


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:15am Inspirational Sunday (DR,CY) 1:30pm October Trivia (DR,CY)	<b>2</b> 10:15am Exercise with Laurie (GR,DM) 11:15am Current Events (DR,DM) 1:30pm Walking Club (A) 2:30pm Musical Performance with Soul Shine (DR,DM) 3pm Music with Bill (DR) 4pm Art and Music (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>3</b> 11:15am Documentary and Discussion (DR,ML) 1:30pm Walking Club (A) 2pm (DR,CC)	<b>4</b> 10:15am Group Art Therapy with Michelle Eddison (SNDR,DM) 11:15am Stories in the Garden (DR,DM) 1:30pm Walking Club (DM) 2:30pm Bingo (GR,DM) 4pm Scrabble (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>5</b> 10:15am Creative Conversation (DR,DM) 11:15am Catholic Mass(GR,DM) 2:30pm Fall Leaf Craft (GR,DM) 4pm Yoga (DR,DM) 6pm Music Therapy Group (DR,CY) <i>Sukkot</i>	<b>6</b> 10:15am Rabbi Yael from Congregation Emanuel Hudson Valley (GR,CC) 11:15am Music with Julia Haines (DR,A) 3pm Tai Chi with Gary Mercurio (GR,ML) 3pm Music with Bill (DR)	<b>7</b> 10am Generations Shabbat Service with Hudson Valley Jewish Renewal (GR,DM) 2pm Music and Movement with Carlos (DR,DM)
<b>8</b> 9:15am Inspirational Sunday (DR,DM) 1:30pm Chair Yoga (DR,DM)	<b>9</b> 11:15am Balloon Toss (DR,CY) 1:30pm Walking Club (A) 2pm Musical Balloon Toss (DR,CC) 3pm Music with Bill (DR) <i>Columbus Day (US) Thanksgiving Day (Canada)</i>	<b>10</b> 10:15am Group Art Therapy with Michelle Eddison (SNDR,DM) 1:30pm Walking Club (A) 2pm Sukkot Program: Shake Lulav with Rabbi Berkowitz (GR,DM) 3:15pm Reminisce Craft (DR,DM)	<b>11</b> 10am Basic Eyeglass Repair Billiards Room 10:15am Yoga with Eva (GR,DM) 11:15am Health Center Choir (GR,DM) 2:30p Bingo (GR,DM) 4pm Scrabble (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>12</b> 10:15am Creative Conversation (DR,DM) <b>12pm Italian Luncheon with Angela Bruno (GR,DM)</b> 3:15pm Card Games (DR,DM) 4:15pm Yoga (DR,DM) 6pm Music Therapy Group (DR,CY)	<b>13</b> 9:30am Pet Therapy with Anza and Diggy (A) 11:15am What is It? Textural Rubbings (DR,ML) 2:30pm Music and Movement with Carlos (GR,DM) 3pm Music with Bill (DR)	<b>14</b> 9:15am Morning Stretch (DR,CC) 1:30pm Word Games (DR,CC)
<b>15</b> 9:15am Inspirational Sunday (DR,CC) 10:30am Exercise with Alys (DR,A) 1:30pm Current Events (DR,CC)	<b>16</b> 10:15am Exercise with Laurie (GR,DM) 11:15am Current Events (DR,DM) <b>12pm Lunch Outing (R,DM,A)</b> 3pm Music with Bill (DR) 4pm Art and Music (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>17</b> 11:15am Smart Bells with Ujjala (DR,ML) 1:30pm Walking Club (A) 2pm Seasonal Craft (DR,ML)	<b>18</b> 10:15am Group Art Therapy with Michelle Eddison (SNDR,DM) 10:30am Exercise with intern Allison (GR,DM) 2:30p Bingo (GR,DM) 4pm Scrabble (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>19</b> 10:15am Creative Conversation (DR,DM) 11:15am Episcopal Service (GR,DM) <i>2pm Baking with intern, Moesha (SNDR,DM)</i> 4:15pm Yoga (DR,DM) 6pm Music Therapy Group (DR,CY)	<b>20</b> 10:30am Music with Julia Haines (DR,A) 1:30pm Early Bird Viewing of Kaleidoscope of the Arts (PAC) 3pm Tai Chi with Gary Mercurio (GR,ML) 3pm Music with Bill (DR) 6:30pm Kol Hai Musical and Meditative Shabbat (GR,A)	<b>21</b> 9:15am Nail Salon (DR,DM) 1:30pm Reminisce with Music (DR,DM)
<b>22</b> 9:15am Inspirational Sunday (DR,DM) 1:30pm Halloween Reminisce (DR,DM)	<b>23</b> 11:15am Walking Club (ML) 2:30pm Seasonal Pumpkin Painting (GR,ML) 3pm Music with Bill (DR)	<b>24</b> 10:15am Group Art Therapy with Michelle Eddison (SNDR,ML) 1:30pm Music Therapy Group (DR,CY)	<b>25</b> 10:15am Yoga with Eva (GR,DM) 11:15am Health Center Choir (GR,DM) 2:30p Bingo (GR,DM) 4pm Scrabble (DR,DM) 6:15pm Stretch and Unwind (DR,DM)	<b>26</b> 10:15am Creative Conversation (DR,DM) 11:15am Enhance Your Life Through Dance with Sondra Sperber (GR,DM) 2:30pm Making Life Work for You with Marlena Vega (GR,DM) 4pm Yoga (DR,DM) 6pm Music Therapy Group (DR,CY)	<b>27</b> 9:30am Pet Therapy with Anza and Diggy (A) 10:15am Short Stories (DR,DM) 11am Walking Club (DR,DM) <b>2p Dorsky Museum (R,DM,A)</b> 3pm Music with Bill (DR)	<b>28</b> 9:15am Music Therapy Group (DR,CY) 2pm Music and Movement with Carlos (DR,CY)
<b>29</b> 9:15am Inspirational Sunday (DR,CY) 10:30am Exercise with Alys (DR,A) 1:30pm Trivia (DR,CY)	<b>30</b> 10am Woodland Dance with Susan Griss (GR,DM) 11:15 Current Events (DR,DM) 2pm Fun with Food: Pumpkin Cheesecake (DR,DM) 3pm Music with Bill (DR) 4pm Watercolors with Garrett (DR,DM) 6pm Music Therapy Group (DR,CY)	<b>31</b> 11:15am Smart Bells With Ujjala (GR,ML) 2:30pm Gourd-geous Pumpkin Birthday Party with Mike Pacer (GR,ML) 4pm Music Visits (CC) <i>Halloween</i>				

**Location of Activity:** DR-Dining Room, GR-Great Room, A-Alcove, R-Reception, G-Garden

**Staff Key:** DM- DawnMarie Allan, ML- Marin Lott, CC-Chloe Cannon, CY-Cynthia Carangelo-Cooper, BN- Bill Natasi (music intern), ME-Michelle Eddison (Therapeutic Art Instructor)