

THE LANDING OF POUGHKEEPSIE
An *Atria* Senior Living Residence

ENGAGE LIFE®

Monthly Calendar of Events and Programming



Featured Events
this Month:

MEETING OF AMBASSADORS

Thursday, November 1, 2:00 PM

Welcome New Neighbors

Saturday, November 10, 4:30 PM

Anniversaries and Birthdays

Saturday, November 17, 4:00 PM

THE LANDING OF POUGHKEEPSIE
An *Atria* Senior Living Residence

NOVEMBER 2018

THE LANDING OF POUGHKEEPSIE 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
- Atria StoryWise**

- ROOM LOCATION KEY:**
- Media Room MR
 - Physical Therapy Room PTR
 - Cafe C
 - Patio Dining Room PD
 - Lobby L
 - Craft/Exercise Room C/E
 - Adirondacks Area AD
 - Card Room CR
 - Bus B
 - Restaurant R
 - LG Living Room LGL

- STAFF KEY:**
- Lecturer Lec
 - Engaged Life Director ELD
 - Rowing Leader Row
 - Rowing Volunteers RV
 - Engage Life Instructor ELI
 - Anthony Quaranta AQ
 - RSA RSA
 - Resident Led RL
 - Volunteer V
 - Front Desk FD
 - Vendor Instructor VI
 - Dept Engage Life DEL
 - Entertainer E
 - Spiritual Leader SL
 - Bus Driver BD
 - Instructor Ins
 - Culinary CUL
 - Life Guidance Program Assistant LGP

4

10:45 Christ Church (L) (BD)

11:00 St. Martin de Porres (L) (BD)

2:15 Sunday Comedic Movie (MR) (V)

4:00 Happy Refreshment Hour (R) (V)

4:30 Sunday Afternoon Bingo (R) (V)

6:45 **LL** Riddles (L) (FD)

7:15 Sunday at the Movies (MR) (V)

11

11:00 St. Martin de Porres (L) (BD)

1:00 **CV** Blowing of the Taps and Prayers (L) (V)

2:15 Requested Matinee (MR) (V)

4:00 Happy Refreshment Hour (R) (V)

4:30 Bingo (R) (V)

6:45 **CE** StoryWise™ (L) (FD)

7:15 Sunday Romance Movie (MR) (V)

18

10:45 Christ Church (L) (BD)

11:00 St. Martin de Porres (L) (BD)

2:15 Sunday Matinee (MR) (V)

6:45 **CE** StoryWise™ (L) (FD)

7:15 Romantic Movies (MR) (V)

25

11:00 St. Martin de Porres (L) (BD)

1:30 **HF** Arms, Hands & Finger Fitness (C) (ELI)

2:15 Dramatic Movie Matinee (R) (V)

3:30 **HF** Exercise for Balance with Eileen (L) (V)

4:00 Coffee and Tea Time (C) (RL)

4:30 Sunday Afternoon Bingo (R) (V)

6:00 The Suave Duo has Returned (R) (E)

6:45 **CE** StoryWise™ (L) (FD)

7:15 Comedy Movie Night (MR) (V)

5

11:00 **HF** Zumba® with Aiyannah! (C) (VI)

2:00 **EF** Games: Mexican Train Dominos (C) (RL)

2:15 Monday Afternoon Movie Requests (MR) (V)

3:00 **PA** Learn to play Rummikub® (C) (RL)

6:45 **CE** StoryWise™ (L) (FD)

7:15 Movie Evening (MR) (V)

12

10:15 **EF** Sequence (C) (RL)

11:00 **HF** Zumba® with Aiyannah! (C) (VI)

1:30 **HF** Walking for Fitness (L) (V)

2:00 **C** Mexican Train Dominos (C) (RL)

2:15 Afternoon Requested Movie (MR) (V)

4:00 Happy Coffee Chat (R) (V)

6:45 **LL** Jokes of the Day (L) (FD)

7:15 Monday Crime & Mystery Movie (MR) (V)

19

11:00 **HF** Zumba® with Aiyannah! (C) (VI)

2:15 Monday Matinee (MR) (V)

3:00 **PA** Learn to play Mexican Train Dominos (C) (RL)

4:00 Happy Refreshment Hour (C) (V)

6:45 **PA** Solve the Riddle (L) (FD)

7:15 Monday Night Drama (MR) (V)

26

11:00 **HF** Zumba® with Aiyannah (C) (VI)

2:15 Monday Matinee (MR) (V)

3:15 **HF** Stretching with Eileen (C) (ELI)

4:00 Coffee Tea & Happy Chatting (R) (V)

7:15 Monday Night Mystery Movie (MR) (FD)

6

11:30 **HF** Body in Balance (C) (ELD)

1:30 **HF** Progressive Muscle Relaxation (AD) (ELD)

2:00 **C** Women's Social Club - Rummikub® (C) (RL)

2:00 **C** Sequence (C) (RL)

4:00 Happy Social Hour (C) (ELD)

4:00 **C** Men's Social Club-Poker Women Welcome! (CR) (AQ)

7:15 Night at the Movies (MR) (ELD)

13

10:30 **CE** Chiming with Christina (C) (Ins)

10:30 **IS** Gentle Chiming with Christine (C) (E)

11:15 **HF** Balance for Strength (C) (ELD)

1:30 **HF** Progressive Muscle Relaxation (AD) (ELD)

2:00 **CE** Jewelry Work (C/E) (ELD)

2:00 **C** Rummikub®/Sequence/Scrabble® (C) (RL)

3:00 **PA** Engage Life®/Civic Engagement (C/E) (ELD)

4:00 Happy Beverage Hour (C) (ELD)

4:00 **C** Men's Social Club-Poker (CR) (AQ)

4:30 Right Left Center (C) (ELD)

7:15 **EF** Comedic Movie (MR) (RSA)

20

11:30 **HF** Body in Balance (C) (ELD)

1:30 **HF** Progressive Muscle Relaxation (AD) (ELD)

2:00 **C** Mexican Train Dominos (C) (RL)

2:15 Requested Afternoon Movie (MR) (V)

4:00 COFFEE CHAT (C) (ELD)

4:00 **C** Men's Social Club- Poker (CR) (AQ)

7:15 Requested Movie Night (MR) (FD)

27

10:00 **LL** iPad®: Opera Club (MR) (ELD)

11:30 **HF** Body in Balance (C) (ELD)

1:30 **HF** Progressive Muscle Relaxation (AD) (ELD)

2:00 **C** Women's Social Club- Rummikub® (C) (V)

3:00 **CE** Playing with Water Colors (C/E) (ELD)

4:00 **C** Men's Social Club- Poker (CR) (AQ)

4:00 Happy Coffee Chat (C) (ELD)

7:15 Tuesday Evening Request (MR) (V)

7

11:30 **HF** Ballet Stretches for Balance (C) (ELD)

1:00 **C** Queen City Rowers (C) (Row)

1:30 **IS** ROSARY (MR) (RL)

1:30 **HF** Stretch and Swing with Jazz (C) (ELD)

2:00 **C** Bridge (AD) (RL)

2:00 **C** Rummikub® (C) (RL)

4:00 Happy Hour (C) (ELD)

7:15 Wednesday Requested Movie (MR) (FD)

14

11:30 **HF** Ballet Stretching for Balance (C) (ELD)

1:00 **C** Queens City Rowers (PD) (Row)

1:30 **IS** ROSARY (MR) (RL)

1:30 **HF** Stretch and Swing with Deano (C) (ELD)

2:00 **C** Bridge (AD) (RL)

2:00 **C** Rummikub® (C) (RL)

2:15 Wednesday Men's Movie Requests (MR) (ELD)

2:15 Requested Movie (MR) (DEL)

4:00 Engaging Coffee (C) (ELD)

8:15 Movie by Request (MR) (V)

21

10:15 **LL** Ted Talks: Science and Technology (MR) (ELD)

10:30 **HF** Ballet Stretching for Balance (C) (ELI)

1:00 **C** Queen City Rowers (C) (Row)

1:30 **IS** Rosary (MR) (SL)

2:00 **C** Bridge (AD) (RL)

2:00 **C** Rummikub® (C) (RL)

2:15 **C** Men's Action Adventure Movies (MR) (V)

3:30 **HF** Stretch & Swing with Como (C) (ELD)

4:00 Coffee Chat (C) (ELD)

7:15 Wednesday Night Romance Movie (MR) (V)

28

10:30 **HF** Stretch & Swing with Bennett (C) (ELD)

1:00 **C** Queen City Rowers (C) (Row)

1:30 **HF** Whittle Your Middle (C) (ELD)

1:30 **IS** ROSARY (MR)

2:00 **C** Bridge (AD) (RL)

2:00 **C** Men's-PM Action Movie (MR) (RL)

2:00 **C** Rummikub® (C) (RL)

4:00 Happy Coffee Hour (C) (ELI)

6:45 **IS** iPad®: Nature (MR) (ELD)

7:15 Wicked Movie Night (MR) (FD)

8

11:30 **HF** Focused Balancing (C) (ELD)

2:00 **C** Women's Club: Thursday Bridge Group (AD) (RL)

4:00 Your Happy Beverage Hour (C) (ELD)

4:00 **C** Men's Social Club -POKER (CR) (AQ)

4:30 **EF** Trivial Trivia (C) (ELD)

7:15 Comedic Movie (MR) (V)

15

11:30 **HF** Progressive Muscle Relaxation (C) (ELD)

2:00 **C** Women's Club: Thursday Bridge Club (MR) (RL)

2:00 **C** Women's Club: Thursday Bridge Group (AD) (RL)

2:00 **EF** Mexican Train Dominos/Scrabble® (C) (ELD)

4:00 **C** Men's Social Club - Poker (CR) (AQ)

4:00 The Happy Beverage Hour (C) (ELD)

6:45 **EF** Mystery Bus Trip (B) (AQ)

7:15 Popcorn & Pina Colada Movie Night (MR) (V)

22

10:15 **LL** iPad® History: Slave Trade Past & Present (MR) (ELD)

10:30 **CE** Gardening (PD) (ELD)

11:30 **HF** Passive Progressive Relaxation (AD) (ELD)

2:00 **C** Women's Club: Thursday Bridge Group (AD) (RL)

3:00 **PA** Food for Thought (C/E) (RL)

3:15 **PA** Resident Council Meeting (C/E) (RL)

4:00 Happy Hour (C) (ELD)

4:00 **C** Men's Social Club- Poker (CR) (AQ)

7:15 **EF** Movie of the Month (MR) (FD)

29

1:30 **HF** Chair Waltzing with Naomi (C) (RL)

1:30 **HF** Exercise for Range of Motion (C) (ELI)

2:00 **C** Women's Club: Thursday Bridge Group (AD) (RL)

3:00 **EF** Sweet Bingo (C) (ELD)

4:00 Your Happy Beverage Hour (C) (ELI)

4:30 **LL** Adventure Words (C) (ELI)

9

10:00 **EF** Weekly Outings (B) (ELD)

2:00 **EF** Scrabble® Game (C) (RL)

2:00 **HF** Strength & Balance (C) (ELD)

2:15 Requested Matinee (MR) (ELD)

2:30 **CE** Jewelry Making for beginners to advance (C/E) (ELD)

3:00 **HF** Zumba® with Aiyannah (C) (VI)

4:30 Refreshment Time (C) (ELD)

7:15 Suggested Movie (MR) (V)

16

10:00 **EF** Weekly Outings (B) (ELD)

2:00 **C** Women's Club: Rummikub®/Sequence (C) (RL)

2:00 **HF** Relevé with Ballet (C) (ELD)

2:15 Afternoon Video (MR) (V)

3:00 **HF** Zumba® with Aiyannah (C) (VI)

3:30 Sweet Bingo (C) (ELD)

4:30 Refreshment Time (C) (ELD)

7:15 **EF** In House Movie (MR) (V)

23

10:00 **EF** Weekly Outings (B) (ELD)

2:30 **EF** Rummikub® or Scrabble® (C) (RL)

3:00 **HF** Zumba® with Aiyannah (C) (VI)

3:30 **EF** Sweet Bingo (C) (ELD)

4:30 Refreshment Time (C) (ELD)

6:45 **IS** Positive Feelings (MR) (ELD)

7:15 **EF** Suspense Theater (MR) (RSA)

30

10:00 Monday AM Errands (L) (ELI)

3:00 **HF** Zumba® with Aiyannah (C) (VI)

4:00 Your Happy Beverage Hour (C) (ELI)

6:45 **IS** Meditation for Mind Body & Soul (PTR) (V)

7:15 Friday Night at the Movies (MR) (RSA)

10

10:00 **C** Queen City Rowers (L) (RV)

11:00 **IS** Communion (MR) (SL)

1:30 **HF** Strength and Balance (C) (ELD)

2:15 Requested Matinee (MR) (ELD)

2:30 **EF** Mexican Train Dominos & Rummikub® (C) (ELD)

3:30 **HF** Focused Movements (C) (ELD)

4:00 Happy Coffee Chat (C) (ELD)

4:30 **PA** Welcome New Neighbors (C) (RL)

6:45 **LL** iPad® Google™ the Earth (MR) (ELD)

7:15 Friday Night Movie Date (MR) (FD)

17

10:00 **C** Queen City Rowers (C) (RV)

11:00 **IS** Communion (MR) (SL)

1:30 **IS** Christina Reminiscing with Songs (C) (VI)

1:30 **HF** Stretching & Strengthening (C) (ELI)

2:00 **EF** Rummikub®, Mexican Trains Dominos (C) (RL)

2:15 Saturday Matinee (MR) (ELD)

4:00 **PA** Anniversaries and Birthdays (R) (RL)

4:30 **EF** Jokes & Riddles (C) (ELD)

6:45 **HF** Focused Movements (PTR) (ELD)

7:15 Saturday Evening at the Movies (MR) (ELD)

24

10:00 **C** Queen City Rowers (C) (RV)

11:00 **IS** Communion (MR) (SL)

11:30 **HF** Stretch and Balance (C) (ELD)

1:30 **HF** Walk for Charity (L) (RL)

2:00 **CE** Crafting Jewelry (C) (ELD)

2:15 Requested Comedic Movie (MR) (ELD)

4:00 Happy Social Hour (C) (ELD)

4:30 **EF** Trivial Pursuit (MR) (ELD)

6:45 **LL** Jiddles & Mind Puzzles (L) (FD)

7:00 Movie Night (MR) (V)

3

10:00 **C** Queen City Rowers (C) (RV)

11:00 **IS** The Landing Chimers (L) (V)

11:00 **IS** Communion (MR) (SL)

11:30 **CV** Walking for Charity (L) (ELD)

1:15 Requested Saturday Movie (MR) (ELD)

1:30 **EF** Martinson Welcome Winter (L) (E)

1:45 **HF** Stretching for Flexibility (C) (ELD)

4:00 Coffee Chat (C) (RL)

4:30 **EF** Trivial Trivia (C) (ELD)

7:15 Saturday Night at the Films (MR) (V)

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THE LANDING OF POUGHKEEPSIE
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LIFE GUIDANCE®

Monthly Calendar of Events and Programming



Featured Events
this Month:

Pie Making and Tasting Contest

Tuesday, November 13, 2:30 PM

Thanksgiving Luncheon

Thursday, November 22, 12:00 PM

Casablanca Tribune

Monday, November 26, 2:00 PM

THE LANDING OF POUGHKEEPSIE
An *Atria* Senior Living Residence

NOVEMBER 2018

THE LANDING OF POUGHKEEPSIE Life guidance®

SUNDAY

MONDAY

TUESDAY

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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
- Atria StoryWise**
- ♪** Legato

- ROOM LOCATION KEY:**
- Adirondacks Area AD
 - Bus B
 - Cafe C
 - Card Room CR
 - Craft/Exercise Room C/E
 - Lobby L
 - Media Room MR
 - Patio Dining Room PD
 - Physical Therapy Room PTR
 - Restaurant R

- STAFF KEY:**
- Anthony Quaranta AQ
 - Bus Driver BD
 - Dept Engage Life DEL
 - Engage Life Instructor ELI
 - Engaged Life Director ELD
 - Entertainer E
 - Front Desk FD
 - Instructor Ins
 - Lecturer Lec
 - Resident Led RL
 - Rowing Leader Row
 - Rowing Volunteers RV
 - RSA RSA
 - Spiritual Leader SL
 - Vendor Instructor VI
 - Volunteer V

4 King Tut Day
 10:00 HF Stand Up and Be Fit
 10:30 LL iPad®: Morning News & Views
 11:00 C Snacks & Chat
 11:00 IS Church Run
 1:00 HF Legato Music Program
 2:00 HF Afternoon Exercise
 2:30 C Sunday Sundaes
 3:30 CE Craft & Fun
 6:00 EF Evening Movie

5 Color The World Orange Day
 10:00 HF Wake and Stretch
 10:30 LL iPad®: News & Views
 11:00 C Snacks & Chat
 11:30 HF Zumba®
 1:00 ♪ Legato Music Program: Beach Boys Tribune
 2:00 HF Ball Toss
 2:45 C Snacks & Songs
 3:30 LL Short Stories Reading
 4:00 CE Water Colorng
 6:00 EF Evening Movie

6 National Nacho Day
 10:00 HF Chair Dancing
 10:30 C Spa Time
 11:00 C Snacks & Chat
 11:30 LL iPad®: The Morning Facts
 1:00 ♪ Legato-Music Program
 2:00 HF Stretch & Flex
 3:00 EF Puzzles/Outdoor Games
 3:30 IS Wind Down Music
 4:00 CE Pet Therapy
 6:00 EF Evening Movie

7 Bittersweet Chocolate with Almonds Day
 10:00 HF Movin' and Groovin'
 10:30 LL iPad® Morning News
 11:00 C Snacks & Chat
 11:30 LL Did you know?
 1:00 ♪ LEGATO- Eldersong Sing Along
 1:30 CV Field Trip/ Pet Therapy
 2:00 CE You be the Judge
 2:30 HF Yoga
 3:00 C Social Club & Snacks
 3:30 CE Trivia Time
 4:00 PA Bingo/Puzzle Time

8 Tongue Twister Day
 10:00 HF MOVIN' AND GROOVIN'
 10:30 LL iPad®: Today In History
 11:00 C Snacks & Songs
 11:30 CV A Word IN A Word
 1:00 ♪ Legato Music Program- 50's Music
 2:00 HF Stretch and Flex
 2:30 PA Puzzle Fun
 3:00 C Craft Time
 4:00 CV Pet Therapy
 6:00 EF Evening Movie

9 World Freedom Day
 10:00 HF Flex and Stretch
 10:30 LL iPad® News and Views
 11:00 CV Snacks And Chat
 11:30 CE Music Therapy
 1:00 ♪ Legato Music and Dancing
 2:00 HF Strength and Balance Program
 2:30 HF Music and Dancing
 3:00 C Happy Hour
 3:30 HF Zumba®
 4:00 PA BINGO
 6:00 EF Evening Movie

10 Cancer Awareness Day
 10:00 HF Toss and Turn
 10:30 LL iPad® News and Views
 11:00 C Snacks & Chat
 11:30 IS Religious Services
 1:00 ♪ Legato Music Program-70's Hits
 2:00 HF Afternoon Exercise
 2:30 C Snacks & Chat
 3:00 LL Facts & Fun
 4:00 PA Bingo
 6:00 EF Evening Movie

11 Veterans Day
 10:00 HF Movin' and Groovin'
 10:30 LL iPad®: Sunday News
 11:00 C Snacks & Chat
 11:00 IS Church Run
 1:00 ♪ Legato Music Program- Sing Along
 2:00 HF Yoga
 2:30 C Sunday Sundaes
 4:00 C Music Mash up
 6:00 EF Evening Movie

12 Chicken Soup For The Soul Day
 10:00 HF Flex and Stretch
 10:30 LL iPad®: What is Happening Today?
 11:00 CV Snacks and Chat
 11:30 LL Zumba®
 1:00 ♪ Legato Music Program
 2:00 HF Stretch and Flex
 2:30 IS Inspirational Quotes
 3:00 C Snacks and Open Mic Night
 4:00 PA Bingo
 6:00 EF Evening Movie

13 World Kindness Day
 10:00 HF Chair Dancing
 10:30 C SPA TIME
 11:00 C Snacks & Chat
 11:30 CV iPad®: Today in History
 1:00 LL Brain Stretching
 1:30 ♪ Legato Music - Eldersong Sing Along
 2:00 HF Stretch & Flex
 2:30 C Music & Memories
 4:00 EF Pet Therapy
 6:00 EF Classic Movie Night

14 World Diabetes Day
 10:00 HF Flex and Stretch
 10:30 LL Fun & Facts
 11:00 C Snacks & Chat
 11:30 LL The News of the Day
 1:00 ♪ Legato Music Program- 40's music
 1:30 CV Field Trip/ Pet Therapy
 2:00 HF Stretch and Flex
 2:30 C Music & Memories
 4:00 CE BINGO/Color the Page
 6:00 EF Movie Night

15 America Recycles Day
 10:00 HF Sit and Be Fit
 10:30 LL iPad®: Monday Paper
 11:00 C Snacks & Chat
 11:30 LL Inspirational Stories
 1:00 ♪ Legato Music Program
 2:00 HF Fun Fitness
 3:00 C Snack & Chit Chat
 4:00 CV Pet Therapy
 6:00 EF Evening Movie

16 National Button Day
 10:00 HF Commit to be Fit
 10:30 CV News And Views
 11:00 CV Snacks and Chat
 11:30 C Music Therapy
 1:00 ♪ Legato Music Program
 2:00 C Happy Hour
 2:30 HF Yoga
 3:30 HF Zumba®
 4:00 IS Musical Wind Down
 6:00 EF Evening Movie

17 Guinness's World Record Day
 10:00 HF Wake & Stretch
 10:30 LL Fun & Facts
 11:00 C Snacks & Chat
 11:30 IS Religious Service
 1:00 ♪ Concert with Len
 2:30 HF Fun Fitness
 3:00 C Share a Story
 4:00 PA Bingo
 6:00 EF Evening Movie

18 National Apple Cider day
 10:00 HF Movin' and Groovin'
 10:30 LL iPad®: Sunday Paper
 11:00 CE Snack and Music
 11:00 IS Church Run
 1:00 ♪ Legato Music Program
 1:45 HF Strength and Balance Program
 2:30 C Sunday Sundaes
 3:15 PA Board Games
 6:00 EF Evening Movie

19 Rocky and Bullwinkle Day
 10:00 HF Flex and Stretch
 10:30 LL Morning Facts & Fun
 11:00 HF Snacks and Chat
 11:30 LL Zumba®
 1:00 ♪ Legato Music Program
 1:30 LL Trivia Time
 2:30 HF Stretch and Flex
 3:00 C Snack & Puzzle Fun
 4:00 CE Color the Page
 6:00 EF Evening Movie

20 Beautiful Day
 10:00 HF Wake Up & Go
 10:30 C SPA TIME
 11:00 C Snacks & Chat
 11:30 CE A Word In A Word
 11:30 LL What is going on?
 1:00 ♪ Legato Music Program
 2:00 HF Walking Group
 3:00 C Tea Time
 3:30 CE Name that Song
 4:00 EF Pet Therapy
 6:00 EF Evening Movie

21 World Hello Day
 10:00 HF Flex and Stretch
 10:30 LL iPad®: Juggling Videos
 11:00 C Snacks & Chat
 11:30 LL Views on the News
 1:00 ♪ Legato Music Program- Sing Along
 1:30 CV Field Trip / Pet Therapy
 2:00 HF Get in Shape
 2:30 C Snack & Board Games
 3:45 PA Name Ten
 4:00 EF BINGO
 6:00 EF Evening Movie

22 Thanksgiving Day
 10:00 HF Get in Shape
 10:30 LL Thanksgiving Float Contest
 11:00 C Snacks & Chat
 11:30 LL You Be The Judge
 12:00 CV Thanksgiving Luncheon
 1:15 ♪ Legato Music Program: 50s Style
 2:00 HF Get Up & Get Moving
 2:45 C About Ireland & Chat
 4:00 EF Pet Therapy
 6:00 EF Evening Movie

23 National Cashew Day
 10:00 HF Get Up & Move
 10:30 LL Today's News
 11:00 EF Snacks and Chat
 11:30 CV Music Therapy
 1:00 ♪ Legato Music Program- 60's Sing Along
 1:30 CV Pet Therapy
 2:00 HF Yoga
 3:00 C Happy Hour
 3:30 HF Zumba®
 4:00 PA Bingo
 6:00 EF Evening Movie

24 Small Business Day
 10:00 HF Morning Stretch
 10:30 LL iPad® News & Views
 11:30 IS Religious Services
 1:00 ♪ Legato Music Program
 1:30 HF Dancing through the Decades
 2:00 C Snack & Chat
 2:30 CE A Word In A Word
 3:00 CE BINGO
 3:30 CE Music Wind Down
 4:00 CV Finish The Lines
 6:00 EF Evening Movie

25 National Parfait Day
 10:00 HF Sunday Stretch
 10:30 LL iPad® Sunday Paper
 11:00 C Snacks & Chat
 11:00 IS Church Run
 1:00 ♪ Legato-Eldersong Sing Along
 2:00 HF Afternoon Exercise
 2:30 C Welcome to the Neighborhood Sundaes
 3:00 CE Craft Time
 3:30 CE Word In A Word
 4:00 CV BINGO/Color Page
 6:00 EF Evening Movie

26 Casablanca Day
 10:00 HF Flex and Stretch
 10:30 LL Monday Morning News
 11:00 HF Snacks and Chat
 11:30 LL Zumba®
 1:00 C Let's Talk About It
 1:15 ♪ Legato Music Program
 2:00 EF Casablanca Tribune
 2:00 HF Afternoon Exercise
 3:30 LL Who Am I?
 4:00 EF BINGO
 6:00 EF Evening Movie

27 Rockefeller Christmas Tree Lighting
 10:00 HF Morning Exercise
 10:30 C SPA TIME
 11:00 C Snacks & Chat
 11:30 LL Morning News
 1:00 HF Early Afternoon Fitness
 1:15 ♪ Legato Music Program- Eldersong
 2:00 HF Walking Club
 2:45 CE Color the Page
 4:00 EF BINGO
 6:00 EF Classic Movie Night

28 French Toast Day
 10:00 HF Happy Feet
 10:30 LL iPad®: Good News Network
 11:00 C Snacks & Chat
 11:30 C Feel Good Music
 1:00 ♪ Legato Music Program- 70's Music
 1:30 CV Field Trip/Pet Therapy
 2:00 HF Afternoon Fitness
 3:00 C Cookies & Coffee
 4:00 CE Craft Hour/ Bingo
 6:00 EF Evening Movie

29 Wear Fall Colors Day
 10:00 HF Moving & Grooving
 10:30 LL Today's News
 11:00 C Morning Snack
 11:30 CE Trivia from the 40's
 1:00 ♪ Legato Music program: 40's
 2:00 HF Yoga
 2:30 CE Making Fruit kabobs
 3:00 EF Board Games
 3:30 EF Wind Down Music
 4:00 EF Pet Therapy
 6:00 EF Evening Movie

30 National Mason Jar Day
 10:00 HF Stretch and Flex
 10:30 IS iPad®: Todays News
 11:00 HF Snack And Chat
 1:00 ♪ Legato Music Program
 1:30 HF Strength and Balance Program
 2:00 CV Happy Hour
 2:30 CV Trivia from The 60's
 3:00 CE Snack and Chat
 3:30 EF Zumba®
 4:00 EF BINGO
 6:00 EF Evening Movie: Comedy

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