



		Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday, Clay! 9:30 Morning News & Coffee 1 10:15 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group 2:30 Musical Showcase Live! - GR 4:00 Michelle's Update	Rosh Hashanah begins at sundown 2 Depart 10:00 Trip: Tony Williams Park 10:00 Baking with Frenchii 11:00 Smart Bells w/Ujjala -GR 1:00 Exercise with Matt 3:00 Open Swim-IL Pool	Eucharistic Minister Rm Visits 3 9:30 Morning News & Coffee 10:15 Cranium Crunches 11:15 Mass – PAC 1:00 Bowling 3:00 Rosh Hashanah Social -AL Café/Game Room 3:00 Stretch & Strengthen with Matt - GR	10:15 Folk Music 4 11:00 Walking Group 2:00 Magician & Illusionist, Thomas Baker – GR 3:45 Poetry Reading & Tea in the Garden	9:30 Daily Chronicles/A 5 10:00 Sit & Stretch 10:30 Tibetan Sound Meditation – GR 1:00 Music with Bill Nastasi 3:30 Afternoon Social/A
9:30 This Date in History 6 10:00 Gentle Stretch with Arlene 1:00 Walking Group 2:00 Sing-Along w/ Sarah 3:30 Massage and Meditation	10:30 Music Therapy Group w/Cynthia and Sarah 7 1:00 Stretch & Strengthen with Matt 2:00 Shadow Boxes with Makenzie (our Intern) 3:45 Nail Salon and Spa	9:30 Morning News & Coffee 8 10:15 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group 2:30 Garden Readers Club 3:00 Chair Yoga - GR 4:00 Michelle's Update	9:30 Morning News & Coffee 9 10:00 Baking with Frenchii 1:00 Exercise with Matt 2:30 Music by Two on the Town – GR 3:00 Open Swim-IL Pool 4:00 Nail Salon	Eucharistic Minister Rm Visits 10 9:30 Morning News & Coffee 10:00 Music w/Cynthia & Jane - GR 10:00 Pet Therapy with Samira 1:00 Walking Group 2:00 Garden Readers Club 3:00 Stretch & Strengthen with Matt - GR	Yom Kippur begins at sundown 11 9:30 Morning News & Coffee 10:00 Aromatherapy Spa – GR/J 1:30 Travel Talk with Jane K.: The Holy Land – GR 2:00 Music DVD: Bernadette Peters in Concert 3:00 Short Stories w/Arlene	9:30 Daily Chronicles/A 12 10:00 Sit & Stretch 1:00 Walking Group 2:30 Puzzles and Games 4:15 Reminiscing/A
9:30 This Date in History 13 10:00 Gentle Stretch with Arlene 12:00 Diners Club 2:00 Sing-Along w/ Sarah 3:30 Fall Foliage Project	Columbus & Indigenous Peoples Day 14 10:30 Walking Group 1:00 Stretch & Strengthen 2:00 Shadow Boxes with Makenzie 2:00 BINGO with Spiced Apple Spritzers- GR 3:45 Nail Salon and Spa	9:30 Morning News & Coffee 15 10:15 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group 2:30 Wanderlust Rhythms with Peter Brown: Viva La France (travel & music) – GR 3:30 Finish the Phrase 4:00 Michelle's Update	9:30 Morning News & Coffee 16 10:00 Baking with Frenchii 11:00 Smart Bells w/Ujjala-GR 1:00 Exercise with Matt 2:00 Halloween Craft 3:00 Open Swim-IL Pool 4:00 Readers Club	Eucharistic Minister Rm Visits 17 9:30 Morning News & Coffee 10:30 Food Crafts: Biscotti Ghosts – GR 1:00 Walking Group 2:30 Piano Music & Conversation with Michael Holt - GR 3:30 Stretch & Strengthen- GR 4:00 Evening Meal Prep	9:30 Morning News & Coffee 18 10:15 Folk Music 11:00 Walking Group 1:00 Life-long Learning: History of Halloween 1:30 BINGO – GR/J 3:00 Simple Melodies with the Starlight Trio - PAC	9:30 Daily Chronicles/A 19 10:00 Sit & Stretch 1:00 Music with Bill Nastasi 3:30 Afternoon Social/A
9:30 This Date in History 20 10:00 Gentle Stretch with Arlene 11:00 Walking Group 2:00 An Art Conversation with Norman Sasowsky - GR 4:00 Evening Meal Prep	Happy Birthday, Ann G.! 21 9:30 Morning News & Coffee 10:30 Music Therapy Group 1:00 Stretch & Strengthen with Matt 2:00 Shadow Boxes with Makenzie 3:45 Nail Salon and Spa	9:30 Morning News & Coffee 22 10:15 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group 2:00 Garden Readers Club 3:00 Watercolor Painting 3:00 Chair Yoga – GR 4:00 Michelle's Update	9:30 Art Class with Michelle 23 1:00 Exercise with Matt 2:00 Ice-Cream Cart: Fall Flavors 3:00 Open Swim-IL Pool 3:00 Walking Group	Eucharistic Minister Rm Visits 24 9:30 Morning News & Coffee 10:15 Cranium Crrunches 1:00 Parachute Exercise 2pm – 4pm Ina's WP-wide Thank You Party – PAC 3:30 Stretch & Strengthen-GR/J 4:00 Evening Meal Prep	9:30 Morning News & Coffee 25 10:15 Life-long Learning: Famous Folk Artists 1:00 Walking Group 1:30 BINGO – GR/J 3:00 Tabletop Bowling 4:00 Shalom's Space - GR	9:30 Daily Chronicles/A 26 10:00 Sit & Stretch/A 1:00 Flower Arranging/J 2:30 Afternoon Social/A 4:15 Reminiscing/A
9:30 This Date in History 27 10:00 Gentle Stretch with Arlene 12:00 Diners Club 2:00 Sing-Along w/ Sarah 3:30 Walking Group	9:30 Morning News & Coffee 28 10:30 Music Therapy Group 1:00 Stretch & Strength with Matt 2:00 WP Dulcimers Fall Concert – GR 2:15 Shadow Boxes with Makenzie	9:30 Morning News & Coffee 29 10:15 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group 2:00 Life-long Learning: Famous Poets 3:00 Massage and Meditation 4:00 Michelle's Update 5:00 Family Council Zoom Meeting** or IL Classroom	9:30 Morning News & Coffee 30 10:00 Baking with Frenchii 1:00 Exercise with Matt 2:00 Birthday Party with Frankie Keene – GR 3:00 Open Swim-IL Pool 4:00 Readers Club	Halloween 31 Eucharistic Minister Rm Visits 9:30 Morning News & Coffee 10:30 Students Trick-or-Treating -TBA 1:00 Garden Readers Club 2:30 Fall Foliage Project 3:30 Stretch & Strengthen with Matt - GR 4:00 Evening Meal Prep	Location Key: All programs are done in the dining room unless otherwise indicated. GR=Great Room PAC=Performing Arts Center Staff Key: S=Sarah, A=Arlene, C=Cynthia, J=Jane Michelle's Update every Tues. at 12:15 pm, 4 pm & 8 pm on WPTV Channel 1340 Activities are subject to change in Memory Care.	

** Please call 845-256-5917 for the link to the Family Council meeting on Zoom. Questions/Suggestions? Email Sarah at SMotherway @wpatnp.org or call 845-256-5681