



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED FOR</b> 1 	<b>Workforce Memories</b> 2 10a – Recall & Reminiscence: <b>Work Force Memories</b> – Reflecting on our careers, companies, and jobs of yesteryear 11a – <b>Brain Game:</b> <i>Occupation</i> crossword 11:30a – <b>Culinary Adventures:</b> Baking and decorating some patriotic cupcakes 12p – <b>Lunch, music, &amp; an Occupation hangman</b> 1-2p - End of Day: <b>Meditative Flow w/ Max</b> - Mastering the movements of the “Aloha” Islands	<b>School Days / Sponsored Activity</b> 3 10a – Sip & Share: <b>School Daze!</b> –Reminiscing on our days of “reading, writing, & arithmetic” and back-to-school traditions 11a – <b>Exercise:</b> Tai Chi w/ Maria 12p – <b>Lunch, &amp; a didaskaleinophobia word play</b> 1-2p - End of Day: <b>Creative Crafts</b> –Yarn letter decorations, “I Spy,” and a game of Pokemo	<b>JCPenney’s</b> 4 10a – Tea & Trivia: <b>Shop talk!</b> – Discussing the emergence of JCPenney and the dawn of the five & Dime 11a – <b>Sign Language Class</b> – w/ Mill Neck Manor 11:45a – <b>Exercise:</b> Aerobicize w/ Agatha 12:15p – <b>Lunch, music, &amp; common bonds game</b> 1-2p - End of Day: <b>Arbors Afternoon</b> –Crafts, trivia and brain games w/ Anne	<b>Bowling</b> 5 10a – Coffee & Conversation: <b>Spare, Split, Strike...</b> – Unearthing the ancient roots of this very popular American pastime 11a – <b>Brain Booster</b> - <i>Leisure activity</i> crossword 11:30a – <b>Exercise</b> – Cardio drumming (seated) 12:15p– <b>Lunch, music, &amp; game of outburst</b> 1-2p - End of Day: <b>Therapeutic Arts</b> - ‘Pin’ painting, and a team bowling challenge for prizes
<b>Grandma Moses / Grandparents Day</b> 8 10a – Sip & Share: <b>Farmwife to Famous Artist:</b> Exploring the inspiring and enduring legacy of American folk artist Grandma Moses 11a – <b>Painterly Expression:</b> <i>Watercolor landscape</i> 11:30a – <b>Cognitive Challenge:</b> “Art” outburst 12p – <b>Lunch, music, &amp; a grandma category game</b> 1-2p - End of Day: <b>Exercise</b> – Balance, Strength, & Fitness class w/ Kayla from Metro PT	<b>Candles</b> 9 10a – Tea & Trivia: <b>Dipped Tallow</b> – Throwing a light on the rich and spiritual origins of these ancient timekeepers 11a – <b>Exercise:</b> Zumba w/ Carol 11:45a – <b>Brain Teaser:</b> Candle I Spy 12p – <b>Lunch, music, &amp; a game of name 3</b> 1-2p - End of Day: <b>Sensory Craft</b> – Candle crafting , cards, and a “flame” bingo	<b>Plants / Animal Experience</b> 10 10a – Coffee & Conversation: <b>Snake, Spider, &amp; Succulents</b> – Celebrating the therapeutic world of, vegetation, & herbage 11a – <b>Exercise:</b> Tai Chi w/ Maria 12- 2p – <b>Lunch, music, &amp; an interactive lecture</b> <b>Meet the Animals!</b> Our friends from Alley Pond Environmental Center will acquaint us with the various creatures that live among us on Long Island	<b>Happy Cats</b> 11 10a – Coffee & Short Stories: <b>Tabby, Tuxedo, Tiffanie</b> – Sharing some fun facts, history, and trivia to kick of ‘happy cat month’ 11a – <b>Sign Language Class</b> – w/ Mill Neck Manor 11:45a – <b>Exercise:</b> Aerobicize w/ Agatha 12:15p – <b>Lunch, music, and a feline wordplay</b> 1:15-2p - End of Day: <b>Pet Pawty</b> – Cake, cat portraits and a game of cards	<b>Rohl Dahl</b> 12 10a – Readings & Recitals: <b>Whangdoodles &amp; Snozzberries</b> – Experiencing the colorful and imaginative worlds of Rohl Dahl 11a – <b>Cognitive Challenge</b> – Rhyming Verses 11:30a – <b>Paper Craft</b> – Poetry plane 12p– <b>Lunch, music, &amp; a tongue twister game</b> 1-2p – End of Day: <b>Exercise</b> – Mind & Body Movement w/ Marvin
<b>Play-Doh / LIM In the Moment</b> 15 10a – Recall & Reminiscence: <b>Rainbow Modeling Compound</b> – Wallpaper cleaner to a children’s toy the evolution of Play-Doh 11a – <b>“In the Moment:”</b> LIM virtual gallery tour 12p – <b>Lunch, &amp; a shake loose a memory game</b> 1-2p - End of Day: <b>OT</b> – Fine motor & muscle memory activities with Kayla	<b>Agatha Christie</b> 16 10a – Sip & Share: <b>The Queen of Crime</b> – Delving into the storied history of the very mysterious Agatha Christie 11a – <b>Exercise:</b> Zumba w/ Carol 11:45a – <b>Brain Booster:</b> <i>Book</i> wordsearch 12p – <b>Lunch, music, &amp; detective Scattergory</b> 1-2p - End of Day: <b>Crime Bash!</b> – Book leaf wreath, 10-minute mysteries, and a decode-a-message	<b>Sewing / Sip &amp; Socialize</b> 17 10a – Show & Tell: <b>A Stitch in Time</b> –The rich tapestry of sewing’s primitive origins and profound influence on fashion 11a – <b>Brain Teaser:</b> <i>Crafting</i> picture find 11:30a – <b>Exercise:</b> Tai Chi w/ Maria 12:15p – <b>Lunch, music, and a hobby A - Z game</b> 1-2p - End of Day: <b>Sip &amp; Socialize</b> – Mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst	<b>Peace</b> 18 10a – Coffee & Conversation: <b>Extending an Olive Branch</b> – Celebrating the many themes and icons of peace throughout history 11a – <b>Sign Language Class</b> – w/ Mill Neck Manor 11:45a – <b>Exercise:</b> Aerobicize w/ Agatha 12:15p– <b>Lunch, music, &amp; peacebuilding word play</b> 1-2p - End of Day: <b>Horticulture Therapy</b> – A seasonal sensory program guided by Lori Sherman	<b>Butterscotch / Recall &amp; Rem Group</b> 19 10a – Tea & Trivia: <b>Butter, Sugar, Milk, &amp; Molasses</b> – Diving into the origins of this decadent dessert 11a – <b>“Recall &amp; Reminiscence” Group</b> – Guided by LIU Post professors & student interns 12p– <b>Lunch, music, &amp; an A my name is? game</b> 1-2p – End of Day: <b>Exercise</b> – Mind & Body Movement w/ Marvin
<b>Rosh Hashanah</b> 22 10a – Readings & Recitals: <b>Joyful Noise</b> – Exploring the rich symbolism behind this holiday of ‘new beginnings’ 11a – <b>Brain Booster:</b> <i>Rosh Hashanah</i> word search 11:30a – <b>Staff-Guided Exercise:</b> Seated yoga 12p – <b>Lunch, music, &amp; shofar scattergory</b> 1-2p - End of Day: <b>New Year Social</b> – Apple prints, honey cakes, celebratory singalong & a bingo for prizes	<b>Johnny Appleseed</b> 23 10a – Show & Tell: <b>Into the Wilderness</b> – Discussing the life, legends, and inspiration of this American Icon 11a – <b>Exercise:</b> Zumba w/ Carol 11:45a – <b>Cognitive Challenge:</b> <i>Food</i> Crossword 12p– <b>Lunch, music, &amp; a game of food pairs</b> 1-2p - End of Day: <b>Culinary Adventures</b> – Apple pinch pots, apple cider & a garden jingo	<b>Autumn</b> 24 10a – Coffee & Short Stories: <b>Autumnal Flame</b> – Discussing the sights, sounds, tastes & smells of this glorious season 11a – <b>Exercise:</b> Tai Chi w/ Maria 12p – <b>Lunch, music, &amp; a foliage acrostic challenge</b> 1-2p - End of Day: <b>Fall Social</b> – Corn dolly creations, mulled cider, and an Autumn story crafting	<b>Butterflies</b> 25 10a – Sip & Share: <b>“Kaleidoscope of Wings”</b> – Exploring the wonderful world of these flying jewels 11a – <b>Sign Language Class</b> – w/ Mill Neck Manor 11:45a – <b>Exercise:</b> Aerobicize w/ Agatha 12:15p–12p – <b>Lunch, &amp; a ‘Lepidoptera’ wordplay</b> 1-2p - End of Day: <b>Butterfly Show</b> – An up-close look at a breathtaking collection of butterflies and moths with our <b>Lepidopterist</b> , Steve Fratello	<b>Chocolate</b> 26 10a – Coffee & Conversation: <b>A World of Your Imagination</b> – Discussing the rise of the original Willy Wonka 11a – <b>Kitchen Creations:</b> Chocolate alchemy 11:45a – <b>Brain Teaser:</b> <i>Candy</i> Crossword 12p – <b>Lunch, music, &amp; a game of outburst</b> 1-2p - End of Day: <b>Exercise</b> – Mind & Body Movement w/ Marvin
<b>Fall Hats</b> 29 10a – Show & Tell: <b>Millinery Masterpiece!</b> – Taking a look at the intriguing history of headwear’s humble origins 11a – <b>Brain Fitness:</b> <i>Clothing</i> Crossword 11:30a – <b>Exercise:</b> Cardio drumming (seated) 12p – <b>Lunch, music, &amp; a clothing round robin</b> 1-2p - End of Day: <b>Millinery Mixer</b> – Fall mocktails, hat crafting, followed by a fashion show with prizes	<b>Mulled Cider</b> 30 10a – Sip & Share: <b>Let’s Go Wassailing</b> – The story behind the lure of Falls beloved aromatic beverage 11a – <b>Brain Game:</b> <i>Apple</i> I Spy 11:30a – <b>Streamed Exercise:</b> Chair yoga 12p – <b>Lunch, music, &amp; a beverage round robin</b> 1-2p - End of Day: <b>Cider Social</b> – Fall craft, mulled cider, and a balloon volleyball	<b>September - Special Programs &amp; Events:</b> <b>4th - Artistic Afternoon-</b> w/ Anne from the Arbors <b>10th - Animals Alive:</b> An interactive animal presentation brought to us by Alley Pond Environmental Center <b>15th – “In the Moment:”</b> Long Island Museum virtual gallery tour and art-making session <b>17th – “Sip &amp; Socialize:”</b> Monthly program w/ Pam & Judith from Sunrise & CareFirst	<b>September - Special Programs &amp; Events:</b> <b>18th - Horticultural Therapy:</b> A multi-sensory program guided by Lori Sherman <b>19th - “Recall &amp; Reminiscence” Group:</b> Guided by LIU Post professors & graduate interns <b>25th - Butterfly Presentation:</b> A visually stunning presentation of butterflies from around the globe	<b>September - Special Programs &amp; Events:</b> <b>11th @ 10:15am - Caregiver Support Group</b> Facilitated by FCA ( <i>Please contact Amanda to inquire, as dates are subject to change</i> ) <b>Every Thursday</b> - Sign Language Class with Mill Neck Manor