

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
hello  september	"September shows us how beautiful it is to let things go" -Unknown	HOTEL EMPLOYEE DAY 10:00 Tuesday Fitness w/NP -G 10:30 On This Day w/NP-G Current Events w/CNA's-G Fun Club w/ Ladrina - G 2:30 Kick Ball w/NP-G 3:30 Name 5 w/NP-G Mind Joggers w/CNA's-G 1	NATIONAL V-J DAY 10:00 <i>Tai Chi w/Jonathan -G</i> Bean Toss w/CNA-G Snack Attack w/CNA's-G Don't Break The Ice w/CNA's - G Outdoor Trivia w/CNA-G 3:30 Ring Toss w/NP-G Evening Stretch w/CNA's-G 2	U.S BOWLING WEEK DAY 10:00 Thursday Fitness w/NP-G 10:30 Facts Of Bowling w/NP-G Kurplunk w/CNA's-G Don't The Ice w/CNA's - G 2:30 Bingo w/NP-G 3:30 Music Trivia w/NP-G Jokes & Fun Facts w/CNA's-G 3	NATIONAL WILDLIFE DAY 10:00 TGIF Fitness w/NP-G 10:30 Facts Of Wildlife w/NP-G Sing A Long w/CNA's-G 1:30 <i>Singing w/Sister Char -G</i> 2:30 <i>Birthday Party w/NP-G</i> 3:30 Wacky Trivia w/NP-G Currents Events w/CNA's-G 4	CHEESE PIZZA DAY 10:00 Let's Exercise w/VH-G Game Show Fun w/ CNA's -G Local News w/CNA's - G Music Fun w/CNA's- G Hand Rub & Music w/CNA's - G 3:30 Name That Tune w/VH-G Western Movie w/CNA's- G 5
NATIONAL READ A BOOK DAY 10:30 Let's Exercise w/VH-G Music Sing A Long w/ CNA's -G Trivia Fun w/CNA's - G Bible Stories w/CNA's - G Animal Facts w/CNA's - G 3:30 <i>Armchair Travel: GP w/ VH-G</i> Evening Puzzles w/CNA's - G 6	LABOR DAY Morning Exercise w/CNA's-G New Years Facts w/CNA's-G Daily Devotional w/CNA's-G Parachutte w/CNA's-G Theme Bingo w/CNA's- G Hand Rub & Music w/CNA's-G Netflix Movies w/CNA's -G 7	STAR TREK DAY 10:00 Shake & Groove w/NP -G Silly Word w/CNA-G Mandela Art w/CNA's-G Fun Club w/ Ladrina - G Game Show Fun w/CNA-G 3:30 Balloon Toss w/NP-G Western Movies w/CNA's-G 8	NATIONAL TEDDY BEAR DAY 10:00 Get Fit w/NP -G Shapes w/CNA-G Match Games w/CNA's-G Ring Toss w/CNA's - G Local News w/CNA-G 3:30 Corn Hole w/NP-G Mind Joggers w/CNA's-G 9	NATIONAL T.V DINNERS DAY 10:00 Fun Fitness w/VH-G 10:30 Lottery w/VH -G 1:15 <i>Out - Trip For Lunch w/VH</i> Ring Toss w/CNA's -G 2:30 Drumming w/VH-G 3:30 Fairytales w/VH-G Evening Chat w/CNA's-G 10	HOT CROSS BUN DAY 10:00 Rise And Shine w/VH-G 10:30 Did You Know ? w/VH-G Organizing Sheets w/CNA's-G 1:30 <i>Singing With Sister Char -G</i> 2:30 Manicures & Music w/VH-G 3:30 Funny Pictures w/VH-G Music Appreciation w/CNA's-G 11	NATIONAL HUG DAY 10:00 <i>Tai Chi w/Jonathan -G</i> Exploring Music w/CNA's-G Painting Fun w/CNA's-G Beach Ball Toss w/CNA's- G Game Show Fun w /CNA's-G 3:30 Variety Of Fun w/Lisa-G Evening Stretch w/CNA's-G 12
UNCLE SAM DAY Morning Fitness w/CNA's - G Daily Bread w/CNA's - G Hand Rub & Music w/CNA's - G Reminisce w/CNA's - G Balloon Toss w/CNA's - G Theme Bingo w/CNA's - G Evening Snacks w/CNA's - G 13	VIRGINIA DAY 10:00 Monday Fitness w/NP-G 10:30 On This Day w/NP-G Bean Bags Toss w/CNA's-G Match Games w/CNA's - G 2:30 Bingo w/NP-G 3:30 Sing A Long w/NP-G Evening Games w/CNA's-G 14	NATIONAL CHEESE TOAST DAY 10:00 Rise & Shine w/NP-G 10:30 Facts Of Cheese w/NP-G Snack & Chats w/CNA's-G Fun Club w/ ladrina - G 2:30 Kick Ball w/NP-G 3:30 Who & What ??w/NP-G Western Movies w/CNA's-G 15	MAYFLOWER DAY 10:00 <i>Tai Chi w/Jonathan - G</i> Funny Jokes w/CNA's - G Silly Words w/CNA's - G Music Of The 60's w/CNA's - G Folding Fun w/CNA's - G 3:30 Balloon Toss w/VH-G Evening Stretch w/CNA's- G 16	NATIONAL MONTE CRISTO DAY 10:00 Thursday Fitness w/NP-G 10:30 Horoscope w/NP-G <i>Out-Trip For Lunch w/VH</i> Sing A Long w/CNA's - G 2:30 Corn Hole w/NP-G 3:30 Pictionary w/NP-G You Tube Concert w/CNA's-G 17	AIR FORCE BIRTHDAY 10:00 TGIF Fitness w/NP-G 10:30 Facts Of Air Force w/NP-G Word Pair w/CNA's-G 1:30 <i>Singing w/Sister Char -G</i> 2:30 Bean Toss w/NP-G 3:30 Wacky Trivia w/NP-G Evening Stretch w/CNA's-G 18	NATIONAL DANCE DAY 10:00 <i>Music&Dance w/Jennifer -G</i> Ball Toss w/CNA-G Puzzles w/CNA's-G Fresh Air & MuSIC w/CNA's - G Current Events w/CNA-G 3:30 Tennis Balloon w/NP-G Evening Stretch w/CNA's-G 19
NATIONAL PUNCH DAY 10:00 Morning Fitness w/NP -G Silly Word w/CNA-G Building Block w/CNA's-G Bible Stories w/CNA's - G Local News w/CNA-G 3:30 <i>Creative Art w/NP-G</i> Evening News w/CNA's-G 20	NATIONAL CHAI DAY 10:00 Rise and Shine w/VH-G Bird Watch YouTube w/CNA's -G Table Bowling w/CNA's-G 40ties Music w/CNA's-G Organizing Towles w/CNA's-G 3:30 Name That Tune w/VH-G Evening Games w/CNA's-G 21	AUTUMN EQUINOX 10:00 Tuesday Tune Up w/VH-G 11:00 <i>Pianist: John Lamb -G</i> Would You Rather w/CNA's-G Fun Club w/LaDrina -G Dont Break The Ice w/CNA's-G 3:30 Basket Ball /VH-G TCM Movies w/CNA's-G 22	INNERGIZE DAY 10:00 Lets Exercise w/VH - G Bean Toss w/CNA's-G Snack Attack w/CNA's-G Don't Break The Ice w/CNA's-G Trivia w/CNA's-G 3:30 Music Who Is Who w/VH-G Evening Bible Stories w/CNA's 23	NATIONAL CHERRIES JUBILEE 10:00 Get Fit w/VH -G Enjoy Fresh Air w/CNA's-G Sing A long w/CNA's - G Puzzles w/CNA's-G Remember When...w/CNA-G 3:30 1969 Music w/VH-G Mind Jogger w/CNA's-G 24	NATIONAL LOBSTER DAY 10:00 Morning Fitness w/VH- G Ring Toss w/CNA's-G Spelling Bee w/CNA's-G 1:30 <i>Singing With Sister Char -G</i> Would You Rather? w/CNA's-G 3:30 <i>Singer: Jennifer DiSapio-G</i> Western Movies w/CNA's-G 25	NATIONAL PANCAKE DAY 10:00 Tai Chi w/Jonathan- G Popular First Ladies w/CNA's -G Building Block Fun w/CNA's - G Dominos w/CNA's - G Current Events w/CNA's - G 3:30 Family Feud w/Joey - G Evening Stories w/CNA's - G 26
NATIONAL SCARF DAY 10:30 Exercise&Trivia w/Joey - G Bible Stories w/CNA's - G Qwirkle Game w/CNA's- G Word Pairs w/CNA's - G Mandala Art w/CNA's - G 2:00 <i>Singer: Lynn Lewis -G</i> Evening Reminisce w/CNA's - G 27	NATIONAL FAMILY DAY 10:00 Lets Get Fit w/VH-G Strategy w/CNA-G Old Humor w/CNA's-G Game Shoe Fun w/CNA's - G Joke For Story w/CNA-G 3:30 Chocolate Facts w/VH-G Evening Game w/CNA's-G 28	NATIONAL COFFEE DAY 10:00 Light Stretch w/NP-G 10:30 Facts Of Coffee w/NP-G Match Game w/CNA's-G Fun Club w/ Ladrina - G 2:30 Balloon Toss w/NP-G 3:00 <i>Singer Billy G -G</i> Current Events w/CNA's-G 29	ORANGE SHIRT DAY 10:00 Mid -Week Fitness w/NP -G Word Pair w/CNA-G Siiiy Word w/CNA's-G Shapes w/CNA's - G Game Show w/CNA-G 3:30 Tennis Balloon w/NP-G Evening Games w/CNA's-G 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 GARDENS  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!