

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY ACTIVITIES - New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our postings in the Center and in our newsletter. PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities any time!	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays	 EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>	1 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Would you rather? 12:00 Lunch 12:45 Famous places 1:00 Balloon toss 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	2 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Sing Along 1:00 GUITAR W/DEBBY 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
5 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:45 Famous places 1:00 BINGO 2:00 Gentle Stretching 2:15 Afternoon Snack	6 9:45 Sip & Snack Social 10:00 Stretch and Move Exercise 11:00 Poetry Reading 12:00 Lunch 1:00 Art Activity 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	7 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 1:00 Time slips 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	8 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Fill in the Blank 12:00 Lunch 12:45 Trivia 1:00 ORPHEUS REFLECTIONS (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	9 <i>Ageism Awareness Day</i> 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Fill in the blank 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
12 CENTER CLOSED INDIGENOUS PEOPLE'S DAY COLUMBUS DAY	13 CENTER CLOSED	14 CENTER CLOSED	15 CENTER CLOSED	16 CENTER CLOSED
19 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:45 Rhyme time 1:00 GUITAR W/DEBBY 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	20 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:45 Ring Toss 1:00 Balloon volleyball 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	21 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:45 Charades 1:00 UNRAVELLED 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	22 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Word guess 12:00 Lunch 12:45 Table games & puzzles 1:30 BINGO 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	23 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Time slips 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
26 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:45 Time slips 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	27 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:45 Name that tune 1:00 Bean Bag toss 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	28 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:45 BINGO 1:45 Fill in the blanks 1:00 HORTICULTURE (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	29 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Poetry reading 12:00 Lunch 12:45 Sing along 1:00 ACCORDION w/ Ismail 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	30 <i>Halloween (31st)</i> 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Name that tune 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack

