

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
hello  september	"September shows us how beautiful it is to let things go" -Unknown	HOTEL EMPLOYEE DAY 9:30 Get Fit w/NP-S 11:00 Tuesday Tune Up w/VH-IL 11:30 Fun Jobs w/VH-IL 11:30 Wacky Trivia w/NP-S 2:30 Seated Soccer w/VH-IL 3:30 World Hotels w/VH-IL 4:00 Fresh Air & Music w/VH-S 6:30 YouTube Concert w/CG' 1	NATIONAL V-J DAY 9:30 Mid Week Fitness w/NP-S 10:00 <i>Tai Chi w/ Jonathan -G</i> 10:30 <i>Tai Chi w/Jonathan -IL</i> 11:00 <i>Singer: MOJO-IL</i> 11:30 Old Wives Tales w/NP-S 1:30 <i>Singing with Sister Char-IL</i> 2:30 Bingo w/NP-IL 3:30 Toss Balloon w/NP-G 4:00 Sing A Long w/NP-S 6:30 Evening Stretch w/CG's-IL 2	U.S BOWLING WEEK DAY 9:30 1-2-3 Fitness w/NP-S 11:00 Stay Fit w/VH-IL 11:30 Wheel Of Fortune w/VH-IL 11:30 Facts Of Bowling w/NP-S 2:30 Lets Bowl w/VH-IL 3:30 About Bowling w/VH-IL 4:00 Dice Game w/VH-S 6:30 TCM Movies w/CG's -IL 3	NATIONAL WILDLIFE DAY 9:30 TGIF Fitness w/NP-S 11:00 Dice Fitness w/VH-IL 11:30 On This Day w/VH-IL 11:30 Wildlife w/NP-S 2:30 Left-Center-Right w/VH-IL 3:30 Trivia w/VH-IL 4:00 Story Time w/VH-S 6:30 Evening Chat w/CG's-IL 4	CHEESE PIZZA DAY 9:30 Saturday Fitness w/VH-S 10:00 Let's Exercise w/VH-G 11:00 Rise And Shine w/VH-IL 11:00 Manicures&Music w/VH -S 2:30 <i>Armchair Travel:GL w/VH-IL</i> 3:30 Name That Tune w/VH-G 4:00 Music & Games w/VH-S 6:30 Netflix w/CG's - IL 5
NATIONAL READ A BOOK DAY 9:30 Sunday Fitness w/VH-S 10:00 Light Stretch w/VH-G 11:00 Fun Fitness w/VH-IL 11:30 Trivia Fun w/VH-S 2:30 Tunes And Facts w/VH-IL 3:30 <i>Armchair Travel:GL VH-G</i> 4:00 Manicure Encore w/VH-S 6:30 Bible Stories w/CG's - IL 6	LABOR DAY 11:00 Exercise Dice w/CG's - IL 2:00 Bingo w/CG's - IL 2:00 Wheel Of Fortune w/CG's-S 3:30 Netflix w/CG's-IL 4:00 Music & Handrubs w/CG's 6:30 Puzzles w/CG's-IL 7	STAR TREK DAY 9:30 Tuesday Fitness w/NP-S 11:00 1-2-3 Fitness w/NP-IL 11:30 Star Trek w/NP-S 2:30 Dutch Shuffleboard w/NP-IL 3:30 Acronym Challenge w/NP-G 4:00 You Be The Judge w/NP-S 6:30 Evening News w/CG's -IL 8	NATIONAL TEDDY BEAR DAY 9:30 Bend & Stretch w/NP-S 11:00 Shake & Bend w/NP-IL 11:30 Teddy Bear w/NP-S 1:30 <i>Singing With Sister Char-IL</i> 2:30 Bottom Up w/NP-IL 3:30 Who & What ??w/NP-G 4:00 Wacky Trivia w/NP-S 6:30 Evening Chats w/CG's -IL 9	NATIONAL T.V DINNERS DAY 9:30 Thursday Fitness w/VH -S 11:00 Stay Fit w/NP-IL 11:15 <i>Out-Trip For Lunch w/VH</i> 11:30 Facts Of T.V Dinnersw/NP-S 2:30 Penny Ante w/NP-IL 3:30 Wacky Trivia w/NP-IL 4:00 Balloon Toss w/NP-S 6:30 Board Game w/CG's -IL 10	HOT CROSS BUN DAY 9:30 Dance with Me w/VH-S 11:00 TGIF Fitness w/NP-IL 11:30 Did You Know? w/NP-IL 11:30 Wheel Of Fortune w/VH-S 2:30 <i>Birthday Party w/NP-IL</i> 3:30 You Tube Trivia w/NP-G 4:00 Name The Tune w/NP-S 6:30 Card Game w/CG's -IL 11	NATIONAL HUG DAY 10:00 <i>Tai Chi w/Johnathan - G</i> 10:30 <i>Tai Chi w/Johnathan - IL</i> 11:30 Music& Laughter w/Lisa-S 2:00 Variety of Fun w/Lisa - IL 2:30 Variety of Fun w/Lisa-G 3:00 Afternoon Visits w/Lisa-S 6:30 Evening Stretch w/CG's -IL 12
UNCLE SAM DAY 9:30 MorningGreeting w/Kayti-S 10:30 Exercise w/Kayti-IL 11:00 Mandala Art w/Kayti - IL 11:00 <i>Pianist : John Lamb - S</i> 2:30 Manicures w/Kayti - IL 6:30 Reminisce w/CG's - IL 13	VIRGINIA DAY 9:30 Monday Fitness w/NP- S 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/Joey -IL 11:30 History Of Virginia w/NP - S 2:30 Manicure & Music w/VH -IL 3:30 Virginia Facts w/VH-IL 6:00 The State Of VA w/VH - S 6:30 Tic Tac Toe w/CG's - IL 14	NATIONAL CHEESE TOAST DAY 9:30 Warm Up Fitness w/NP- S 11:00 Stay Fit w/VH-IL 11:30 Jokes & Poems w/VH-IL 11:30 On This Day w/NP - S 2:30 <i>Pianist: John Lamb-IL</i> 3:30 Your Story w/VH-IL 4:00 Story Time w/VH - S 6:30 You Tube Concert w/CG's-IL 15	MAYFLOWER DAY 9:30 Mid Week Stretch w/VH-S 10:00 <i>Tai Chi w/Jonathan - G</i> 10:30 <i>Tai Chi w/Jonathan - IL</i> 11:15 <i>SpringsResidentCouncil-SDR</i> 1:30 <i>Singing With Sister Char-IL</i> 2:30 Charades w/VH-IL 3:30 Balloon Toss w/VH-G 4:00 Untie The Knot w/VH-S 6:30 Evening Stretch w/CG's -IL 16	NATIONAL MONTE CRISTO DAY 9:30 Fitness Fun w/NP-S 11:00 Thursday Fitness w/VH-IL 11:15 <i>Out-Trip For Lunch w/VH</i> 11:30 Name 5 w/NP-S 2:30 Drumming w/VH -IL 3:30 FamousSandwichesw/VH -IL 4:00 Ball Toss w/VH- S 6:30 Sorry Game w/CG'S-I 17	AIR FORCE BIRTHDAY 9:30 TGIF Fitness w/NP-S 11:00 Dancersice w/VH-IL 11:30 Air Force Facts w/VH-IL 11:30 Facts Of Air Force w/NP-S 2:30 <i>PBJ Crackers Social w/VH-IL</i> 3:30 Reading Circle w/VH-IL 4:00 <i>Pudding Social w/CL-S</i> 6:30 Dice Game w/CG's-IL 18	NATIONAL DANCE DAY 9:30 Saturday Fitness w/NP-S 10:00 <i>Music& Dance w/Jennifer - G</i> 11:00 <i>Music& Dance w/Jennifer-IL</i> 11:00 <i>Singer: Lynn Lewis - S</i> 11:30 Benefit Of Dance w/NP - S 2:30 <i>Creative Art w/NP-IL</i> 3:30 Bingo w/NP-G 4:00 Name 5 w/NP - S 6:30 Western Movie w/CG's-IL 19
NATIONAL PUNCH DAY 9:30 Sunday Fitness w/NP- S 10:00 Fun Fitness w/NP-G 11:00 Let's Groove w/NP-IL 11:30 Old Wives Tales w/NP - S 2:30 Bingo w/NP-IL 3:30 <i>Creative Art w/NP-G</i> 4:00 Name The Tune w/NP - S 6:30 Light Stretch w/CG's- IL 20	NATIONAL CHAI DAY 9:30 Monday Fitness w/VH- S 10:00 Lets Get Fit w/VH-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/Joey -IL 11:30 World Teas w/VH - S 2:30 Music Appriciation w/VH-IL 3:30 Name That Tune w/VH-G 4:00 Music Game w/VH - S 6:30 Tic Tac Toe w/CG's - IL 21	AUTUMN EQUINOX 9:30 Lets Exercise w/VH- S 11:00 <i>Pianist: John Lamb -G</i> 11:00 Exercise Dice w/VH-IL 11:30 Autumn Equinox w/VH - S 2:30 Ball In Basket w/VH-IL 3:30 Basket Ball w/VH-G 4:00 Ball Toss w/VH - S 6:30 Puzzles, Puzzles w/CG's - IL 22	INNERGIZE DAY 9:30 Mid Week Stretch w/VH-S 11:00 Lets Get Fit w/VH-IL 11:30 Wheel Of Fortune w/VH-S 1:30 <i>Singing With Sister Char-IL</i> 2:30 Bingo w/VH-IL 3:30 Music Who Is Who w/VH-G 4:00 Did You Know? w/VH-S 6:30 Evening Chat w/CG's - IL 23	NATIONAL CHERRIES JUBILEE 9:30 Let's Exercise w/VH- S 10:00 Thursday Tune Up w/VH-G 11:00 Exercise Dice w/VH-IL 11:30 Trivia w/VH - S 2:30 <i>Singer: Lynn Lewis -IL</i> 3:30 1969 Music w/VH-G 4:00 Story Time w/VH- S 6:30 Current Events w/CG's - IL 24	NATIONAL LOBSTER DAY 9:30 Dance with Me w/VH- S 10:30 TGIF Fitness w/VH-IL 11:00 <i>Inn Resident Council-IDR</i> 11:30 Food ABC w/VH - S 2:00 <i>Singer: Jennifer Disapio -IL</i> 3:30 <i>Singer: Jennifer Disapio-G</i> 4:00 Lobster Facts w/VH - S 6:30 TMC Movies w/CG's-IL 25	NATIONAL PANCAKE DAY 10:00 <i>Tai Chi w/Jonathan - G</i> 10:00 MorningGreeting w/Joey- S 10:30 <i>Tai Chi w/Jonathan - IL</i> 11:30 Family Feud w/Joey - S 2:30 Acey Deucy w/Joey - IL 3:30 Family Feud w/Joey - G 4:00 AfternoonGreetingsw/Joey-S 6:30 Jigsaw Puzzles w/CG's - IL 26
NATIONAL SCARF DAY 10:00 MorningGreeting w/Joey- S 10:30 Exercise&Trivia w/Joey - G 11:00 Exercise&Trivia w/Joey - IL 11:30 InspirationalStory w/Joey-S 2:00 <i>Singer: Lynn Lewis -G</i> 2:30 Acey Deucy w/Joey - IL 4:00 AfternoonGreetingsw/Joey-S 6:30 Bible Stories w/CG's - IL 27	NATIONAL FAMILY DAY 9:30 Monday Fitness w/VH- S 10:00 Lets Get Fit w/VH-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/Joey -IL 11:30 Outdoor Trivia w/VH - S 2:30 Card Game w/VH-IL 3:30 Chocolate Facts w/VH-G 4:00 Card Games w/VH- S 6:30 Music From The 50'sw/CG's - IL 28	NATIONAL COFFEE DAY 9:30 Tuesday Fitness w/NP- S 11:00 Tuesday Tune Up w/VH-IL 11:30 <i>Health Talk w/ Bindu RN-IL</i> 11:30 Facts Of Coffee w/NP - S 2:30 <i>Coffee Social w/VH-IL</i> 3:30 Coffee Facts w/VH -IL 4:00 Finish The Phrase w/VH - S 6:30 Puzzles Time w/CG's-IL 29	ORANGE SHIRT DAY 9:30 Shake Your Bone w/NP-S 11:00 Mid -Week Fitness w/NP-IL 11:30 Good Old Day's w/NP-S 1:30 <i>Singing With Sister Char-IL</i> 2:30 Penny Ante w/NP-IL 3:30 Pictionary w/NP-G 4:00 Balloon Toss w/NP-S 6:30 Dice Game w/CG's -IL 30	Religious Services In The Town Center Interfaith Chapel See Town Center Weekly For More Information	Any Questions About Out - Trips or Family Gatherings or Programs. Call Victoria at 203 - 373- 6452 or Noemi at 203 - 373 - 6168	
HISPANIC HERITAGE MONTH CLASSICAL MUSIC MONTH SELF IMPROVEMENT MONTH NATIONAL POTATO MONTH NATIONAL COUPON MONTH	NATIONAL WAFFLE WEEK NATIONAL KEEP KIDS CREATIVE WEEK NATIONAL ARTS AND CREATION WEEK	SEPTEMBER 2026 INN/SPRINGS  3030 PARK SENIOR LIVING HOSPITALITY		ACTIVITY LOCATOR KEY AG - Art Gallery AS - Art Studio A - Auditorium G - Gardens TC - Town Center CG's - Caregivers CL - Community Life	IL - Inn Lounge S - Springs VH - Victoria NP - Noemi SC - Springs Conference Room DR - Dining Room SDR - Springs Dining Room IDR - Inn Dining Room	All Programs are subject To Change With Little Notice!