

# Activity Calendar – October 2025

## 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 31<sup>st</sup> with a special musical presentation by Carl Lindquist.



## Care Partner Meetings

This month the virtual session will take place on October 21<sup>st</sup>, 7:15-8:15pm, *RSVP* to receive a link. The in-person session will be October 15<sup>th</sup> 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or [tcolucci@mozaicsl.org](mailto:tcolucci@mozaicsl.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join us for Coffee Hour Every Morning at 9:00am</p> 	<p>Hello October</p> 	<p><b>1</b></p> <p>10:00 SILVER SNEAKERS FITNESS 10:30 REFRASE IT! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>2</b></p> <p>10:00 FUSION FITNESS 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BEAN BAG TOSS 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>3</b></p> <p>10:00 IS THAT YOUR FINAL ANSWER? 10:30 YOGA w/ DORIS 10:30 SPA DAY w/ LETTY 10:30 RUMMIKUB/TABLE GAMES LUNCH 1:00 STRETCHES 1:30 SING ALONG 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>
<p><b>6</b></p> <p>10:00 CHAIR ZUMBA 10:30 MATCHING THE SYNONYMS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>7</b></p> <p>10:00 SILVER SNEAKER FITNESS 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ JOHN VALERIO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>8</b></p> <p>10:00 FITNESS FUSION 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><b>9</b></p> <p>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 SPORTS MATCH 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>10</b></p> <p>10:00 CHAIR EXERCISE 10:30 WOODWORK PUZZLES w/ CHRIS 10:30 HANGMAN LUNCH 1:00 STRETCHES 1:30 MOZAIC KARAOKE 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>
<p><b>13</b></p> <p>10:00 SILVER SNEAKER FITNESS 10:30 TEST YOUR KNOWLEDGE! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>14</b></p> <p>10:00 SIT AND GET FIT 10:30 WORD TEASERS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 DRUM BALL ACTIVITY 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>15</b></p> <p>10:00 CHAIR ZUMBA 10:30 FOLLOW THE LYRICS 10:30 OUT TRIP 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS 3:00 CARE PARTNER MEETING (IN PERSON)</p>	<p><b>16</b></p> <p>10:00 FITNESS FUSION 10:30 ENGINE 12 FIRE SAFETY PROGRAM 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 RING TOSS 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>17</b></p> <p>10:00 CHAIR EXERCISE 10:30 ENTERTAINMENT w/ WARREN BLOOM LUNCH 1:00 STRETCHES 1:30 FAMILY FEUD 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>
<p><b>20</b></p> <p>10:00 FITNESS FUSION 10:30 OLD WIVES TALES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>21</b></p> <p>10:00 CHAIR ZUMBA 10:30 PUZZLE VISION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BEAN BAG TOSS 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA 7:15 CARE PARTNER MEETING (VIRTUAL)</p>	<p><b>22</b></p> <p>10:00 SILVER SNEAKERS FITNESS 10:30 MEN'S GROUP 10:30 1950's TRIVIA 10:30 AUTUMN SIP &amp; PAINT w/ MORGAN LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>23</b></p> <p>10:00 CHAIR EXERCISE 10:30 ENTERTAINMENT w/ LARRY BATTER 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BULL'S EYE TOSS 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>	<p><b>24</b></p> <p>10:00 SIT AND GET FIT 10:30 SPOOKTACULAR SCAVENGER HUNT w/ LETTY 10:30 ODD ONE OUT! LUNCH 1:00 PRICE WAS RIGHT THEN! 1:30 TAI CHI w/ JONATHON 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA</p>
<p><b>27</b></p> <p>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 MIND BUSTERS</p>	<p><b>28</b></p> <p>10:00 SIT AND GET FIT 10:30 HANGMAN 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 GOLF MATCH 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>29</b></p> <p>10:00 FITNESS FUSION 10:30 WORDLE 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 TRICK OR TREAT BINGO 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>30</b></p> <p>10:00 SILVER SNEAKER FITNESS 10:30 BOWLING 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 LET'S SING AND DANCE! 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>	<p><b>31</b></p> <p>10:00 SILVER SNEAKER WORKOUT 10:30 SCATTERGORIES 10:30 RUMMIKUB/DOMINOES LUNCH 1:00 STRETCHES 1:30 HARVEST MASQUERADE PARTY w/ CARL LINDQUIST 2:30 REFRESHMENTS 2:45 MIND BUSTERS</p>

# Lunch Menu – October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	<b>2</b> CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	<b>3</b> SOUTHWESTERN TOMATO SOUP MACARONI & CHEESE FRENCH FRIES CHOPPED COUNTRY COLESLAW BLACK FOREST PARFAIT
<b>6</b> BEEF VEGETABLE SOUP OVEN FRIED CHICKEN MASHED POTATOES CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES	<b>7</b> CHICKEN GUMBO SOUP CHICKEN POT PIE CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE	<b>8</b> MUSHROOM LEEK & TURKEY BACON CHOWDER HAMBURGER OR HOT DOG FRENCH FRIES & BAKED BEANS CUBED WATERMELON	<b>9</b> SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES DICED PEACHES	<b>10</b> POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE
<b>13</b> TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	<b>14</b> LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOC. GANACHE CHEESECAKE	<b>15</b> WHITE BEAN SOUP VEGETABLE QUICHE GARDEN SALAD FRUIT COCKTAIL	<b>16</b> ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	<b>17</b> MINESTRONE SOUP SALISBURY STEAK W/GRAVY LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
<b>20</b> ALPHABET SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE	<b>21</b> TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	<b>22</b> LENTIL SOUP HAMBURGER OR HOT DOG POTATO SALAD BAKED BEANS CUBED WATERMELON	<b>23</b> MINESTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	<b>24</b> MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES WAXED BEANS STRAWBERRY CHEESECAKE
<b>27</b> BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE	<b>28</b> TURKEY NOODLE SOUP STUFFED PEPPER LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE	<b>29</b> WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	<b>30</b> CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	<b>31</b> <b>PIZZA DAY</b> SOUTHWESTERN TOMATO SOUP CHEESE PIZZA GARDEN SALAD BLACK FOREST PARFAIT