

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 activities any time!	EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>  PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays	1 <i>Yom Kippur (sunset)</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Trivia 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	2 <i>Yom Kippur</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 You Be The Judge 12:00 Lunch 12:30 20 Questions 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
6 <i>Sukkot begins</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch - PIANO MUSIC 12:30 Famous Faces 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch	7 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Basketball 1:00 PAINTING WITH AUDREY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox STAFF TRAINING DAY	8 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Family Feud 1:00 Sing-Along Songbooks 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	9 <i>Ageism Awareness Day</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Word Grid 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
13 CENTER CLOSED INDIGENOUS PEOPLE'S DAY COLUMBUS DAY 	14 <i>Shemini Atzeret</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Would You Rather? 12:00 Lunch 12:30 Balloon Volleyball 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	15 <i>Simchat Torah</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Anagrams /Word Scramble 1:00 Dance Floor 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	16 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Name 10 If We Can 1:00 Charades 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 What's That Symbol? 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch
20 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch - PIANO MUSIC 12:30 Hangman / Fill in the Blank 1:00 Art Activity - Collage 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	21 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 10:45 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Opposites 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	22 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Balloon Volleyball 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Basketball 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Trivia 1:00 Sing-Along Songbooks 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
27 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Ring Toss / Bean Bag Toss 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Finish the Phrase 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 What Would You Do? 1:00 ORPHEUS CHAMBER ORCHESTRA (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	31 <i>Halloween</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Famous Places 1:00 Art Activity - Pumpkin Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox

