



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>"Each crisp morning is a canvas for new beginnings."</i> <i>"In the tapestry of life, September weaves threads of transformation into our stories."</i>	1 ADP CLOSED 	2 ADP CLOSED	3 Back to School 10a - Sip & Share: School Daze! - Reflecting on our days of reading, writing & arithmetic and discussing popular back-to-school traditions around the world 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a Spelling B challenge 1:15- 2p- End of Day: Recess Reunion - Crafting apple lanterns, hot cider, and balloon volleyball	4 Labor 10a - Reminiscing and Reflecting: Working 9-5- Door-to-door salesman? Avon Lady? Reminiscing about the jobs and careers of yesteryear 10:30a- Expressive Art: Ribbon flag wall art 11:45a - Brain Game - <i>Occupation</i> word search 12p - Lunch, & a game of Would You Ever 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin
7 CLOSED 	8 Grandma Moses 10a - Show & Tell: Farmwife to Famous Artist - Exploring the inspiring and enduring legacy of Grandma Moses 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: <i>Art gallery</i> picture-find 12p - Lunch, music, & a game of Name 5 1-2p - End of Day: Paint Party! -Scenic watercolors, a game of CLR, and a Kickball	9 Cats 10a - Sip & Share: Tabby, Tuxedo, Tiffanie - Delving into the rich ancestry of our beloved feline companions 10:30a- Expressive Art: Cat canvases 11a - Exercise - Tai Chi w/ Maria 12p - Lunch, music, & a pet category game 1- 2p - End of Day: Meet the Animals! Alley Pond Environmental Center's lecture introduces us to reptiles, songbirds, mammals, & insects	10 TV Dinners / Caregiver Support Group 10a - Tea & Trivia: Strato-Plates -Shining a light on the fascinating story behind these "meals of convenience" 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15 - Lunch, music, & an A-Z food challenge 1-2p - End of Day: ArtTalk! 250 Years - Discussing the portrayal of America in art, guided by Laura Lynch	11 Recall & Rem Group / Rosh Hashanah 10a - Coffee & Conversation: Shanah Tovah - Reflecting on the rituals and traditions of this holiday of new beginnings 11a - "Recall & Reminiscence" Group - Led by LIU Post professors & graduate interns 12p- Lunch, music, & a shofar category game 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
14 Roald Dahl 10a - Readings & Re-enactments: Scrumdiddlyumptious! - Diving into the playful, imaginative world of the fizz-whizzing Roald Dahl 10:30a -Expressive Art: Giant peach weaving craft 11a - Pictorial Prompt: Storytime group narrative 12p - Lunch, music, & a rhyming verse challenge 1-2p - End of Day: Exercise - Balance, Strength, & Fitness class w/ Kayla from Metro PT	15 Hummingbirds 10a - Sip & Share: Joy, Resilience, and Love - Discussing the fascinating symbolism surrounding these spiritual messengers 11a - Brain Teaser: <i>In the garden</i> crossword 12p - Lunch, music, & bird hangman 1-2p - End of Day: Hummingbird Hoopla - Windchime craft, bingo, & a game of volleyball	16 Mayflower 10a - Coffee & Conversation: Pilgrim's Path -Tracing the Mayflower's rough, stormy passage across the Atlantic into a new world Tactile Art: Sail & wind weaving craft 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a voyage category game 1- 2p - End of Day: "Sip & Socialize" - Mocktails and crafts w/ Pam and Judith (Sunrise & CareFirst)	17 Cartonnage Day 10a - Show & Tell: Decorative Keepsakes - Unveiling the origins of this ancient and highly versatile luxury art form. 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a rummage wordplay 1-2p - End of Day: Papyrus & Plaster Bash - Decoupage boxes, punch, and a game of Pokeno	18 Play-Doh 10a - Tea & Trivia: Rainbow Crafts - From wallpaper cleaner to creative toy - discussing the birth of Play-Doh 10:30a - Expressive Art: Clay pot molding 11:30a - Brain Game: <i>Toys & Games</i> crossword 12p - Lunch, music, & a toy round-robin 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
21 Yom Kippur 10a - Coffee & Conversation: Closing of the Gates - Discussing the poetic significance of Ne'ilah and the idea of renewal 10:30a - Brain Booster: <i>Yom Kippur</i> word-find 11a - "In the Moment:" LIM virtual gallery tour 12-2p - Lunch and live music Celebrating Autumn Kicking off our autumn festivities with sounds as vibrant as the season itself-brought to us by the wonderful Johnny Taps	22 First Day of Autumn 10a - Reminiscing & Reflecting: Transition & Change: Exploring the symbolism surrounding this season of reflection, change, and preparation 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: <i>Color</i> crossword 12p - Lunch, music, & a game of making plans 1-2p - End of Day: Fall Fiesta! - Fall wreath making, hot apple cider, and a game of <i>acorn hole</i>	23 Johnny Appleseed 10a - Sip & Share: Kindness, Simplicity, & Harmony - Recounting the many stories of this inspirational folk hero 10:30a - Brain Teaser: <i>Apple Picking</i> I-Spy 11a - Exercise - Tai Chi w/ Maria 12p - Lunch, music, & an orchard category game 1- 2p - End of Day: Seed Social- Seed bomb molding, apple pie-making, and a game of garden Jingo	24 Fall Spices 10a - Tea & Trivia: Aromatic Odyssey - Mulling over the history of the mesmerizing aromas and captivating flavors of the fall season 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, and a taste-and-smell imagination game 12:45-2p - End of Day: Music Therapy - guided by the dynamic Maria Menniti	25 Candles 10a - Sip & Share: Dipped Tallow - Shining a light on the rich and spiritual origins of these ancient timekeepers 10:30a - Sensory Craft: Essential oil candle crafting 11:45a - Brain Booster - <i>household</i> crossword 12p-Lunch, music, & a game of Whatchamacallit 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
28 Mushrooms 10a - Sip & Share: Longevity & Immortality - Shining a light on the mysterious, magical, and medicinal marvel 10:30a - Brain Booster: <i>Garden</i> picture-find 11a - Bards & Brushes - A morning of theater & art w/ the charismatic Cassidy Nelson 12p - Lunch, music, & common bond challenge 1-2p - End of Day: ShroomBloom - toadstool & moss terrarium crafting, cupcakes, & Jingo	29 Sleep-tember 10a - Coffee & Conversation: Counting Sheep -Examining the heart, brain, and emotional health benefits of a good night's sleep 10:30a - Brain Game: <i>sheep shearing</i> picture-find 11a - Music Therapy - Facilitated by the energetic Zachary Thomas 12p - Lunch, music, & a forty winks wordplay 1-2p -End of Day: Autumnal Soaps! A fun sensory afternoon of soap making w/ Angela	30 Fall Hats 10a - Show & Tell: Crowning Glory! - Journeying through the captivating inception of these millinery masterpieces 10:30a- Cerebral Challenge - <i>Clothing</i> crossword 11a - Exercise - Tai Chi w/ Maria 12p - Lunch, music, & a clothing Outburst game End of Day: Millinery Mixer - Fall mocktails, hat crafting, & a fashion show followed by a CROWN Bingo game for prizes	September - Special Programs & Events: 9th -Meet the Animals! An exciting interactive lecture w/ a variety of creatures from APEC 10th - Caregiver Support Group @ 10:15a 10th - Gallery Gathering: <i>ArtTalk!</i> Facilitated by Laura Lynch 11th - "Recall & Reminiscence" Group: Guided by LIU Post professors & student interns 14th Bards & Brushes - Theater and Art w/ Cassidy Nelson 19th - Sip & Socialize: Crafts and trivia with Pam & Judith from Sunrise & CareFirst	September - Special Programs & Events: 21st - "In the Moment:" Long Island Museum virtual gallery tour and art-making session 21st - Live Music: Autumnal celebration w/ the talented Johnny Taps 24th - Music Therapy: w/ Maria Menniti 29th Autumn Aromas! Crafting sensory soaps w/ Angela Carillo 29th - Music Therapy: Led by Zachery Thomas