

| SUNDAY                                                                                                                                                                                                                                                                        | MONDAY                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                                        | SATURDAY                                                                                                                                                                                                                                                                                       |
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|                                                                                                                                                                                              | <p>"I'm so glad I live in a world where there are Octobers."</p> <p>– L. M. Montgomery</p>                                                                                                                                                                                              | <p>BREAST CANCER AWARENESS MONTH</p> <p>REPTILE AWARENESS MONTH</p> <p>NATIONAL PIZZA MONTH</p> <p>NATIONAL VETERINARIAN MONTH</p>                                                                                                                                                       | <p>NATIONAL ARTHRITIS WEEK</p> <p>BACK CARE AWARENESS WEEK</p> <p>POST POLIO SYNDROME AWARENESS WEEK</p> <p>FIRE PREVENTION WEEK</p>                                                                                                                                             | <p>PUMPKIN SPICE DAY</p> <p>10:00 Get Fit w/NP-G</p> <p>10:30 Ring Toss w/NP-G</p> <p>Charades w/CNA's-G</p> <p>Snack Attack w/CNA's - G</p> <p>2:30 Bingo w/NP-G</p> <p>3:30 Sing A Long w/NP-G</p> <p>Mind Joggers w/CNA's-G</p>                                               | <p>LAST DAY OF SUKKOT</p> <p>10:00 TGIF Fitness w/NP-G</p> <p>10:30 <i>Singer: MOJO-G</i></p> <p>Remember When...? w/CNA's-G</p> <p>1:30 <i>Singing With Sister Char -G</i></p> <p>2:30 Corn Hole w/NP-G</p> <p>3:30 Wacky Trivia w/NP-G</p> <p>Evening Stretch w/CNA's-G</p>                                                                 | <p>WORLD CARD MAKING DAY</p> <p>10:00 Let's Exercise w/VH-G</p> <p>Game Show Fun w/ CNA's -G</p> <p>Local News w/CNA's - G</p> <p>Music Fun w/CNA's- G</p> <p>Hand Rub &amp; Music w/CNA's - G</p> <p>3:30 Name That Tune w/VH-G</p> <p>Western Movie w/CNA's- G</p>                           |
| <p>OKTOBERFEST</p> <p>10:30 Let's Exercise w/VH-G</p> <p>Music Sing A Long w/ CNA's -G</p> <p>Trivia Fun w/CNA's - G</p> <p>Bible Stories w/CNA's - G</p> <p>Animal Facts w/CNA's - G</p> <p>3:30 <i>Armchair Travel: MT w/ VH-G</i></p> <p>Evening Puzzles w/CNA's - G</p>   | <p>WORLD TEACHERS DAY</p> <p>10:00 Rise And Shine w/VH-G</p> <p>10:30 All About Teachers w/VH-G</p> <p>Organizing Sheets w/CNA's-G</p> <p>Music &amp; Chat w/CNA's-G</p> <p>2:30 Manicures &amp; Music w/VH-G</p> <p>3:30 Funny Quotes w/VH-G</p> <p>Music Appreciation w/CNA's-G</p>   | <p>PHYSICIANS ASSISTANT DAY</p> <p>10:00 Tuesday Tune Up w/VH -G</p> <p>10:30 PA Day w/VH-G</p> <p>Sing A Long w/CNA's - G</p> <p>Fun Club w/ Ladrina -G</p> <p>2:30 Wheel Of Fortune w/VH-G</p> <p>3:30 Music Trivia w/VH - G</p> <p>60ties Favorites w/CNA's - G</p>                   | <p>FRAPPE DAY</p> <p>10:00 <i>Tai Chi w/ Jonathan -G</i></p> <p>One Hit Wonder w/CNA's-G</p> <p>Mandela Art w/CNA's-G</p> <p>Spelling Bee w/CNA's - G</p> <p>Silly Word w/CNA's-G</p> <p>3:30 Beach Ball Toss w/NP-G</p> <p>Western Movies w/CNA's-G</p>                         | <p>NATIONAL PIEROGY DAY</p> <p>10:00 Thursday Tune Up w/VH -G</p> <p>10:30 World Religion w/VH-G</p> <p>Sing A Long w/CNA's - G</p> <p>Game Sho Fun w/CNAG</p> <p>2:30 Seated Soccer w/VH-G</p> <p>3:30 Sea Life w/VH - G</p> <p>Classical Favorites w/CNA's - G</p>             | <p>FIRE PREVENTION DAY</p> <p>10:00 Dancercise w/VH -G</p> <p>10:30 Fire prevention w/VH-G</p> <p>Afternoon Movie w/CNA's - G</p> <p>ABC Fruits &amp; Veggies w/CNA's - G</p> <p>1:30 <i>Singing With Char -G</i></p> <p>2:30 <i>HotChocolateSocial w/VH-G</i></p> <p>3:30 Guess the Price w/VH-G</p> <p>Mind Joggers w/CNA's</p>             | <p>WORLD HOMELESS DAY</p> <p>10:00 Exercise&amp;Music w/Lisa - G</p> <p>Exploring Music w/CNA's-G</p> <p>Painting Fun w/CNA's-G</p> <p>Beach Ball Toss w/CNA's- G</p> <p>Game Show Fun w /CNA's-G</p> <p>3:00 Variety Of Fun w/Lisa-G</p> <p>Evening Stretch w/CNA's-G</p>                     |
| <p>ITS MY PARTY DAY</p> <p>Morning Fitness w/CNA's - G</p> <p>Daily Bread w/CNA's - G</p> <p>Hand Rub &amp; Music w/CNA's - G</p> <p>Reminisce w/CNA's - G</p> <p>Balloon Toss w/CNA's - G</p> <p>Theme Bingo w/CNA's - G</p> <p>Evening Snacks w/CNA's - G</p>               | <p>COLUMBUS DAY</p> <p>10:00 Monday Fitness w/NP-G</p> <p>10:30 Facts of Columbus w/NP-G</p> <p>Don't Break The Ice w/CNA's-G</p> <p>Finish The Phrase w/CNA's - G</p> <p>2:30 Kick Ball w/NP-G</p> <p>3:30 Music Trivia w/NP-G</p> <p>TMC Movies w/CNA's-G</p>                         | <p>NATIONAL M&amp;M DAY</p> <p>10:00 Shape Up w/NP-G</p> <p>10:30 Fill The Blank w/NP-G</p> <p>Stories For The Soul w/CNA's-G</p> <p>Fun Club w/ Ladrina - G</p> <p>2:30 Corn Hole w/NP-G</p> <p>3:30 You Be The Judge w/NP-G</p> <p>Classical Favorites w/CNA's-G</p>                   | <p>BE BALD AND FREE DAY</p> <p>10:00 Lets Exercise w/VH - G</p> <p>Bean Toss w/CNA's-G</p> <p>Snack Attack w/CNA's-G</p> <p>Gardens Walk w/CNA's-G</p> <p>Trivia w/CNA's-G</p> <p>3:30 Music Who Is Who w/VH-G</p> <p>Evening Bible Stories w/CNA's</p>                          | <p>NATIONAL GROUCH DAY</p> <p>10:00 Rise &amp; Shine w/NP-G</p> <p>10:30 On This Day w/NP-G</p> <p>1:30 <i>Out Trip w/VH</i></p> <p>Jigsaw Puzzles w/CNA's - G</p> <p>2:30 <i>Birthday Party w/NP-G</i></p> <p>3:30 Sing A Long w/NP-G</p> <p>Mind Joggers w/CNA's-G</p>         | <p>WORLD FOOD DAY</p> <p>10:00 Shake Those Bone w/NP-G</p> <p>10:30 World Food Day w/NP-G</p> <p>Silly Words w/CNA's-G</p> <p>1:30 <i>Singing With Sister Char -G</i></p> <p>2:30 Name The w/NP-G</p> <p>3:30 Balloon Toss w/NP-G</p> <p>Classic Movies w/CNA's-G</p>                                                                         | <p>SWEETEST DAY</p> <p>10:00 <i>Tai Chi w/Johnathan -G</i></p> <p>Silly Sentences w/CNA's -G</p> <p>Puzzles w/CNA's-G</p> <p>Refreshment &amp; Music w/CNA's-G</p> <p>Making Jokes w/CNA's-G</p> <p>3:30 w/NP-G</p> <p>Evening Stretch w/CNA's-G</p>                                           |
| <p>NO BEARD DAY</p> <p>10:00 Sunday Fitness w/NP -G</p> <p>Daily Bread w/CNA-G</p> <p>Ring Toss w/CNA's-G</p> <p>Qwirkle Game w/CNA's - G</p> <p>Shapes w/CNA-G</p> <p>3:30 <i>Creative Art w/NP-G</i></p> <p>Evening News w/CNA's-G</p>                                      | <p>EVALUATE YOUR LIFE DAY</p> <p>10:00 Monday Tune Up w/VH -G</p> <p>10:30 Life Secrets w/VH-G</p> <p>Sing A Long w/CNA's - G</p> <p>Dont Break The Ice w/CNA's -G</p> <p>2:30 Walk with Music w/VH-G</p> <p>3:30 Music Trivia w/VH - G</p> <p>50ties Hits w/CNA's - G</p>              | <p>INTERNATIONAL CHEFS DAY</p> <p>10:30 Tuesday Fitness w/VH-G</p> <p>11:00 <i>Pianist: John Lamb-G</i></p> <p>Snack &amp; Chats w/CNA's -G</p> <p>Fun Club w/ Ladrina - G</p> <p>2:30 <i>Apple Social w/VH-G</i></p> <p>3:30 Fruit ABC w/VH-G</p> <p>Classical Favorites w/CNA's -G</p> | <p>INTERNATIONAL NACHO DAY</p> <p>10:00 <i>Tai Chi w/Jonathan - G</i></p> <p>Funny Jokes w/CNA's - G</p> <p>Silly Words w/CNA's - G</p> <p>Music Of The 60's w/CNA's - G</p> <p>Folding Fun w/CNA's - G</p> <p>3:30 Balloon Toss w/VH-G</p> <p>Evening Stretch w/CNA's- G</p>    | <p>SMART IS COOL DAY</p> <p>10:00 Move Your Body w/VH-G</p> <p>10:30 Horoscope w/VH-G</p> <p>Mandela Art w/CNA's-G</p> <p>Match Game w/CNA's - G</p> <p>2:30 "Basket"Ball w/VH - G</p> <p>3:30 PopularScaryMovies w/VH-G</p> <p>Soothing Hand Rubs w/CNA's-G</p>                 | <p>TV TALK SHOW HOST DAY</p> <p>10:00 Fresh Air Fitness w/VH -G</p> <p>10:30 On This Day w/VH-G</p> <p>Afternoon Movie w/CNA's - G</p> <p>Afternoon Hand Rub w/CNA's - G</p> <p>1:30 <i>Singing With Sister Char-G</i></p> <p>2:30 Popular Musicals w/VH -G</p> <p>3:30 <i>Singer: Jennifer Disapio-G</i></p> <p>Mind Joggers w/CNA's - G</p> | <p>NATIONAL BOLOGNA DAY</p> <p>10:00 <i>Music&amp;Dance w/Jennifer - G</i></p> <p>Popular First Ladies w/CNA's -G</p> <p>Building Block Fun w/CNA's - G</p> <p>Dominos w/CNA's - G</p> <p>Current Events w/CNA's - G</p> <p>3:30 Family Feud w/Joey - G</p> <p>Evening Stories w/CNA's - G</p> |
| <p>WORLD OPERA DAY</p> <p>10:30 Exercise&amp;Trivia w/Joey - G</p> <p>Bible Stories w/CNA's - G</p> <p>Qwirkle Game w/CNA's- G</p> <p>Word Pairs w/CNA's - G</p> <p>Mandala Art w/CNA's - G</p> <p>2:00 <i>Singer: Lynn Lewis -G</i></p> <p>Evening Reminisce w/CNA's - G</p> | <p>NATIONAL PUMPKIN DAY</p> <p>10:00 Sunshine Fitness w/NP-G</p> <p>10:30 Facts Of Pumpkin w/NP-G</p> <p>Daily Devotions w/CNA's-G</p> <p>Finish The Phrase w/CNA's - G</p> <p>2:30 <i>Pumpkin Pie Social w/NP-G</i></p> <p>3:30 Old Wives Tales w/NP-G</p> <p>Card Games w/CNA's-G</p> | <p>NAVY DAY/BLACK CAT DAY</p> <p>10:00 Tuesday Fitness w/NP-G</p> <p>10:30 Facts Of Black Cat w/NP-G</p> <p>In The News w/CNA's-G</p> <p>Fun Club w/ Ladrina - G</p> <p>2:30 Kick Ball w/NP-G</p> <p>3:30 Pictionary w/NP-G</p> <p>Evening Games w/CNA's-G</p>                           | <p>NATIONAL CHOCOLATE DAY</p> <p>10:00 Mid - Week Fitness w/NP-G</p> <p>10:30 Facts Of Chocolate w/NP-G</p> <p>Let's Reminisce w/CNA's-G</p> <p>Shape &amp; Color w/CNA's - G</p> <p>2:30 Word Game w/NP-G</p> <p>3:30 Horse Shoe Tossw/NP-G</p> <p>Soothing Music w/CNA's-G</p> | <p>NATIONAL CAT DAY</p> <p>10:00 Music &amp; Motion w/NP-G</p> <p>10:30 Cats Around World w/NP-G</p> <p>11:15 <i>Out - Trip w/VH</i></p> <p>Believe It Or Not w/CNA's - G</p> <p>2:30 Name 5 w/NP-G</p> <p>3:30 Guess What ?? w/NP-G</p> <p>Refreshment &amp; Chat w/CNA's-G</p> | <p>MISCHIEF NIGHT</p> <p>10:00 Shake Those Bone w/NP-G</p> <p>10:30 Facts Of Mischief w/NP-G</p> <p>Remember When...? w/CNA's-G</p> <p>Silly Word w/CNA's -G</p> <p>1:30 <i>Singing With Sister Char -G</i></p> <p>3:00 <i>Bob Ross : Halloween Party - The Third Spell- HC</i></p> <p>Fun &amp; Jokes w/CNA's-G</p>                          | <p>HALLOWEEN</p> <p>10:00 <i>Tai Chi w/Jonathan- G</i></p> <p>Halloween Movie w/CNA's -G</p> <p>Building Block Fun w/CNA's - G</p> <p>Halloween Remenice w/CNA's - G</p> <p>Current Events w/CNA's - G</p> <p>3:00 Variety of Fun w/Lisa - G</p> <p>Evening Stretch w/CNA's - G</p>            |
| <p>Religious Services In The Town Center Interfaith Chapel</p> <p>See Town Center Weekly For More Information</p>                                                                                                                                                             | <p>Any Questions About Out - Trips or Family Gatherings or Programs.</p> <p>Call Victoria at 203 - 373- 6452</p> <p>or Noemi at 203 - 373 - 6168</p>                                                                                                                                    | <p>OCTOBER 2026</p> <p>GARDENS</p> <p>3030 PARK</p>                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                  | <p>ACTIVITY LOCATOR KEY</p> <p>AG - Art Gallery</p> <p>AS - Art Studio</p> <p>A - Auditorium</p> <p>G - Gardens</p> <p>TC - Town Center</p> <p>CG's - Caregivers</p> <p>CL - Community Life</p>                                                                                  | <p>IL - Inn Lounge</p> <p>S - Springs</p> <p>VH - Victoria</p> <p>NP - Noemi</p> <p>SC - Springs Conference Room</p> <p>DR - Dining Room</p> <p>SDR - Springs Dining Room</p> <p>IDR - Inn Dining Room</p>                                                                                                                                    | <p>All Programs are Subject To Change With Little Notice!</p>                                                                                                                                                                                                                                  |