

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Recurring Programs:</u> 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 12:30 Thursday Learn Bridge w/ The Mehta's - 3rd Fl Lounge</p>	<p>Anyone interested in presenting a Watermark University (WU) program please contact Cindy McGuire, Director of Living Well Ext.6108</p>				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 11:30 Zumba Gold w/ Cindy- FC 1:00 LCR Special Edition w/ Joey ML 2:00 Shabbat w/ Rabbi Paris - IFC 3:00 Ping Pong w/ Joey - FC 3:00 Play Reading of work by Irene Backalenick w/ Lisa - A 4:00 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Service 11:00 Independent Activities - ML 1:00 Channel 591 Afternoon Movie - A 2:00 Tea & Chat - W Lounge 3:00 Chris Coogan, Pianist - A
<p>Dining Room Brunch Served 11:45-2</p> <p>10:00 Catholic Mass - Auditorium 2:30 Pinochle Resident Meet-Up - 3rd FL 2:00 Afternoon Movie - A 5:00 Bingo - Main Lounge</p>	<p>LABOR DAY Dining Room Brunch Served 11:45-2</p> <p>Independent Activities - ML 12:00 Channel 591 In-Room Seated Stretch 2:00 p.m. - Channel 591 Movie 5:00 Bingo - Main Lounge</p> <p>Have a Safe Holiday!</p>	9:00 Yoga Stretch w/ Kayti - FC 10:15 Outing - Clinton Premium Outlets 10:30 Aqua Zumba 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 2:15 WU - Wine Travels w/ Jon Haight - WL 3:00 Independent Activities/Card Ladies - ML 7:00 Leigh Henry Trio - ML	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 WU - Beginners Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 Watercolor w/ Kayti - CAS 1 - 3:30 WU - Live Well Program - 10th FL 3:00 Worship Service w/ Rev. Rowe	9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey & Melinda - M 3:00 Laughter Yoga w/ Cindy	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 11:30 Zumba Gold w/ Cindy - FC 1:00 Special Edition Pokeno w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 1:00 Channel 591 Afternoon Movie 2:00 Tea & Chat w Lounge 3:00 Afternoon Movie - A
<p>Dining Room Brunch Served 11:45-2</p> <p>10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 3:00 Nu Haven Klezmer Group - Cafe Patio (weather permitting) 5:00 Bingo - ML</p>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Yoga Stretch & Balance w/ Kayti - FC 1:00 Channel 591 Movie 1:00 Pokeno w/ Joey - ML 2:00 September Birthday Celebration - WL 3:00 WU - David Pressler, Lecturer - A Chilling Out in Chile!	9:00 Yoga Stretch w/ Kayti- FC 10:00 Outing - New Canaan Museum 10:30 Aqua Fitness w/ Lisa - 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 2:15 WU - Wine Travels w/ Jon Haight - WL 3:30 Family Feud w/ Joey- ML 7:30 Advanced Coed Poker w/ Joey - 10th FL	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 WU - Mark Albertson, Historian - A 11:00 Beginners Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FL 1:00 Watercolor w/ Kayti - CAS 1:30 WU - JIn Shin Jyutsu-Zoom - 2nd FL L 1 - 3:30 WU - Live Well Program - 10th FL 3:00 Ukulele Rehearsal	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 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey & Melinda - ML 3:00 WU - Literature, News & Faith w/ Rev. Rowe - A	<p>ROSH HASHANAH BEGINS AT SUNDOWN</p> 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 11:30 Zumba Gold w/ Cindy- FC 1:30 Resident Council Meeting - A 1:00 Shabbat w/ Rabbi Paris - IFC 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 2:00 Tea & Chat - W Lounge 2:30 Roger Young, Pianist - WL
<p>Dining Room Brunch Served 11:45-2</p> <p>10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 2:30 Afternoon Movie - Auditorium 5:00 Bingo - ML</p>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Yoga Stretch & Balance w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pokeno w/ Joey - ML 2:00 Book Club - 2nd FL 3:00 WU -HealthPRO, Physical Therapy Dept.- A	9:00 Yoga Stretch - FC 10:30 Aqua Fitness w/ Lisa - 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 WU - Concert by Radio France Philharmonic (Youtube) w/ Lisa - A	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Word Game w/ Lisa - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 Watercolor w/ Kayti - CAS 2:30 Resident Chorus Rehearsal - A 3:30 Ukulele Rehearsal - A	9:00 Yoga Stretch w/ Kayti - FC 10:00 Outing - CT Beardsley Zoo 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 1:30 Bingo w/ Joey & Melinda - ML 3:00 One Day University - A 4:45 Hungarian Night - DR	<p>NATIONAL ICE CREAM CONE DAY</p> 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 11:30 Zumba Gold w/ Cindy - FC 1:00 Shabbat w/ Rabbi Shulman - IFC 2:00 Mini Golf and Ice Cream Cone - FL 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 2:00 Tea & Chat - W Lounge 2:30 Popcorn & Afternoon Movie - A
<p>YOM KIPPUR BEGINS AT SUNDOWN</p> <p>Dining Room Brunch Served 11:45-2</p> <p>10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 3:00 Frank Porto Band - A 5:00 Bingo - ML</p>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Yoga Stretch & Balance w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pokeno w/ Joey - ML 1:30 Rosary - IFC 2:30 Sing Along w/ Joey & Lynn - A	9:00 Yoga Stretch w/ Kayti - FC 10:00 Outing - Silvermine Galleries 10:30 Aqua Fitness w/ Lisa - 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 Art Gottlieb, LCSW, CSA - Presents Levittown	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 Seated Drumming w/ Cindy - FC 1:00 Watercolor w/ Kayti - CAS 2:30 Resident Chorus Rehearsal - A 3:00 Health & Wellness w/ Marilyn Diamondstone- ML 3:30 Ukulele Rehearsal - A	9:00 Yoga Stretch w/ Kayti - FC 10:00 Town Hall w/ E.D. Joan King - A 11:00 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey & Melinda - ML 3:00 WU - Literature, News & Faith w/ Rev. Rowe - A	<p>SUKKOT BEGINS AT SUNSET</p> 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 11:30 Zumba Gold w/ Cindy - FC 2:00 Shabbat Led by Residents- IFC 2:00 Nutrition Talk w/ Dietician - 2nd FL 3:00 WU-Alzheimer's Assoc. Presentation - A 3:00 Ping Pong - FC 4:00 Eucharistic Service - IFC	<p>FAMILY HEALTH & FITNESS DAY</p> 10:00 Channel 138 Shabbat Morning Svc. 11:00 Independent Activities - ML 1:00 Channel 591 Afternoon Movie 2:00 Tea & Chat - W Lounge 3:00 Sedgwick Sisters - A
				<p>ACTIVITY LOCATOR KEY</p> <p>A - AUDITORIUM AG - ART GALLERY CL - COMPUTER LOUNGE (1st Floor) CAS - CREATIVE ARTS STUDIO CP - CAFE PATIO DR - DINING ROOM FC - FITNESS CENTER FL - FRONT LOBBY</p>	<p>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 10TH FL - 10TH FL LOUNGE</p>	

SEPTEMBER 2023

Town Center