

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COMMUNITY ACTIVITIES - New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center.</p>	<p>1 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 What Would You Do? 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>2 <i>Rosh Hashanah (sunset)</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Crossword / Anagrams 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Art Activity - Rainbow Stencils 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>3 <i>Rosh Hashanah</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Basketball 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>4 <i>Rosh Hashanah</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Conversation Cards 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>8 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>9 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Mad Libs 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Trivia - Common Bonds 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>11 <i>Yom Kippur (sunset)</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Finish the Phrase 12:00 Lunch 12:30 Pictionary 1:00 AMERICAN FOLK ART MUSEUM 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>14 CENTER CLOSED INDIGENOUS PEOPLES' DAY COLUMBUS DAY HOLIDAY</p>	<p>15 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music Appreciation 12:00 Lunch 12:30 Conversation Cards 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>16 <i>Sukkot begins</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Spot the Differences 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 You Be The Judge! 1:00 Art Activity - Clay Leaves 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Card Bingo (UNO) 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>21 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Everyday Life 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>22 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Simon Says 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Riddles 1:00 ORPHEUS CHAMBER ORCHESTRA 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Charades 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>25 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Would You Rather? 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Leaf Prints 12:00 Lunch 12:30 Word Grid 1:00 OCTOBER BIRTHDAYS - STAFF KARAOKE 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Ball Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Rhyme Time 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>31 <i>Halloween</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling - Time Slips 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Art Activity - Pumpkin Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays PROGRAMS MARKED WITH AN ASTERISK (*) are also offered via Zoom! Please reach out if you would like the link!</p>

