

| SUNDAY                                                                                                                                                                                           | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                        | SATURDAY                                                                                                                                                                                                                                          |                                                                                                                                                                                                |
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| <div></div>                                                                                                      | <div>Recurring Programs:<br/>12:00 Channel 591 In-Room Seated Stretch - Daily<br/>2:30 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge<br/>12:00 Thursday Learning Bridge w/ The Mehta's 4th FL</div>                                                                                                                                                                                                                                              | <div>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Morning Walk w/ Lisa<br/>10:30 Aqua Fitness w/ Cindy- FC<br/>11:00 LCR w/ Joey - ML<br/>12:30 Balance thru Ballet w/ Lisa - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Family Feud w/ Joey - ML<br/>2:00 Worship Service w/ Rev Rowe - IFC<br/>3:00 Leigh Henry Trio - CP (weather permitting)</div>                    | <div>9:00 Seated Yoga w/ Cindy - FC<br/>9:30 Guided Meditation - FC<br/>10:00 Shopping Outing to Walmart - FL<br/>10:00 Catholic Mass - IFC<br/>11:00 Chair Dancing w/ Cindy - FC<br/>11:00 Ladies Poker w/ Joey - ML<br/>1:00 Creative Art (independently) - CAS<br/>1:30 Strength Training w/bands - FC<br/>2:00 Mark Albertson, Historian - A<br/>3:00 Acey-Duecy w/ Joey - ML</div>        | <div>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Happy Knitters - 3rd FL<br/>10:30 Aqua Fitness - FC<br/>11:00 Word Game w/ Lisa - ML<br/>1:00 Afternoon Movie - SR<br/>1:00 Beginners Spanish Class - ML<br/>1:00 Blood Pressure Screening - WC<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Bingo - ML<br/>3:00 Bridgeport,Industrial Capital YT- A</div>                           | <div>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Shopping Outing - FL<br/>11:00 Dominos - ML<br/>11:00 Standing Drumming - FC<br/>12:45 LCR w/ Lisa - ML<br/>2:00 Shabbat w/ Rabbi Paris IFC<br/>3:00 Ping Pong - FC<br/>3:00 Prof Gil Harel, Musicologist - A<br/>4:15 Eucharistic Service - IFC</div>                                          | <div>CHEESE PIZZA DAY<br/>10:00 Channel 138 Shabbat Morning Svc<br/>11:00 Independent Activities - ML<br/>11:15 Tai Chi w/ Jonathan - FC<br/>1:30 Tea &amp; Chat - WL<br/>2:00 Pianist, Chris Coogan - WL</div>                                   |                                                                                                                                                                                                |
| <div>NATIONAL READ A BOOK DAY<br/>Dining Room Brunch Served 11:45 - 2<br/><br/>10:00 Catholic Mass<br/>2:00 Afternoon Movie<br/>2:30 Pinochle - 3rd FL<br/>6:00 Contemplative Prayer - IFC</div> | <div>LABOR DAY<br/><br/>Dining Room Brunch Served 11:45 - 2<br/>Fitness Center Hours 6 a.m. - 7:00 p.m.<br/>Independent Activities - ML<br/>Channel 591 Movie<br/><br/>Have a Safe Holiday!</div>                                                                                                                                                                                                                                                    | <div>9:00 Yoga Stretch w/ Kayti - FC<br/>11:00 Outing - Stratford Seawall<br/>10:00 Morning Walk w/ Lisa<br/>10:30 Aqua Fitness - FC<br/>11:00 LCR w/ Joey - ML<br/>12:30 Balance thru Ballet w/ Lisa - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Strength Training Bone Health - FC<br/>2:30 September Birthday Celebration-WL<br/>7:30 Co-Ed Poker w/ Joey - ML</div>                                          | <div>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation - FC<br/>10:00 Shopping Outing - FL<br/>10:00 Catholic Mass - IFC<br/>11:00 Chair Dancing w/ Cindy - FC<br/>11:00 Ladies Poker w/ Joey - ML<br/>1:00 Creative Art w/ Kayti - CAS<br/>1:30 Strength Training w/bands - FC<br/>2:00 Acey-Duecy w/ Joey - ML<br/>3:00 The Great Floor of '55, YT - A</div>                         | <div>9:00 Yoga Stretch w/ Kayti - FC<br/>10:00 Happy Knitters - 3rd FL<br/>10:30 Aqua Fitness - FC<br/>11:00 Wheel of Fortune w/ Joey - ML<br/>1:00 Afternoon Movie - SR<br/>1:00 Beginners Spanish Class - ML<br/>1:00 Blood Pressure Screening - WC<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Bingo w/ Joey - ML<br/>3:00 Literature, News, &amp; Faith w/ Rev Rowe - A</div> | <div>ROSH HASHANAH<br/>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Shopping Outing - FL<br/>11:00 Dominos - ML<br/>11:00 Standing Drumming - FC<br/>12:45 LCR w/ Joey - ML<br/>2:00 Shabbat w/ Rabbi Shulman - FC<br/>3:00 Ping Pong - FC<br/>3:00 Tchaikovsky Piano Trio, YT - A<br/>4:15 Eucharistic Service - IFC</div>                       | <div>NATIONAL HUG DAY<br/>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Channel 138 Shabbat Morning Svc<br/>11:00 Independent Activities - ML<br/>11:15 Tai Chi w/ Jonathan - FC<br/>1:30 Tea &amp; Chat - WL<br/>2:30 Pianist, Roger Young - WL</div> |                                                                                                                                                                                                |
| <div>GRANDPARENTS DAY<br/><br/>Dining Room Brunch Served 11:45 - 2<br/><br/>10:00 Catholic Mass<br/>2:00 Afternoon Movie<br/>2:30 Pinochle - 3rd FL</div>                                        | <div>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation w/ Kayti - FC<br/>10:00 HealthPRO /Womens Health- A<br/>11:00 Seated Drumming w/ Cindy - FC<br/>1:00 Afternoon Movie - SR<br/>1:00 Pokeno w/ Joey - ML<br/>1:00 Book Club - 2nd FL<br/>1:30 Stretch,Balance &amp; Balls w/ Kayti- FC<br/>1:30 Hook &amp; Needle w/Anke Dew -3rdFL<br/>2:30 Ty &amp; Nat, Electric Base &amp; Guitar-WL<br/>7:00 Residents Reader's Group-2nd FL</div> | <div>9:00 Yoga Stretch w/ Kayti - FC<br/>9:45 Outing -Quinni, Dawnland Museum<br/>10:00 Morning Walk w/ Lisa<br/>10:30 Aqua Fitness - FC<br/>11:00 LCR w/ Joey - ML<br/>12:30 Balance thru Ballet w/ Lisa - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Family Feud w/ Joey - ML<br/>2:15 Wine Travels w/ Jon Haight - WL<br/>3:00 Trivia w/ Mike Preminger - ML</div> | <div>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation - FC<br/>10:00 Shopping Outing to Walmart - FL<br/>10:00 Catholic Mass - IFC<br/>11:00 Chair Dancing w/ Cindy - FC<br/>11:00 Ladies Poker w/ Joey - ML<br/>1:00 Creative Art w/ Kayti - CAS<br/>1:30 Strength Training w/bands - FC<br/>2:00 Acey-Duecy w/ Joey - ML<br/>3:00 Word Game w/ Cindy - ML</div>                     | <div>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Happy Knitters - 3rd FL<br/>10:30 Aqua Fitness - FC<br/>11:00 Wheel of Fortune w/ Joey - ML<br/>1:00 Afternoon Movie - SR<br/>1:00 Beginners Spanish Class - ML<br/>1:00 Blood Pressure Screening - WC<br/>1:30 Strength Training Bone Health - FC<br/>1:00 Bingo - ML<br/>2:30 Sing Along w/ Joey &amp; Lynn - WL</div>                     | <div>AIR FORCE BIRTHDAY<br/>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Shopping Outing - FL<br/>11:00 Dominos - ML<br/>11:00 Standing Drumming - FC<br/>12:45 LCR w/ Joey - ML<br/>2:00 Taste of High Holidays/Shabbat w/ Rabbi Paris - WL<br/>3:00 Ping Pong - FC<br/>4:15 Eucharistic Service - IFC</div>                                     | <div>NATIONAL DANCE DAY<br/>10:00 Channel 138 Shabbat Morning Svc<br/>11:00 Independent Activities - ML<br/>11:15 Tai Chi w/ Jonathan - FC<br/>1:30 Tea &amp; Chat - WL<br/>3:00 Concert Pianist,Olga Vinokur-A</div>                             |                                                                                                                                                                                                |
| <div>YOM KIPPUR BEGINS AT SUNSET<br/><br/>Dining Room Brunch Served 11:45 - 2<br/><br/>10:00 Catholic Mass<br/>2:00 Afternoon Movie<br/>2:30 Pinochle - 3rd FL<br/>6:00 Taize Prayer - IFC</div> | <div>INTERNATIONAL DAY OF PEACE<br/>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation w/ Kayti - FC<br/>11:00 Seated Drumming w/ Cindy - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Stretch,Balance &amp; Balls w/ Kayti- FC<br/>1:30 Pokeno w/ Joey - ML<br/>1:30 Hook &amp; Needle w/Anke Dew -3rdFL<br/>3:00 Famous British Art, YT - A<br/>7:00 Residents Reader's Group-2nd FL</div>                                                     | <div>9:00 Yoga Stretch w/ Kayti - FC<br/>9:15 Outing - Smithsonian Museum<br/>10:00 Morning Walk w/ Lisa<br/>10:30 Aqua Fitness - FC<br/>11:00 LCR w/ Joey - ML<br/>12:30 Balance thru Ballet w/ Lisa - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Family Feud w/ Joey - WL<br/>3:00 Gloria Steinem, DOC, YT - A</div>                                                | <div>FIRST DAY OF AUTUMN<br/>9:00 Seated Yoga w/ Kayti- FC<br/>9:30 Guided Meditation - FC<br/>10:00 Shopping Outing - FL<br/>10:00 Catholic Mass - IFC<br/>11:00 Chair Dancing w/ Cindy - FC<br/>11:00 Word Game w/ Lisa - ML<br/>1:00 Creative Art w/ Kayti - CAS<br/>1:30 Strength Training w/bands - FC<br/>2:00 Acey-Deucey w/ Kayti - ML<br/>3:00 Deborah Levison, Book Author - A</div> | <div>9:00 Yoga Stretch w/ Kayti - FC<br/>10:00 Happy Knitters - 3rd FL<br/>10:30 Aqua Fitness - FC<br/>11:00 Wheel of Fortune w/ Joey - ML<br/>1:00 Afternoon Movie - SR<br/>1:00 Beginners Spanish Class - ML<br/>1:00 Blood Pressure Screening - WC<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Bingo w/ Joey - ML<br/>3:00 Literature, News &amp; Faith w/ Rev. Rowe- A</div>  | <div>SUKKOT BEGINS AT SUNDOWN<br/>9:00 Yoga Stretch w/ Lisa - FC<br/>10:00 Shopping Outing - FL<br/>10:00 Nutrition Talk w/Candace Rodak - 2nd FL<br/>11:00 Dominos - ML<br/>11:00 Standing Drumming - FC<br/>12:45 LCR w/ Joey - ML<br/>2:00 Shabbat w/ Rabbi Shulman - IFC<br/>3:00 Ping Pong - FC<br/>4:15 Eucharistic Service - IFC</div> | <div>NATIONAL PANCAKE DAY<br/>10:00 Channel 138 Shabbat Morning Svc<br/>11:00 Independent Activities - ML<br/>11:15 Tai Chi w/ Jonathan - FC<br/>1:30 Tea &amp; Chat - A<br/>2:30 Cellist, Thirzah Bendokes - A</div>                             |                                                                                                                                                                                                |
| <div>NAATIONAL SCARF DAY<br/>Dining Room Brunch Served 11:45 - 2<br/><br/>10:00 Catholic Mass<br/>2:00 Afternoon Movie<br/>2:30 Pinochle - 3rd FL<br/>4:00 Bingo w/ Joey - ML</div>              | <div>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation w/ Kayti - FC<br/>11:00 Seated Drumming w/ Cindy - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Stretch,Balance &amp; Balls w/ Kayti- FC<br/>1:30 Pokeno w/ Joey - ML<br/>1:30 Hook &amp; Needle w/Anke Dew -3rdFL<br/>3:00 Co-Ed Poker w/ Joey - ML<br/>3:00 Art Gottlieb, Lecturer - A<br/>7:00 Residents Reader's Group-2nd FL</div>                                                  | <div>NATIONAL COFFEE DAY<br/>9:00 Yoga Stretch w/ Kayti - FC<br/>10:00 Outing - Fairfield Museum<br/>10:00 Morning Walk w/ Lisa<br/>10:30 Aqua Fitness - FC<br/>11:00 LCR w/ Joey - ML<br/>12:30 Balance thru Ballet w/ Lisa - FC<br/>1:00 Afternoon Movie - SR<br/>1:30 Strength Training Bone Health - FC<br/>2:00 Family Feud w/ Joey -WL<br/>3:00 Decorate the Sukkah - CP</div>                             | <div>ORANGE SHIRT DAY<br/>9:00 Seated Yoga w/ Kayti - FC<br/>9:30 Guided Meditation - FC<br/>10:00 Shopping Outing - FL<br/>10:00 Catholic Mass - IFC<br/>11:00 Chair Dancing w/ Cindy - FC<br/>11:00 Word Game w/ Lisa - ML<br/>1:00 Creative Art w/ Kayti - CAS<br/>2:00 Acey-Deucey w/ Kayti- ML<br/>3:00 CT Birds w/ Jeff Cianciolo - A</div>                                              | <div>ANYONE INTERESTED IN TEACHING A LIFELONG LEARNING PROGRAM PLEASE REACH OUT TO CINDY MCGUIRE (203) 373-6108</div>                                                                                                                                                                                                                                                                      | <div>FALL HAT MONTH<br/>HEALTHY AGING MONTH<br/>HISPANIC HERITAGE MONTH<br/>HONEY MONTH<br/>RESPONSIBLE DOG OWNERSHIP MONTH<br/>SERVICE DOG MONTH<br/>WOMENS FRIENDSHIP MONTH</div>                                                                                                                                                           | <div></div>                                                                                                                                                  |                                                                                                                                                                                                |
| <div></div>                                                                                                    | <div>Please Check "The Weekly" and Channel 591 for updates. Programs &amp; locations are subject to change.</div>                                                                                                                                                                                                                                                                                                                                    | <div>SEPTEMBER 2026<br/>Independent Living<br/></div>                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                            | <div>ACTIVITY LOCATOR KEY<br/><br/>A - AUDITORIUM<br/>AG - ART GALLERY<br/>CL - COMPUTER LOUNGE<br/>CP - CAFE PATIO<br/>CAS - CREATIVE ART STUDIO</div>                                                                                                                                                                                       | <div>DOC - DOCUMENTARY<br/>FL - FRONT LOBBY<br/>GC - GALLERY CAFE<br/>GS - GALLERY STUDIO<br/>IFC - INTERFAITH CHAPEL<br/>ML - MAIN LOUNGE<br/>RC - REHAB CLINIC</div>                                                                            | <div>WL - W LOUNGE<br/>2ND FL AG - 2ND FL ART GALLERY<br/>2ND FL - 2ND FLOOR LOUNGE<br/>3RD FL - 3RD FLOOR LOUNGE<br/>4TH FL - 4TH FLOOR LOUNGE<br/>SR - SCREENING ROOM<br/>YT - YOUTUBE</div> |