

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	"I'm so glad I live in a world where there are Octobers." – L. M. Montgomery	BREAST CANCER AWARENESS MONTH REPTILE AWARENESS MONTH NATIONAL PIZZA MONTH NATIONAL VETERINARIAN MONTH	NATIONAL ARTHRITIS WEEK BACK CARE AWARENESS WEEK POST POLIO SYNDROME AWARENESS WEEK FIRE PREVENTION WEEK	PUMPKIN SPICE DAY 9:30 Bend & Stretch w/NP-S 11:00 Stay Fit w/VH-IL 11:30 Wheel Of Fortune w/VH-IL 11:30 Name 5 w/NP-S 2:30 Seated Soccer w/VH-IL 3:30 Pumpkin World w/VH-IL 4:00 Dice Game w/VH-S 6:30 TCM Movies w/CG's -IL	LAST DAY OF SUKKOT 9:30 TGIF Fitness w/NP-S 11:00 Dice Fitness w/VH-IL 11:30 On This Day w/VH-IL 11:30 You Be The Judge 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	WORLD CARD MAKING 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 Armchair Travel:MGw/VH-IL 3:30 Name That Tune w/VH-G 4:00 Music & Games w/VH-S 6:30 Netflix w/CG's - IL
OKTOBERFEST 9:30 Sunday Fitness w/VH-S 10:00 Light Stretch w/VH-G 11:00 Fun Fitness w/VH-IL 11:30 About Oktoberfest w/VH-S 2:30 Oktoberfest w/VH-IL 3:30 Armchair Travel:MG VH-G 4:00 Manicure Encore w/VH-S 6:30 Bible Stories w/CG's - IL	WORLD TEACHERS DAY 9:30 Monday Fitness w/VH-S 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/NP-IL 11:30 Bingo w/VH-S 2:30 Dutch Shuffleboard w/NP-IL 3:30 Wacky Trivia w/NP-IL 6:00 Famous Teacher w /NP-S 6:30 Current Events w/CG's-IL	PHYSICIANS ASSISTANT DAY 9:30 Lets Get Fit w/VH-S 11:00 1-2-3 Fitness w/NP-IL 11:30 On This Day w/NP-IL 11:30 Music Trivia w/VH-S 2:30 Penny Ante w/NP-IL 3:30 Who Am I w/NP-IL 4:00 Fact Or Fiction w/NP-S 6:30 TMC Movie w/CG's - IL	FRAPPE DAY 9:30 Mid - Fitness w/NP-S 10:00 Tai Chi w/Jonathan - G 10:30 Tai Chi w/Jonathan - IL 11:30 Old Wives Tales w/NP-S 1:30 Singing With Sister Char-IL 2:30 Bingo w/NP -IL 3:30 Bingo w/NP-G 4:00 Old Wives Tales w/NP-S	NATIONAL PIEROGY DAY 9:30 Thursday Tune Up w/VH-S 11:00 Morning Stretch w/NP-IL 11:30 Good Old Days w/NP-IL 11:30 Wheel Of Fortune w/VH-S 2:30 Birthday Party w/NP-IL 3:30 Funny Stories w/NP-IL 4:00 Sing A Long w/NP-S 6:30 Word Game w/CG's - IL	FIRE PREVENTION DAY 9:30 Dance with Me w/VH-S 11:00 TGIF Fitness w/NP-IL 11:30 Who Is Smoky??w/NP-IL 11:30 Fire Prevention w/VH-S 2:30 Auction w/NP-IL 3:30 Finish The Phrase w/NP-IL 4:00 Curiosities Trivia w/NP-S 6:30 Hallmark Movies w/CG's - IL	WORLD HOMELESS DAY 10:30 Exercise & Music w/Lisa-G 11:00 Exercise & Music w/Lisa - IL 11:30 Music& Laughter w/Lisa-S 2:00 Variety of Fun w/Lisa - IL 3:00 Variety of Fun w/Lisa - G 3:30 Afternoon Visits w/Lisa-S 6:30 Evening Stretch w/CG's -IL
ITS MY PARTY DAY 9:30 MorningGreeting w/Kayti-S 10:30 Exercise w/Kayti-IL 11:00 Mandala Art w/Kayti - IL 11:00 Pianist : John Lamb - S 2:30 Manicures w/Kayti - IL 6:30 Reminisce w/CG's - IL	COLUMBUS DAY 9:30 Groove & Move w/NP-S 11:00 Exercise&Trivia w/Joey-IL 11:30 Columbus Trivia w/NP - S 11:30 Looking Forward w/VH-IL 2:30 ColumbusDaySocialw/VH -IL 3:30 Name That Tune w/VH-IL 6:00 Columbus/indigenous w/VH-S 6:30 Outburst! Game w/CG's -IL	NATIONAL M&M DAY 9:30 Bend & Stretch w/NP-S 11:00 Tuesday Tune Up w/VH-IL 11:30 Wheel Of Fortune w/VH-IL 11:30 Balloon Toss w/NP-S 2:30 Pianist: John Lamb -IL 3:30 Facing Your Fear w/VH-IL 4:00 Art Appreciation w/VH-IL 6:30 Checkers Game w/CG's - IL	BE BALD AND FREE 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 Singing With Sister Char-IL 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	NATIONAL GROUCH DAY 9:30 Shake & Roll w/NP-S 11:00 Spirit Fitness w/VH-IL 11:30 October Facts w/VH-IL 11:30 Historical October w/NP-S 1:30 Out - Trip w/VH 2:30 Basket Ball w/VH-IL 3:30 Hollywood Gossip w/VH-IL 4:00 Wheel Of Fortune w/VH-IL 6:30 Boggle Game w/CG's -IL	WORLD FOOD DAY 9:30 TGIF Fitness w/NP-S 11:00 Dancersice w/VH-IL 11:30 Fall ABC w/VH-IL 11:30 Around World Food w/NP-S 2:30 Movie&Popcorn w/VH -IL 3:30 Movie Discussion w/VH-IL 4:00 Balloon Toss w/VH-S 6:30 Dice Game w/CG's-IL	SWEETEST DAY 9:30 Fun Fitness w/NP-S 10:00 Tai Chi w/Jonathan - G 10:30 Tai Chi w/Jonathan - IL 11:30 You Be The Judge w/NP - S 2:30 Creative Art w/NP-IL 3:30 Corn Hole w/NP-G 4:00 True Or False?? w/NP - S 6:30 Card Games w/CG's-IL
NO BEARD DAY 9:30 Sunday Stretch w/NP- S 10:00 Let's Grove w/NP-G 11:00 Warm Up Fitness w/NP-IL 11:30 Stories Time lw/NP - S 2:30 Bingo w/NP-IL 3:30 Creative Art w/NP-G 4:00 Balloon Toss w/NP - S 6:30 Uno Game w/CG's- IL	EVALUATE YOUR LIFE DAY 9:30 Monday Stretch w/VH-S 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/NP-IL 11:30 Pumpkin History w/VH-S 2:30 Bird Bingo w/NP-IL 3:30 Name The Tune w/NP-IL 6:00 Famous Quotes w /NP-S 6:30 Card Games w/CG's-IL	INTERNATIONAL CHEFS DAY 9:30 Stay Strong Fitness w/VH-S 11:00 Shake & Roll w/NP-IL 11:30 Famous Chefs w/NP-IL 11:30 Halloween Tunes w/VH-S 2:30 Cherry Pie Social w/NP-IL 3:30 You Tube Trivia w/NP-IL 4:00 Balloon Toss w/NP-S 6:30 Evening Chats w/CG's - IL	INTERNATIONAL NACHO DAY 9:30 Mid Week Stretch w/VH-S 10:00 Tai Chi w/Jonathan - G 10:30 Tai Chi w/Jonathan - IL 11:15 SpringsResidentCouncil-SDR 1:30 Singing With Sister Char-IL 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	SMART IS COOL DAY 9:30 Thursday Fitness w/VH-S 11:00 Shake & Roll w/NP-IL 11:30 You Be The Judge w/NP-IL 11:30 Spooky Stories w/VH-S 2:30 Bottom Up w/NP-IL 3:30 True Or False ??w/NP-IL 4:00 Name 5 w/NP-S 6:30 YouTube Concert w/CG's - IL	TV TALK SHOW HOST DAY 9:30 Dance with Me w/VH-S 11:00 Shake & Move w/NP-IL 11:30 TV Talk Show w/NP-IL 11:30 Famous TV Hosts w/VH-S 2:15 Singer: Jennifer DiSapio -IL 3:30 Reminiscing w/NP-IL 4:00 Who & What w/NP-S 6:30 Evening News w/CG's - IL	NATIONAL BOLOGNA DAY 10:00 MorningGreeting w/Joey- S 10:00 Music&Dance w/Jennifer - G 11:00 Music&Dance w/Jennifer - IL 11:30 InspirationalStory w/Joey-S 2:00 Family Feud w/Joey -G 2:30 Acey Deucy w/Joey - IL 4:00 AfternoonGreetingsw/Joey-S 6:30 Evening Netflix w/CG's - IL
WORLD OPERA 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 Singer: Lynn Lewis -G 2:30 Acey Deucy w/Joey - IL 4:00 AfternoonGreetingsw/Joey-S 6:30 Bible Stories w/CG's - IL	NATIONAL PUMPKIN DAY 9:30 Monday Fitness w/NP-S 11:00 Exercise & Trivia w/Joey-IL 11:30 Looking Forward w/VH-IL 11:30 Facts Of Pumpkin w/NP-S 2:30 Music Appreciation w/VH-IL 3:30 Manicures & Music w/VH-IL 6:00 Evening Stories w/VH-S 6:30 Netflix Movie w/CG's-IL	NAVY DAY/BLACK CAT DAY 9:30 1-2-3 Fitness w/NP-S 11:00 Wild Fitness w/VH-IL 11:30 Facts Of The Navy w/NP-S 11:30 Health Talk "Flu" w/Bindu George, RN - IL 2:30 Balloon Toss w/VH-IL 3:30 CT Haunting w/VH-IL 6:00 Scary Places w/VH-S 6:30 YouTube Concert w/CG's	NATIONAL CHOCOLATE DAY 9:30 Mid Week Stretch w/NP-S 11:00 Lets Get Fit w/VH-IL 11:30 Wheel Of Fortune w/VH-IL 11:30 Facts Of Chocolate w/NP-S 1:00 Nature and Nostalgia-IL 2:30 Pumpkin Carving w/VH-IL 3:30 Halloween Hits w/VH-IL 4:00 Pumpkin Carving w/VH-S	NATIONAL CAT DAY 9:30 1-2-3 Fitness w/NP 11:00 Thursday Tune Up w/VH -IL 11:30 Out Trip For lunch w/VH 11:30 Facts Of Cats w/NP -S 3:30 Trivia w/VH -IL 4:00 Dice Game w/VH-S 6:30 Music & Chat w/CG's - IL	MISCHIEF NIGHT 9:30 Hocus Pocus Fitness w/NP-S 10:30 Dancercise w/VH-IL 11:00 Inn Resident Council-IDR 11:30 Fact Of Halloween w/NP-S 2:30 - 4:30 Halloween Party The Third Spell- HC 6:30 Scary Movie w/ CG's-IL	HALLOWEEN 10:00 Tai Chi w/Jonathan - G 10:30 Tai Chi w/Jonathan -IL 11:30 Music& Laughter w/Lisa-S 1:30 Variety of Fun w/Lisa - IL 3:30 Variety of Fun w/Lisa - G 4:00 Afternoon Visits w/Lisa-S 6:30 Evening Stretch w/CG's -IL
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	OCTOBER 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!