

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 9:00 ■ Another Cup Of Coffee
- 10:00 ■ Sunday Workout
- 11:00 ■ Live Stream Catholic Mass
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo!
- 3:00 ■ Sundae Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Sitcom- I Love Lucy Show



1

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ Word Galore!!
- 11:30 ■ Painting Club
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Shabbat Service
- 3:00 ■ Friday Floats Social
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

2

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:00 ■ Word Galore!!
- 11:30 ■ Bowling
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:15 ■ Patio Discussion
- 6:30 ■ Saturday Sports Shows

3

- 9:00 ■ Another Cup Of Coffee
- 10:00 ■ Sunday Workout
- 11:00 ■ Live Stream Catholic Mass
- 12:00 ■ Resident Council
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo!
- 3:00 ■ Sundae Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Sitcom- I Love Lucy Show

4

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Monday Stretch
- 11:30 ■ Meet The Artist
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

5

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ What's In The New
- 11:30 ■ Time in The kitchen
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ Historical Drive
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Live Stream Ballet

6

- 9:00 ■ Another Cup Of Coffee
- 10:30 ■ Chair Exercise
- 11:30 ■ Who Am I ?
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Rosary
- 3:00 ■ Trivia Social Hour
- 3:30 ■ Balance Exercise
- 6:30 ■ Classic Cinema Movie Night

7

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:30 ■ Short Stories
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ An Art Journey
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Sitcom Carol Burnet Show

8

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ Word Galore!!
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Shabbat Service
- 3:00 ■ Friday Floats Social
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

9

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:30 ■ Bowling
- 12:00 ■ Love Songs w/ Jessie
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:15 ■ Patio Discussion
- 6:30 ■ Saturday Sports Shows

10

- 9:00 ■ Another Cup Of Coffee
- 10:00 ■ Sunday Workout
- 11:00 ■ Live Stream Catholic Mass
- 12:00 ■ Love Songs w/ Jessie
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo!
- 3:00 ■ Sundae Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Sitcom- I Love Lucy Show

11

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Monday Stretch
- 11:00 ■ Word Galore!!
- 11:30 ■ Meet The Artist
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

12

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ What's In The News?
- 11:30 ■ Time in The kitchen
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ Business District Drive
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Live Stream Ballet

13

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 10:30 ■ Chair Exercise
- 11:00 ■ Word Galore!!
- 11:30 ■ Who Am I ?
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Rosary
- 3:00 ■ Trivia Social Hour
- 3:30 ■ Balance Exercise

14

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:00 ■ What's In The News?
- 11:30 ■ Short Stories
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ An Art Journey
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Sitcom Carol Burnet Show

15

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ Word Galore!!
- 11:30 ■ Painting Club
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Shabbat Service
- 3:00 ■ Friday Floats Social
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

16

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:00 ■ What's In The News?
- 11:30 ■ Bowling
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:15 ■ Patio Discussion
- 6:30 ■ Saturday Sports Shows

17

- 9:00 ■ Another Cup Of Coffee
- 10:00 ■ Sunday Workout
- 11:00 ■ Live Stream Catholic Mass
- 12:00 ■ Love Songs w/ Jessie
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo!
- 3:00 ■ Sundae Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Sitcom- I Love Lucy Show

18

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Monday Stretch
- 11:00 ■ Word Galore!!
- 11:00 ■ Word Galore!!
- 11:30 ■ Meet The Artist
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Hollywood Biography
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch

19

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ What's In The New
- 11:30 ■ Time in The kitchen
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ North Stamford Drive
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Live Stream Ballet

20

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 10:30 ■ Chair Exercise
- 11:00 ■ Word Galore!!
- 11:30 ■ Who Am I ?
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Rosary
- 3:00 ■ Trivia Social Hour
- 3:30 ■ Balance Exercise

21

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:30 ■ Short Stories
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ An Art Journey
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Sitcom Carol Burnet Show

22

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ What's In The New
- 11:00 ■ Word Galore!!
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Shabbat Service
- 3:00 ■ Friday Floats Social
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

23

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:00 ■ Word Galore!!
- 11:00 ■ Word Galore!!
- 11:30 ■ Bowling
- 12:00 ■ Love Songs w/ Jessie
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour

24

- 9:00 ■ Another Cup Of Coffee
- 10:00 ■ Sunday Workout
- 11:00 ■ Live Stream Catholic Mass
- 12:00 ■ Love Songs w/ Jessie
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo!
- 3:00 ■ Sundae Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Sitcom- I Love Lucy Show

25

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Monday Stretch
- 11:30 ■ Meet The Artist
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Bingo Bash
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

26

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ What's In The News?
- 11:30 ■ Time in The kitchen
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ Sight Seeing in Stamford
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Live Stream Ballet

27

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 10:30 ■ Chair Exercise
- 11:30 ■ Who Am I ?
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Rosary
- 3:00 ■ Trivia Social Hour
- 3:30 ■ Balance Exercise
- 6:30 ■ Classic Cinema Movie Night

28

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:00 ■ What's In The News?
- 11:30 ■ Short Stories
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Science & Nature Planet
- 2:00 ■ An Art Journey
- 3:00 ■ Trivia Social Hour
- 4:00 ■ Light Stretch
- 6:30 ■ Sitcom Carol Burnet Show

29

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Tai Chi
- 11:00 ■ Word Galore!!
- 11:30 ■ Painting Club
- 12:00 ■ Broadway Songs w/ Frank
- 1:30 ■ Incredible Animal Planet
- 2:00 ■ Shabbat Service
- 3:00 ■ Friday Floats Social
- 4:00 ■ Light Stretch
- 6:30 ■ Classic Cinema Movie Night

30

- 9:00 ■ Another Cup Of Coffee
- 10:15 ■ Stretch & Flex
- 11:30 ■ Bowling
- 12:00 ■ Love Songs w/ Jessie
- 1:30 ■ Incredible Animal Planet
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- 3:00 ■ Trivia Social Hour
- 4:15 ■ Patio Discussion
- 6:30 ■ Saturday Sports Shows

**Reflections
Neighborhood**

“Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!
-Humbert Wolfe

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

Events are subject to change.