

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Recurring Programs: 12:00 Channel 591 In-Room Seated Stretch - Daily 2:30 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 12:00 Thursday Learning Bridge w/ The Mehta's 4th FL	Please Check "The Weekly" and Channel 591 for updates. Programs & locations are subject to change	ANYONE INTERESTED IN TEACHING A LIFELONG LEARNING PROGRAM PLEASE REACH OUT TO CINDY MCGUIRE (203) 373-6108	NATIONAL POETRY DAY 9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 3rd FL 10:30 Aqua Fitness - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Training Bone Health - FC 2:00 Bingo w/ Joey - ML 3:30 New Resident Cocktail Party - A	LAST DAY OF SUKKOT 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris - Sukkah 3:00 Ping Pong - FC 3:15 Blessing of the Animals - CP 4:15 Eucharistic Service - IFC	WORLD CARD MAKING DAY 10:00 Channel 138 Shabbat Morning Svc 11:15 Tai Chi w/ Jonathan - FC 12:15 Outing - Quick Center Pre-subscribed tickets 1:30 Tea & Chat w/ Pianist, Chris Coogan - A 7:00 Outing - Bridgeport Symphony Presubscribed Tickets
OKTOBERFEST Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 6:00 Contemplative Prayer - IFC	WORLD TEACHER DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 HealthPRO/Staying Vertical - A 11:00 Seated Drumming w/ Cindy - FC 1:00 Afternoon Movie - SR 1:00 Pokeno w/ Joey - ML 1:30 Stretch,Balls& Balance w/ Kayti- FC 1:30 Hook & Needle w/Anke Dew -3rdFL 2:30 October Birthday Celebration-WL 7:00 Residents Reader's Group-2nd FL	PHYSICIANS ASSISTANT DAY 9:00 Yoga Stretch w/ Kayti - FC 10:00 Morning Walk w/ Lisa 10:30 Aqua Fitness w/ Cindy- FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Afternoon Movie - SR 1:30 Strength Training Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Worship Service w/ Rev. Rowe - IFC 3:00 Opera Star Beverly Sills, DOC, YT - SR	FRAPPE DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing to Walmart - FL 10:00 Catholic Mass - IFC 11:00 Chair Dancing w/ Cindy - FC 11:00 Ladies Poker w/ Joey - ML 1:00 Creative Art w/Kayti - CAS 1:30 Strength Training w/bands - FC 2:00 Acey-Duecy w/ Joey - ML 3:00 Igor Sikorsky, DOC, YT - SR	NATIONAL PEROGI DAY 9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 3rd FL 10:30 Aqua Fitness - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Training Bone Health - FC 2:00 Bingo w/ Joey - ML 3:00 Opera Tenor Enrico Caruso, DOC, YT - SR	FIRE PREVENTION DAY 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	TENDER LOVING CARE DAY 9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FC 1:30 Tea & Chat - WL 3:00 Occasional Players - A
ITS MY PARTY DAY Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL	COLUMBUS DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Afternoon Movie - SR 1:30 Stretch,Balls & Balance w/ Kayti- FC 1:30 Pokeno w/ Joey - ML 1:30 Hook & Needle w/Anke Dew -3rdFL 2:00 Book Club - 2nd FL 3:00 Spy Who Saved the World, YT - A 7:00 Residents Reader's Group-2nd FL	NATIONAL M & M DAY 9:00 Yoga Stretch w/ Kayti - FC 9:45 Outing - Museum of British Art 10:30 Aqua Fitness w/ Cindy- FC 11:00 LCR w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Training Bone Health - FC 2:00 Family Feud w/ Joey - ML 2:15 Wine Travels w/ Jon Haight - WL 3:00 Trivia w/ Michael Preminger - ML 7:30 Co-Ed Poker w/ Joey - ML	BE BALD AND FREE DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Chair Dancing w/ Cindy - FC 11:00 Ladies Poker w/ Joey - ML 1:00 Creative Art w/ Kayti - CAS 1:30 Strength Training w/bands - FC 1:30 Acey-Deucey w/ Joey- ML 2:30 Resident Chorus Rehearsal - A	NATIONAL GROUCH DAY 9:00 Yoga Stretch w/ Lisa -FC 10:00 Happy Knitters - 3rd FL 10:30 Aqua Fitness - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Training Bone Health - FC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe - A	WORLD FOOD DAY 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Resident Council Meeting - A 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris - IFC 3:00 Talk on Arthritis w/ Dr. Amit Lahav-A 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	SWEETEST DAY 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FC 12:15 Outing - Quick Center - Presubscribed Tickets 12:30 Resident Bell Choir Rehearsal - FC 1:30 Tea & Chat - WL 3:00 Church of God and Saint of Christ Chorus - A
NO BEARD DAY Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 6:00 Taize Prayer - IFC	EVALUATE YOUR LIFE DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Afternoon Movie - SR 1:30 Stretch,Balls & Balance w/ Kayti- FC 1:30 Pokeno w/ - ML 1:30 Hook & Needle w/Anke Dew -3rdFL 3:00 Co-Ed Poker w/ Joey - ML 7:00 Residents Reader's Group-2nd FL	INTERNATIONAL CHEFS DAY 9:00 Yoga Stretch w/ Kayti - FC 9:45 Outing - Smithsonian Museum 10:30 Aqua Fitness w Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Afternoon Movie - SR 1:30 Strength Training Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 History of Minitures w/Vance Alexander	INTERNATIONAL NACHO DAY 9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Chair Dancing w/ Cindy - FC 11:00 Word Game w/ Lisa - ML 1:00 Creative Art w/ Kayti - CAS 1:30 Strength Training w/bands - FC 2:00 Acey-Deucey w/ Kayti - ML 2:30 Resident Chorus Rehearsal - A	SMART IS COOL DAY 9:00 Yoga Stretch w/ Kayti 10:30 Aqua Fitness - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Training Bone Health - FC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith w/ Rev Rowe - A 6:30 - 9:30 Casino Night - A	TALK SHOW HOST DAY 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 3:00 Musicologist, Gil Harel - A 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	MAKE A DIFFERENCE DAY 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FC 12:30 Resident Bell Choir Rehearsal - FC 1:30 Tea & Chat - WL 2:45 Entertainer, Billy G - WL
WORLD OPERA DAY Dining Room Brunch Served 11:45 - 2 10:00 Alzheimer's Walk - Sherwood Isl. 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 4:00 Bingo w/ Joey - ML	NATIONAL PUMPKIN DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Lisa - FC 1:00 Afternoon Movie - SR 1:30 Stretch,Balls & Balance w/ Kayti- FC 1:30 Pokeno w/ Joey - ML 1:30 Hook & Needle w/Anke Dew -3rdFL 1:30 Pray the Rosary - IFC 3:00 Art Gottlieb, Lecturer - Ellis Island- A 7:00 Residents Reader's Group-2nd FL	NAVY DAY 9:00 Yoga Stretch w/ Kayti - FC 10:30 Outing - Scenic Fall Foliage 10:00 Morning Walk w/ Lisa 10:30 Aqua Fitness (Independent) - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Afternoon Movie - SR 1:30 Strength Training Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Fresh Water Talk w/ Anke Dew - A	NATIONAL CHOCOLATE DAY 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Chair Dancing w/ Cindy - FC 11:00 History of Long Island, YT, DOC- SR 1:00 Creative Art w/ Kayti - CAS 1:30 Strength Training w/bands - FC 2:00 Acey-Deucey w/ Kayti- ML 2:30 Resident Chorus Rehearsal - A	NATIONAL CAT DAY 9:00 Yoga Stretch w/ Kayti 10:00 Town Hall w/ E.D. Joan King - A 11:00 Aqua Fitness - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Training Bone Health - FC 2:00 Bingo w/ Joey - ML 3:00 Bird Presentation w/ Jeff Cianciolo - A	MISCHIEF NIGHT 9:00 Yoga Stretch w/ Lisa - FC 10:00 Nutrition Talk w/Candace Rodak-2nd FL 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 1:30 Shabbat - IFC 2:30 Sing Along w/ Joey & Lynn - WL 4:15 Eucharistic Service - IFC	HALLOWEEN 9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FC 12:30 Resident Bell Choir Rehearsal - FC 1:30 Tea & Chat - WL 2:45 History & Music w/ Richard Franklin Donohue - Revolutionary War Music - WL
BREAST CANCER AWARENESS MONTH COMPUTER LEARNING MONTH NATIONAL PIZZA MONTH NATIONAL VETERINARIAN MONTH		OCTOBER 2026 Independent Living  3030 PARK SENIOR LIVING HOSPITALITY		ACTIVITY LOCATOR KEY A - AUDITORIUM AG - ART GALLERY CL - COMPUTER LOUNGE CP - CAFE PATIO CAS - CREATIVE ART STUDIO	DOC - DOCUMENTARY FL - FRONT LOBBY GC - GALLERY CAFE GS - GALLERY STUDIO IFC - INTERFAITH CHAPEL ML - MAIN LOUNGE RC - REHAB CLINIC	WL - W LOUNGE 2ND FL AG - 2ND FL ART GALLERY 2ND FL - 2ND FLOOR LOUNGE 3RD FL - 3RD FLOOR LOUNGE 4TH FL - 4TH FLOOR LOUNGE SR - SCREENING ROOM YT - YOUTUBE