** Soca Zumba®-w/ Anieta (LGP) [AA]
 3:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 4:00 Pictionary™...iPad Games (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]
 7:15 **IS** Shabbat Service and Conversation (A) [V]

10:00 **C** Movie In the Theater- (T) [AA] **13**
 10:00 **HF** Sit and Be Fit (LG) [RSA]
 11:00 **CE** LEGATO MUSIC PROGRAM- Bob Dylan (LG) [RSA]
 1:00 **IS** Random Acts of Kindness- (LG) [AA]
 2:00 **C** Let's Read a Short Story Together! (LG) [RL]
 2:30 **HF** STRENGTH TRAINING (LG) [RSA]
 3:00 **LL** Daily Chronicles (LG) [AA]
 3:15 **LL** Birthday of the White House Documentary (LG) [AA]
 4:00 **CE** Poem a Day! (LG) [AA]
 6:30 **C** Evening Movie (LG) [RSA]
 7:15 **IS** Shabbat Service and Conversation (A) [V]

10:00 **C** Movie in the Theater (T) [AA] **20**
 10:00 **HF** Sit and Be Fit (LG) [RSA]
 10:45 **HF** In-House Personal Training with GymGuyz (A) [OV]
 11:00 **LL** View & Discuss- USA TODAY! (LG) [RSA]
 1:15 **EF** Challenge Me In Jeopardy!® (LG) [AA]
 2:00 **HF** Can You Keep "UP" Dance w/ Anieta (LG) [AA]
 2:30 **CE** LEGATO MUSIC PROGRAM- (LG) [RSA]
 3:00 **HF** Stretch and Flex (LG) [RSA]
 4:00 Playing Cards (LG) [RSA]
 6:30 **C** Hocus Pocus-Evening Movie (LG) [RSA]
 7:15 **IS** Shabbat Service and Conversation (A) [V]

10:00 **C** Movie in the Theater (T) [AA] **27**
 10:00 **HF** Sit and Be Fit (LG) [RSA]
 11:00 **CE** LEGATO MUSIC PROGRAM w/ Georganne (LG) [G]
 1:00 Tribute Song Day! (LGP) [AA]
 1:30 **EF** Connect 4 Anyone! (LG) [AA]
 2:00 **HF** Fun Fitness (LG) [RSA]
 2:30 **PA** Mystery's - Are you a Detective? (LG) [AA]
 3:00 Let's Make Paper Ghost (LG) [RSA]
 4:00 **CE** Freestyle Painting (LG) [AA]
 6:30 **C** Evening Movie (LG) [RSA]
 7:15 **IS** Shabbat Service and Conversation (A) [V]

10:00 **HF** Parachute Pop Up (LG) [RSA] **7**
 10:30 **LL** News And Views (LG) [RSA]
 11:00 Let's Play A "Board Game" (LGP) [RSA]
 11:30 **PA** Let's Boost Your Brain!
 1:00 **CE** You Matter To Me Day! (LG) [AA]
 1:15 **EF** Let's Relax And Get Pampered (LG) [AA]
 2:00 **LL** 1960's Kennedy vs. Nixon Debate (LG) [AA]
 2:30 Cocktails w/ Anieta (LG) [AA]
 3:00 **CE** LEGATO MUSIC PROGRAM- American Band Stand (LG) [RSA]
 3:30 **HF** Let's Take A Walk w/ a Frappe (OC) [AA]
 4:00 **LL** Current Events with Art (A) [OV]
 6:00 **C** Evening Movie (LG) [RSA]

10:00 **HF** SOCA Fitness (LG) [AA] **14**
 10:30 **LL** News and Views (LG) [RSA]
 11:00 **C** Hand Massage (LG) [RSA]
 1:00 **PA** Happy Birthday President Eisenhower! [AA]
 1:30 **CE** Let's Plant a mini Garden (LG) [AA]
 2:00 **IS** International Youth Day!- Let's Talk (L) [AA]
 2:30 Cocktails w/ Anieta (LG) [AA]
 3:00 **HF** Dance Around The World (LG) [RSA]
 4:00 **LL** SEW WHAT! - No sew Blankets (A) [AA]
 4:15 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Dance To The "SOCA" Beat! (LG) [AA] **21**
 10:15 **PA** Wear it Pink "Breast" Cancer Day (LG) [AA]
 10:30 **CV** USA Today (LG) [RSA]
 11:00 **CE** Poetry In The Gazebo! (LG) [RSA]
 11:30 **CE** Let's Make Finger Print Cards (LG) [AA]
 1:00 **LL** Daily Chronicles (LG) [AA]
 1:30 **HF** Walking Club (LGP) [RSA]
 2:00 **EF** Jeopardy!® (LG) [RSA]
 2:30 Cocktails w. Anieta (LG) [AA]
 4:00 **LL** Current Events with Art (A) [OV]
 4:00 **CE** LEGATO MUSIC PROGRAM- 40's (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]

10:00 **HF** Dance Around the World (LG) [RSA] **28**
 10:30 **LL** USA Today (LG) [RSA]
 11:00 **CE** Poetry w/ Patricia (LG) [AA]
 1:00 **CE** LEGATO MUSIC PROGRAM (LG) [RSA]
 2:00 **HF** Lets Walk (LGP) [AA]
 2:30 Cocktails w/ Anieta (LG) [AA]
 3:00 Arts w/ Marie (LG) [AA]
 3:30 **EF** Who's is Frankenstein? (LG) [RSA]
 4:00 **LL** Current Events with Art (A) [OV]
 4:00 **CE** Scrabble® (LG) [RSA]
 6:30 **C** Evening Movie (LG) [RSA]



- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- W** Wisdom of Curiosity
- L** Legato

ROOM LOCATION KEY:		STAFF KEY:	
LG	Activity Room	LG	RSA
Gym	Gym	GY	Volunteer
Theater	Theater	T	Lizanae Stinson
Activity Room	Activity Room	A	Resident Led
LG Patio	LG Patio	LGP	Lou Patrick
Outside community	Outside community	OC	Tamora Mills
Private Dining Room	Private Dining Room	PD	Anieta Ashley
LG Kitchen	LG Kitchen	LGK	Outside Vendor
Lobby	Lobby	L	Nancy Scordia
LG Family Room	LG Family Room	LGF	Julie Lavelle
Palisades Restaurant	Palisades Restaurant	PR	Cathy Fellows Georganne

RSA	V	LS	RL	LP	TM	AA	OV	NS	JL	CF	G
-----	---	----	----	----	----	----	----	----	----	----	---

Conductorcise® is a registered trademark of Conductorcise LLC LTD.
 Jeopardy!® is a registered trademark of Jeopardy!Productions, Inc. All rights reserved.
 Pictionary™ is a trademark of Hasbro, Inc.
 Scattergories™ is a registered trademark of Hasbro, Inc.
 Scrabble® is a registered trademark of Hasbro, Inc.
 Wheel of Fortune® is a registered trademark of Galton Productions, Inc. All Rights Reserved.
 Zumba® is a registered trademark of Zumba Fitness, LLC