

Activity Calendar - August 2025

The Director's Corner






Happy August to all our Caregivers, Partners, and Members! We are a variety of exciting programs being offered this month including a special Woodworks project with Chris on Friday, August 1st. Please note space is limited.

Finally, don't miss a brand-new Ceramic Pottery Program facilitated by our Recreation Coordinator Letty on Friday, August 22nd. Don't miss a moment!

Care Partner Meetings

This month the virtual session will take place on August 19th, 7:15-8:15pm, *RSVP* to receive a link. The in-person session will be August 20th 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>JOIN US FOR COFFEE HOUR EVERY MORNING AT 9:00AM</p>  |  |  | <p>July out trip to the Bridgeport Firehouse</p>  | <p>10:00 CHAIR EXERCISE 10:30 HANGMAN 10:30 WOODWORKS w/ CHRIS LUNCH 1:00 AFTERNOON STRETCHES 1:30 RING TOSS CHALLENGE 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> |
| <p>4</p> <p>10:00 SIT AND BE FIT 10:30 HISTORICAL TRIVIA 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>5</p> <p>10:00 CHAIR EXERCISE 10:30 Pictionary 10:30 MEN'S GROUP LUNCH 1:00 FITNESS BALL STRETCHES 1:30 BEAN BAG TOSS 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>6</p> <p>10:00 FUSION FITNESS 10:30 MATCH THE ANTONYMS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>7</p> <p>10:00 CHAIR ZUMBA 10:30 REPHRASE THAT! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 LET'S SING AND DANCE! 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>8</p> <p>10:00 SILVER SNEAKER FITNESS 10:00 TABLE GAMES/RUMMIKUB 10:30 SCATTERGORIES LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ WARREN BLOOM 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> |
| <p>11</p> <p>10:00 SILVER SNEAKERS FITNESS 10:30 PRICE WAS RIGHT THEN! 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>12</p> <p>10:00 SIT AND BE FIT 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 ENTERTAINMENT w/ JOHN VALERIO 2:30 REFRESHMENTS 2:45 MIND BOOSTER 3:00 CAREGIVER VIRTUAL MEETING</p> | <p>13</p> <p>10:00 CHAIR ZUMBA 10:30 28 LETTER WORD FIND 10:30 MEN'S GROUP 10:30 OUT TRIP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER 3:00 CAREGIVER MTG. (IN-PERSON)</p> | <p>14</p> <p>10:00 EXERCISE 10:30 URBAN LEGEND 10:30 MEN'S GROUP LUNCH 1:00 FITNESS BALL STRETCHES 1:30 GOLF MATCH 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>15</p> <p>10:00 FUSION FITNESS 10:00 TABLE GAMES/ DOMINOES 10:30 FOLLOW THE LYRICS 10:30 DOMINOES/RUMMIKUB LUNCH 1:00 IS THAT YOUR FINAL ANSWER? 1:30 TAI CHI w/ JONATHON 1:30 SPA DAY w/ LETTY 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> |
| <p>18</p> <p>10:00 FUSION FITNESS 10:30 ODD ONE OUT! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>19</p> <p>10:00 CHAIR EXERCISE 10:30 WORDLE 10:30 MEN'S GROUP LUNCH 1:00 FITNESS BALL STRETCHES 1:30 SING ALONG 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>20</p> <p>10:00 SIT AND BE FIT 10:30 YOU BE THE JUDGE 10:30 MEN'S GROUP LUNCH 1:00 MITZVAH PROJECT w/ EVAN FELBERBAUM 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>21</p> <p>10:00 SILVER SNEAKERS FITNESS 10:30 FACTS OR FICTION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BOWLING MATCH 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> | <p>22</p> <p>10:00 MATCH THE ANTONYMS 10:30 YOGA w/ DORIS 10:30 CERAMIC POTTERY w/ LETTY</p>  <p>1:00 CHAIR ZUMBA 1:30 MOZAIC KARAOKE 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p> |
| <p>25</p> <p>10:00 CHAIR ZUMBA 10:30 HANGMAN 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>26</p> <p>10:00 SILVER SNEAKERS FITNESS 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BULL'S EYE TOSS 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>27</p> <p>10:00 CHAIR EXERCISE 10:30 REMINISCING TO THE 1970's 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>28</p> <p>10:00 FUSION FITNESS 10:30 PUZZLE VISION 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 RING TOSS CHALLENGE 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> | <p>29</p> <p>10:00 SIT AND BE FIT 10:30 LABOR DAY CELEBRATION w/ SHAWN TAYLOR LUNCH 1:00 AFTERNOON STRETCHES 1:30 FAMILY FEUD 2:30 REFRESHMENTS 2:45 MIND BOOSTER</p> |

Lunch Menu - August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
|  |  |  |  | <p>1</p> <p>MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES WAXED BEANS STRAWBERRY CHEESECAKE</p> |
| <p>4</p> <p>BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE</p> | <p>5</p> <p>TURKEY NOODLE SOUP STUFFED PEPPER LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE</p> | <p>6</p> <p>WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES</p> | <p>7</p> <p>CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR</p> | <p>8</p> <p>PIZZA DAY SOUTHWESTERN TOMATO SOUP CHEESE PIZZA GARDEN SALAD BLACK FOREST PARFAIT</p>  |
| <p>11</p> <p>BEEF VEGETABLE SOUP OVEN FRIED CHICKEN MASHED POTATOES CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES</p> | <p>12</p> <p>CHICKEN GUMBO SOUP CHICKEN POT PIE CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE</p> | <p>13</p> <p>MUSHROOM LEEK & TURKEY BACON CHOWDER HAMBURGER OR HOT DOG FRENCH FRIES & BAKED BEANS CUBED WATERMELON</p> | <p>14</p> <p>SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES DICED PEACHES</p> | <p>15</p> <p>POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE</p> |
| <p>18</p> <p>TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE</p> | <p>19</p> <p>LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOC. GANACHE CHEESECAKE</p> | <p>20</p> <p>WHITE BEAN SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS FRUIT COCKTAIL</p> | <p>21</p> <p>ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING</p> | <p>22</p> <p>MINISTRONE SOUP SALISBURY STEAK W/GRAVY LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE</p> |
| <p>25</p> <p>ALPHABET SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE</p> | <p>26</p> <p>TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE</p> | <p>27</p> <p>SUMMER BBQ LENTIL SOUP HAMBURGER OR HOT DOG FRENCH FRIES COLESLAW CUBED WATERMELON</p>  | <p>28</p> <p>MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE</p> | <p>29</p> <p>MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES WAXED BEANS STRAWBERRY CHEESECAKE</p> |

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT. SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST