





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:15... Bus to AHCC &amp; Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 12:30... Bus to South Mt. Concert - FCL</p> <p>4:00 - 5:30PM Gallery Opening Tom &amp; Margah Lips "Art from New England to Mexico"</p> 	<p>2</p> <p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>Brain Myths</i>-MR 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4<sup>th</sup>FCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>3</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch &amp; Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Yoga - Pool 11:00... CHAT - MR 1:00... Shop at Westfarms, Wades Bishops Corner - FCL 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 3:00... Masterminds - Board Rm 4:45... Tuesdays at Duncaster - MR 6:00... Bus to Oneppo Chamber Music-FCL</p>	<p>4</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:00... Mindful Meditation - QR 11:30... Sit &amp; Be Fit - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FC 3:30... Aqua Fit - Pool 4:15... Princess &amp; Knights Band - Caleb 8:00... Movie: "Their Finest" - MR/TV</p>	<p>5</p> <p>7:30... Power Kick Start - Ex St 9:00... Ageless Grace - Ex St 10:00... Chess Club - Art Rm 10:00... ALP - MR 10:15... Aqua Fit - Pool 11:00... Catholic Communion Service - QR 11:30... Gentle Balance - Ex St 11:30... Bus to Hartt Orchestra Concert - FCL 12:00... Doctor's Forum - Ex St 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Shop @ Copaco - Nbhd 3:00... Speaker Series - MR 7:30... Ballet Film: <i>The Dream (Ashton)</i> - MR</p>	<p>6</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit &amp; Be Fit - Ex St 1:30... Great Courses: <i>Irish Identity II</i> - MR 2:00... Episcopal Service with Rev. Donald Hamer - Caleb 6:30... Bus to Masterworks - FCL</p>	<p>7</p> <p>9:00... WPA Continental Breakfast Courtyard Café</p> <p>9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit &amp; Be Fit - Ex St 11:55/12:25... Bus to Met-Live Opera at Bloomfield Cinemas- FCL</p> <p>8:00... PROGRAM: Fred Moyer, Piano Meeting Room</p>
<p>8</p> <p>9:15... Bus to AHCC &amp; Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 2:15... Bus to Masterworks - FCL</p>	<p>9</p> <p><i>Columbus Day</i></p> <p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 9:30... Input/ Output - Board Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>Brain Myths</i>-MR 2:15... BINGO - 4<sup>th</sup>FCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>10</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch &amp; Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at FITZGERALD'S 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Residents' Council Mtg - 4<sup>th</sup>FCR 4:15... Little Hands, Big Things - Art Rm</p>	<p>11</p> <p>9:00-2:00... Red Cross Blood Drive - MR</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:00... Mindful Meditation - QR 11:30... Sit &amp; Be Fit - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FC 3:30... Aqua Fit - Pool 4:15... Princess &amp; Knights Band - Caleb 8:00... Movie: "A Quiet Passion" -MR/TV</p>	<p>12</p> <p>!! NAME TAG DAY !!</p> <p>7:30... Power Kick Start - Ex St 9:00... Ageless Grace - Ex St 10:00... Chess Club - Art Rm 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Shop @ Copaco - Nbhd 8:00... Documentary: "Europe to the Max: Fairy Tale Europe: Germany &amp; Austria"-MR/TV</p> <p>OCTOBERFEST Tonight in the Dining Room</p>	<p>13</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit &amp; Be Fit - Ex St 1:30... Great Courses: <i>Irish Identity II</i> - MR 7:30... Bus to Hartt Orchestra Concert at the Bushnell - FCL</p>	<p>14</p> <p>9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit &amp; Be Fit - Ex S 11:55/12:25... Bus to Met-Live Opera at Bloomfield Cinemas- FCL</p> <p>8:00... SPECIAL PROGRAM: Resident author Irene L. Berman presents "We Are Going to Pick Potatoes" Norway and the Holocaust, The Untold Story (2010) Meeting Room</p>
<p>15</p> <p>9:15... Bus to AHCC &amp; Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 2:00... Josh Ritter presents "Richard Rogers: Icon of the American Musical Theatre" 2:45... Bus to CONCORA Series - FCL</p>	<p>16</p> <p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:00... Falconry in CT—on the Green 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>Brain Myths</i>-MR 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4<sup>th</sup>FCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>17</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch &amp; Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Yoga - Pool 11:00... CHAT - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 3:00... Masterminds - Board Rm</p>	<p>18</p> <p>9:00... Power Balance - MR 10:00... Commons Mkt Trunk Show - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:00... Mindful Meditation - QR 11:30... Sit &amp; Be Fit - Ex St 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FC 3:30... Aqua Fit - Pool 8:00... Movie: "A Monster Calls" -MR/TV</p>	<p>19</p> <p>7:30... Power Kick Start - Ex St 9:00... Ageless Grace - Ex St 9:30-11:00... Hearing Aid Clinic - HR 10:00... Chess Club - Art Rm 10:15... Aqua Fit - Pool 10:30-12:00... Alzheimer Program - MR 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Shop @ Copaco - Nbhd 6:45... Bus to Garmany Series @UofH- FCL 8:00... Documentary: "Linsanity"- MR/TV</p>	<p>20</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... PROGRAM: "Boyd Meets Girl" Laura Metcalf, cello &amp; Rupert Boyd, guitar Meeting Room 10:00... NO T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit &amp; Be Fit - Ex St 11:30... Book Chat - 4<sup>th</sup>FC 1:30... Great Courses: <i>Irish Identity II</i> - MR</p>	<p>21</p> <p>9:00... Core Fit - Ex St 10:15... Water Moves - Pool 10:30... Jeffrey Engel presents "Haunting Halloween Music: Spooktacular Symphonies!" 11:30... Sit &amp; Be Fit - Ex St</p> <p>8:00... PROGRAM: Dually Noted "Put on your dancing' shoes!" Meeting Room</p>
<p>22</p> <p>9:15... Bus to AHCC &amp; Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 5:00... SING-A-LONG IN THE LOGGIA</p> 	<p>23</p> <p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>Brain Myths</i>-MR 2:15... BINGO - 4<sup>th</sup>FCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>24</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch &amp; Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:00... Outreach Knitters - HR 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at FITZGERALD'S 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 4:15... Little Hands, Big Things - Art Rm 6:45... Bus to Broadway at Bushnell - FCL</p>	<p>25</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 10:30... Color with Laurie - TW Parlor 11:00... NO Mindful Meditation - QR 11:30... Sit &amp; Be Fit - Ex St 1:00... Timekeeper Shop - Lounge 2:02... Scrabble - Lounge 2:45... Tutor bus to Metacomet - FC 3:30... Aqua Fit - Pool 4:00... Author Steve Kemper presents his new book "A Splendid Savage"-MR 8:00... Movie: "And So It Goes" -MR/TV</p>	<p>26</p> <p>7:30... Power Kick Start - Ex St 9:00... Ageless Grace - Ex St 10:00... Chess Club - Art Rm 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 12:45... Bus to HillStead Museum-FCL 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Shop @ Copaco - Nbhd 5:00-6:00... Resident Cocktail Party - Lounge 8:00... Documentary: "30 For 30: The 16th Man" - MR/TV</p>	<p>27</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... NO T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit &amp; Be Fit - Ex St 1:15... Bus to Mohegan Sun Casino- FCL 1:30... Great Courses: <i>Irish Identity II</i> - MR</p>	<p>28</p> <p>9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit &amp; Be Fit - Ex St</p> <p>8:00... MOVIE: MR/TV "The Big Sick"</p>
<p>29</p> <p>9:15... Bus to AHCC &amp; Trinity - FCL 9:55... Sacred Heart / St. John's - FCL 10:30... Morning Prayer at Caleb with Trinity Episcopal Church 11:00 - 3:00... Family Swim - Pool 1:15... Bus to Playhouse on Park - FCL</p>	<p>30</p> <p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00... Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>Brain Myths</i>-MR 2:15... BINGO - 4<sup>th</sup>FCR 3:30... Aqua Fit - Pool 7:15... Duplicate Bridge - MR</p>	<p>31</p> <p> <i>Halloween</i></p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch &amp; Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 11:00-1:00... United Way Bake Sale 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 1:30... Qi Gong - ExSt 2:00... Annual Halloween Party - MR</p>	 <h1>October 2017</h1>			<p>Room Key abbreviations</p> <p>4th FCR...4<sup>th</sup> Floor Conference Room ALCR ... Assisted Living Conference Room BR.....Board Room Ex St .....Exercise Studio FC..... Fitness Center FCL..... Fitness Center Lobby HR..... Hospitality Room MR..... Meeting Room Nbhd .... Neighborhood Entrances OPDR.... Old Private Dining Room PDR..... Private Dining Room QR..... Quiet Room TW ..... Thistle Way Parlor</p>