

Activity Calendar – October 2026

The Director's Corner

Happy October to all our Caregivers, Partners and Members!

As the weather begins to get cooler, please make sure to bring extra sweaters, labeled with your loved one's name, to keep at Mozaic Adult Day in case they get cold throughout the day. We want everyone to be as comfortable as possible.

Finally, don't miss our special Harvest Masquerade party on Friday, October 30th with a special musical presentation by Shawn Taylor.

Care Partner Meetings

This month the virtual session will take place on October 20th, 7:15-8:15pm, *RSVP* to receive a link. The Alzheimer's Association in-person session will be October 21st 3:00-4:00pm.

For more information, contact 203-396-1240 or Navigation@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
Join us for Coffee Hour Every Morning at 9:00am 			1 9:15 BILLIARDS/TABLE GAMES 10:00 FUSION FITNESS 10:30 FINISH THE WORD IDIOMS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BEAN BAG TOSS 2:30 REFRESHMENTS 2:45 MIND BUSTERS	2 9:15 BILLIARD'S/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 CHAIR EXERCISE 10:30 SCRAMBLED WORD TRIVIA LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ BILLY G. 2:30 REFRESHMENTS 2:45 MIND BUSTERS
5 9:15 BILLIARDS/TABLE GAMES 10:00 GOLDEN GIRLS SOCIAL 10:00 CHAIR ZUMBA 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	6 9:15 BILLIARDS/TABLE GAMES 10:00 SILVER SNEAKER FITNESS 10:30 FINDING THE ANTONYMS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 HARVESTING PLANTS w/ AMY 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	7 9:15 BILLIARDS/TABLE GAMES 9:30 REMESA SPANISH PROGRAM 10:00 SCATTERGORIES 10:30 YOGA w/ SALLY 10:30 WOODWORKS w/ CHRIS LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	8 9:15 BILLIARD'S/TABLE GAMES 10:00 SIT AND GET FIT 10:30 28+ LETTER WORD IN A WORD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 MOZAIC KARAOKE 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	9 9:15 BILLIARD'S/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 CHAIR EXERCISE 10:30 HANGMAN LUNCH 1:00 STRETCHES 1:30 CHARADES w/ LETTY & CHRIS 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA
12 9:15 BILLIARD'S/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 SILVER SNEAKER FITNESS 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS	13 9:15 BILLIARD'S/TABLE GAMES 10:00 SIT AND GET FIT 10:30 FACTS OR FICTION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 SING ALONG 2:30 REFRESHMENTS 2:45 MIND BUSTERS	14 9:15 BILLIARD'S/TABLE GAMES 9:30 REMESA SPANISH PROGRAM 10:00 CHAIR ZUMBA 10:30 FIRE SAFETY w/ ENGINE 12 11:00 REPHRASE THAT! LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS	15 9:15 BILLIARD'S/TABLE GAMES 10:00 FITNESS FUSION 10:30 BUZZ WORD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 RING TOSS CHALLENGE 2:30 REFRESHMENTS 2:45 MIND BUSTERS	16 9:15 BILLIARD'S/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 CHAIR EXERCISE 10:30 FIND THE SYNONYMS LUNCH 1:00 STRETCHES 1:30 TAI CHI w/ JONATHON 1:30 WOODWORKS w/ CHRIS 1:30 HOT POTATO SCATTERGORIES 2:30 REFRESHMENTS 2:45 MIND BUSTERS
19 9:15 BILLIARDS/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 FITNESS FUSION 10:30 PAIR THE CARDS! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	20 9:15 BILLIARDS/TABLE GAMES 10:00 CHAIR ZUMBA 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BALLOON VOLLEY 1:30 HOLIDAY PAINTING w/ JOANN 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	21 9:15 BILLIARDS/TABLE GAMES 9:30 REMESA SPANISH PROGRAM 10:00 SILVER SNEAKERS FITNESS 10:30 SCRAMBLED WORD TRIVIA LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	22 9:15 BILLIARDS/TABLE GAMES 10:00 CHAIR EXERCISE 10:30 ODD ONE OUT! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 LET'S SING AND DANCE! 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	23 9:15 BILLIARDS/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 SIT AND GET FIT 10:30 HANGMAN LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ CARL LINDQUIST 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA
26 9:15 BILLIARDS/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 CHAIR ZUMBA 10:30 PUZZLE VISION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS	27 9:15 BILLIARDS/TABLE GAMES 10:00 SIT AND GET FIT 10:30 COMPLETE THE ANALOGIES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 FOLLOW THE LYRICS TO THE 50'S AND 60'S MUSIC 2:30 REFRESHMENTS 2:45 MIND BUSTERS	28 9:15 BILLIARDS/TABLE GAMES 9:30 REMESA SPANISH PROGRAM 10:00 FITNESS FUSION 10:30 28* LETTER WORD IN A WORD LUNCH 1:00 STRETCHES 1:30 TRICK OR TREAT BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS	29 9:15 BILLIARDS/TABLE GAMES 10:00 SILVER SNEAKER FITNESS 10:30 SCATTERGORIES 10:30 SPOOKY SCAVENGER HUNT w/ LETTY 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 HORSESHOE TOSS 2:30 REFRESHMENTS 2:45 MIND BUSTERS	30 9:15 BILLIARDS/TABLE GAMES 10:00 GOLDEN GIRL'S SOCIAL 10:00 SILVER SNEAKER WORKOUT 10:30 MASQUERADE CELEBRATION w/ SHAWN TAYLOR 10:30 RUMMIKUB/DOMINOES LUNCH 1:00 STRETCHES 1:30 BILLIARD'S DART MATCH 2:30 REFRESHMENTS 2:45 MIND BUSTERS

Lunch Menu – October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 MINISTRONE SOUP TUNA MELT W/TOMATO ON RYE JASMINE RICE SEASONED BROCCOLI COCONUT CAKE	2 MUSHROOM BARLEY SOUP POT ROAST OF BEEF RICE PILAF THREE BEAN SALAD STRAWBERRY CHEESECAKE
5 LENTIL SOUP HERB ROASTED TURKEY RATATOUILLE ITALIAN BREAD STRAWBERRY SHORTCAKE	6 TURKEY NOODLE SOUP GRILLED CHICKEN THIGH BAKED POTATO SAUTEED ZUCCHINI CREAM CHEESE BROWNIE	7 BEEF BARLEY SOUP HAWAIIAN CHICKEN FRENCH FRIES BAKED BEANS WATERMELON	8 BEEF KREPLACH SOUP PASTA PRIMAVERA CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	9 TOMATO BASIL SOUP FISH & CHIPS  CREAMY COLESLAW BLACK FOREST CAKE
12 BEEF VEGETABLE SOUP POT ROAST W/GRAVY MASHED POTATOES BABY CARROTS MOON PIE	13 CHICKEN GUMBO SOUP RIGATONI & MEATBALLS CAESAR SALAD GARLIC BREAD ICE CREAM SUNDAE	14 FRENCH ONION SOUP VEGETABLE QUICHE  GARDEN SALAD CUBED WATERMELON	15 SWEET & SOUR SOUP SWEET & SOUR CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGGIES SHERBERT	16 POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY LEMON MERINGUE PIE
19 MINISTRONE SOUP TERIYAKI CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	20 LEMON CHICKEN & RICE SOUP BALSAMIC TURKEY CHIVE MASHED POTATOES HONEY GLAZED CARROTS CHEESECAKE	21 FLORENTINE WHITE BEAN SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS WATERMELON	22 ITALIAN WEDDING SOUP SPINACH FRITATTA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	23 TURKEY NOODLE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
26 PASTINA SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES BRUSSEL SPROUTS BANANA SPLIT SUNDAE	27 SOUTHWEST VEGETABLE SOUP VEGETABLE LASAGNA BAKED POTATO GARDEN SALAD BLONDE BROWNIE	28 LENTIL SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS CUBED WATERMELON	29 MINISTRONE SOUP TUNA MELT W/TOMATO ON RYE JASMINE RICE SEASONED BROCCOLI COCONUT CAKE	30 PIZZA DAY MUSHROOM BARLEY SOUP CHEESE PIZZA GARDEN SALAD STRAWBERRY CHEESECAKE  