



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October Special Events & Trips: 6th - TRIP: Nassau County Museum of Art 9th - Making Memories at the Movies: Film reminiscence program led by Marcy Rhodes 10th - "Recall and Reminiscence" Program: Guided by LIU Post professors and their students 21st - Octoberfest!: Live Music w/ Ellen Lindstrum 20th - "In the Moment:" Long Island Museum virtual gallery tour and art-making session	October Special Events & Trips: 23rd - Horticulture Therapy: Sensory & seasonal engagement w/ Lauren Ferris 31st - Halloween Party: Live Music w/ Joe 9th @ 10:15am - Caregiver Support Group Facilitated by FCA (<i>Please contact Amanda to inquire, as dates are subject to change</i>) Every Thursday - Sign Language Class with Mill Neck Manor	Yom Kippur 1 10a - Sip & Share: Sabbath of Sabbaths - Reflecting on the rituals and symbols surrounding this holy "day of atonement" 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a forgive category game 1-2p - End of Day: Reflecting & Connecting Social - Crafting a "pledge" chain, and a group <i>fill-in-the-blank</i> word challenge	Pumpkin Spice 2 10a - Tea & Trivia: Spice of Life! - Exploring the ancient origins behind the ever-popular Pumpkin Spice 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & Spice Scattergory 1-2p - End of Day: Fine Motor & Muscle Memory Activities with Kayla	Fall Senses 3 10a - Readings & Recitals: My Many-Colored Days - Discussing the color, mood, & emotions of the season 11a - Kitchen Creations - Gingerbread baking 11:30a - Brain Game - <i>Fall</i> I-Spy challenge 12p- Lunch, music, & a game of Outburst 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Fears / Trip NCMA 6 10a - Sip & Share: Arachnophobia? Samhainophobia?: Talking about our greatest fears on "Face Your Fears Day" 11a - Cognitive Challenge: <i>Creature</i> picture-find 11:30a - Lunch, followed by a TRIP Nassau County Museum of Art	Cookies 7 10a - Tea & Trivia: Jumbles, Plunket's, & Cry Babies - Delving into the fascinating history of these popular baked goods 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: <i>Food</i> Crossword 12p - Lunch, music & an Outburst challenge 1-2p - End of Day: Sweet Social - Cookie Baking, leaf painting, and a group brain game	Abscission 8 10a - Show & Tell: Carotenoids & Anthocyanins - Conversations on the breathtaking scientific phenomenon of foliage photosynthesis 11a - Cognitive Challenge: Autumn I-Spy 11:30a - Exercise: Tai Chi w/ Maria 12:30p - Lunch, music & a Leaf category game 1:30-2p - End of Day: Fall Gathering - Leaf wreaths, hot cider, and a game of colorful kickball	October Myths & Legends / Support Group 9 10a - Coffee & Short Stories: All the "Tens" - Uncovering the many signs, symbols, colors, & folklore of October 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, and Candy round-robin 1:15-2p - End of Day: "Making Memories at the Movies:" Film reminiscence program led by Marcy	Columbus / Recall & Rem Group 10 10a - Readings & Recitals: The New World - Shining a light on the story behind Cristopher Columbus' historic voyage 11a - "Recall & Reminiscence" Program - Guided by LIU Post professors & student interns 12p- Lunch, music, & a Travel Scattergory 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
CLOSED - COLUMBUS/ INDIGENOUS PEOPLE'S DAY 13 	Pumpkins 14 10a - Show & Tell: Rise of the Jack O' Lantern - Exploring the fascinating origins of this seasonal cucurbitaceous 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: <i>Hayride</i> I-Spy teaser 12p - Lunch, music, & a gourd category game 1-2p - End of Day: Harvest Happy Hour - Pumpkin decorating, pie tasting, and a <i>GOURD</i> bingo game for prizes	Candy Corn / Sip & Socialize 15 10a - Tea & Trivia: Chicken Feed - The sweet tale of candy corn and the Halloween confectionery of yesteryear 11a - Brain Teaser: <i>Confectionery</i> Crossword 11:30a - Exercise: Tai Chi w/ Maria 12:30p - Lunch, music, & a food pair challenge 1-2p - End of Day: Sip & Socialize - Mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst	Apples 16 10a - Coffee & Conversation: Forbidden Fruit - The rich symbolism, legends, & poetry around the classic autumn apple 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:30p - Lunch, music & a Fruit Outburst 1-2p - End of Day: Poetry & Pie Social - Apple turnovers, scented soap crafting, and food Jingo	Diwali 17 10a - Sip & Share: Light Over Darkness - Discussing the symbolism, stories, & spiritual journey of Diwali 10:30a - Music Therapy - A morning of rhythm and expression facilitated by our NEG instructor 11:30a - Brain Booster: <i>Diwali</i> wordsearch 12p - Lunch, music, & a Deepavali wordplay 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Pumpkin Seeds / LIM - In the Moment 20 10a - Coffee & Conversation: Potent Pepitas - Learn about the health benefits of these seasonal seeds 11a - "In the Moment:" LIM virtual gallery tour 12p - Lunch, music, & an "Animal, Mineral, or Vegetable?" quiz 1-2p - End of Day: Exercise - Balance, Strength, & Fitness w/ Kayla from <i>Metro PT</i>	German American Heritage / Live Music 21 10a - Tea & Trivia: Theresienweise - The history, culture, and festivities surrounding Oktoberfest 11a - Exercise: Zumba w/ Carol 11:45a - Brain Game: <i>Holidays</i> Crossword 12-2p - Lunch, music, & an Octoberfest Celebration A toe-tapping afternoon of music with Ellen Lindstrum & cider, mohnstollen, and strudel	Owls 22 10a - Coffee & Short Stories: Night Birds! - Exploring the intriguing mythology, spiritualism, and folklore surrounding owls 11a - Brain Booster: <i>Animal slang</i> crossword 11:30a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a bird hangman challenge 1-2p - End of Day: Owlsome Afternoon - Owl pot painting, mulled cider, and an Autumn story crafting	Halloween Icons / Horticulture 23 10a - Sip & Share: Nefarious Creatures - The mysterious tale of how bats and cats became the symbols of Halloween 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p -12p - Lunch, & a Nefarious wordplay 1-2p - End of Day: Horticulture Therapy - A seasonal sensory program guided by Lauren Ferris	Mask / Music Therapy 24 10a - Tea & Tall Tales: Master of Disguise - Exploring the bewitching history and art of the Halloween mask 11a - Expressive Art: Decorative mask crafting 11:45a - Brain Teaser: <i>Clothing</i> Crossword 12p - Lunch, music, & a mask category game 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
TRIP 27 10a - Quickfire Brain Game: Opposites teaser 10:30a - TRIP An excursion to the Long Island Museum in Stony Brook for a Rhythm and Remembrance program - "Memory Disco" Followed by lunch and a gallery tour	Halloween Origins 28 10a - Recall & Reminiscence: Trick or Treat - Discussing the captivating history of this popular Halloween tradition 11a - Brain Teaser: <i>Halloween</i> I-Spy teaser 11:30a - Exercise: Yoga with Sherry (via YouTube) 12p - Lunch, music, & a Halloween Hangman 1-2p - End of Day: Ghostly Gathering - Mocktails, card crafting, and Halloween Jingo	Ravens & Edgar Allan Poe 29 10a - Readings & Recitals: Unkindness, Treachery, Conspiracy - The spiritual, symbolic, and folkloric world of the Raven 11a - Story Crafting: A Halloween gathering 11:30a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a bird scattergory 1-2p - End of Day: Bird Bash - Hot chocolate, felt raven crafting, and a "GHOST" Bingo game for prizes	Halloween Party & Live Music 30 10a - Tea & Trivia: Mischief & Mayhem - Recounting the beguiling tales behind "All Hallows' Eve" 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Quickfire Exercise: Aerobicize w/ Agatha 12-2p - A Spooktacular Afternoon! Festive lunch, live music, and party tricks with w/ Joe, followed by a costume competition and prize-giving	Frankenstein 31 10a - Coffee & Short Stories: Monster Mash - Exploring the inspirational origins behind Mary Shelly's Frankenstein 11a - Creative Craft: "Monster" yarn making 11:30a - Brain Booster: <i>Storytelling</i> picture-find 12p - Lunch, & a Frankenstein word play 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin