



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October Special Events: 1st - Horticulture Therapy: Sensory & seasonal engagement with Lori Sherman 5th - Live Music: Oktoberfest celebrations w/ Papa Joe 8th - Gallery Gathering: <i>ArtTalk!</i> Facilitated by Laura Lynch 9th & 30th - "Recall and Reminiscence" Program: LIU Post professors and their students	October Special Events: 19th - "In the Moment:" Long Island Museum virtual gallery tour and art-making session 19th - Sip & Socialize: Crafts and trivia with Pam & Judith from Sunrise & CareFirst 22nd - "Making Memories at the Movies:" Film reminiscence program led by Marcy Rhodes 26th - Bards & Brushes - Theater and Art program w/ Cassidy Nelson	October Special Events: 27th - Music Therapy: Led by Zachery Thomas 29th - Halloween Party: Live Music w/ Joe 8th @ 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	Pumpkin Spice 1 10a - Tea & Trivia: Spice of Life! - Mulling over 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: Horticulture Therapy - Sensory & seasonal engagement with Lori Sherman	Fall Senses 2 10a - Readings & Recitals: My Many-Colored Days - Discussing the color, mood, & emotions of the season 10:30a - In the Kitchen- 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
German American Heritage / Live Music 5 10a - Sip & Share: Theresienwiese - Exploring 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 Oktoberfest Celebration Cider, strudel, & a toe-tapping afternoon of polka, waltzes, and Alpine tunes with Papa Joe	Cookies 6 10a - Tea & Trivia: Jumbles, Plunkets, & 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: Sweets Social - Cookie baking, cookie cutter bird treats, & a brain game	Leaves 7 10a - Show & Tell: Carotenoids & Anthocyanins - Conversations on the breathtaking scientific phenomenon of foliage photosynthesis 10:30a - Cognitive Challenge: <i>Autumn</i> I-Spy 11a - Taste of Autumn: Mini pumpkin pie baking 12p - Lunch, music, & a Leaf category game 1-2p - End of Day: Harvest Happy Hour - Leaf wreaths, hot cider, and a game of colorful kickball	Coffee / Support Group 8 10a - Coffee & Short Stories: Dancing Goats! - Monks, Pilgrims, and smuggled beans! The peculiar but fascinating origins of coffee 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p -12p - Lunch, & a bean category game 1-2p - End of Day: ArtTalk! Discussing the celebration of Fall, as portrayed in famous artworks, guided by Laura Lynch	Columbus / Recall & Rem Group 9 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 FOR Indigenous Peoples / Columbus Day 	Pumpkins 13 10a - Show & Tell: Rise of the Jack O' Lantern - Tracing the 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: Pumpkin Patch Party - Pumpkin decorating, pie tasting, and a <i>GOURD</i> bingo game for prizes	Candy Corn 14 10a - Sip & Share: Chicken Feed - The sweet tale of candy corn and the Halloween confectionery of yesteryear 10:30a - Brain Teaser: <i>Confectionery</i> Crossword 11a - Expressive Art: Candy corn crafting 12p - Lunch, music, & a food pair challenge 1- 2p - End of Day: Exercise: Tai Chi w/ Maria	Apples 15 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 game 1-2p - End of Day: Poetry & Pie Social - Apple turnovers, scented soap crafting, and food Jingo	Sock-tober 16 10a - Tea & Trivia: Light Slipper - From primitive foot coverings to fashion statements, we discuss the surprising evolution of this indispensable garment 10:30a - Card Craft - Fashioning message tags 11:30a - Brain Booster: <i>Clothing</i> crossword 12p - Lunch, music, & a Sock category game 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Yarn / LIM - In the Moment 19 10a - Coffee & Conversation: Spinning a Yarn - From the days when sailors twisted yarn and swapped stories to the modern fiber trade, we revisit a timeless and evolving craft. 11a - "In the Moment:" LIM virtual gallery tour 12p - Lunch, music, & a fabric category game 1-2p - End of Day: Exercise - Balance, Strength, & Fitness w/ Kayla from <i>Metro PT</i>	Owls 20 10a - Sip & Share: Night Birds! - Exploring the intriguing mythology, spiritualism, and folklore surrounding these very wise and ancient birds 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: <i>Animal slang</i> crossword 12p - Lunch, music, & a bird hangman 1-2p - End of Day: Parliament Party - Owl pot crafting, hot chocolate & a game of volleyball	Pumpkin Seeds / Sip & Socialize 21 10a - Coffee & Short Stories: Potent Pepitas - Examining the many health benefits of these delicious seasonal seeds 10:30a - Brain Booster: <i>Pumpkin</i> word search 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a what am I challenge 1- 2p - End of Day: Cider & Sips - An Autumnal social hour of trivia and crafts with Pam and Judith from Sunrise & CareFirst	October Myths & Legends / Making Memories 22 10a - Sip & Share: All the "Tens" - Uncovering the story behind the many signs, symbols, and colors of October 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p -12p - Lunch, & a Bean category game 1-2p - End of Day: "Making Memories at the Movies:" Film reminiscence program led by Marcy	Ravens & Edgar Allan Poe 23 10a - Readings & Recitals: Unkindness, Treachery, Conspiracy - The spiritual, symbolic, and folkloric world of <i>"The Raven"</i> 10:30a - Expressive Art: Felt raven craft 11:30a - Brain Teaser: <i>Farm</i> crossword 12p - Lunch, music, & a Bird Scattergory 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin
Halloween Traditions 26 10a - Recall & Reminiscence: Trick or Treat - Discussing the captivating history of this popular Halloween tradition 10:30a - Brain Booster: <i>Trick or Treat</i> I-Spy 11a - Bards & Brushes - A morning of theater & art w/ the charismatic Cassidy Nelson 12p - Lunch, music, & a Halloween Hangman End of Day: Mischief & Magic Soiree - Pie & hot cider, card crafting, and a game of "ghost" cornhole	Masks/ Music Therapy 27 10a - Show & Tell: Master of Disguise - Exploring the bewitching history and art of the Halloween mask 11a - Music Therapy - Facilitated by the energetic Zachary Thomas 12p - Lunch, music, & a Mask category game 1-2p - End of Day: Mask-querade Mixer - Mocktails, mask making, and a Halloween Jingo game	Halloween Icons 28 10a - Sip & Share: Nefarious Creatures - The mysterious tale of how bats and cats became the symbols of Halloween 10:30a - Story Crafting: A Halloween gathering 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a Nefarious wordplay 1-2p - End of Day: Ghostly Gathering - Bewitched mocktails, creature creations, and a pumpkin ring-toss for prizes	Halloween Party & Live Music 29 10a - Coffee & Short Stories: 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 30 10a - Tea & Trivia: Monster Mash - Exploring the inspirational origins behind Mary Shelley's Frankenstein 10:30a - Creative Craft: "Monster" yarn making 11a - "Recall & Reminiscence" Program - Guided by LIU Post professors & student interns 12p - Lunch, & a Frankenstein wordplay 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin