

Activity Calendar – August 2026

The Director's Corner

Happy August to all our Caregivers, Partners, and Members! We are pleased to welcome back Rita for a special African Beats program presented on Tuesday, August 4th at 1:30pm.

Finally, we are excited to announce a new musical performance to the Mozaic Adult Day program by Chris Coulter on Monday, August 17th.

Don't miss a moment!

Care Partner Meetings

This month the virtual session will take place on August 18th, 7:15-8:15pm, RSVP to receive a link. The Alzheimer's Association in-person session will be August 19th 3-4:00pm.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 A.M. BILLIARDS/TABLE GAMES 10:00 SILVER SNEAKERS FITNESS 10:30 SCRAMBLED WORDS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER	4 9:15 AM BILLIARDS/TABLE GAMES 10:00 FUSION FITNESS 10:30 PUZZLE VISION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 AFRICAN BEATS w/ RITA 2:30 REFRESHMENTS 2:45 MIND BOOSTER	5 9:15 AM BILLIARDS/TABLE GAMES 10:00 WORDLE 10:30 YOGA w/ SALLY 10:30 ARTS AND CRAFTS w/ LETTY 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER	6 9:15 AM BILLIARDS/TABLE GAMES 10:00 SIT AND BE FIT 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 FRISBEE TOSS MATCH 2:30 REFRESHMENTS 2:45 MIND BOOSTER	7 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR EXERCISE 10:30 HANGMAN LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ LYNN LEWIS 2:30 REFRESHMENTS 2:45 MIND BOOSTER
10 9:15 AM BILLIARDS/TABLE GAMES 10:00 SIT AND BE FIT 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	11 9:15 AM 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	12 9:15 AM BILLIARDS/TABLE GAMES 10:00 FUSION FITNESS EXERCISE 10:30 REPHRASE THAT! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	13 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR ZUMBA 10:30 CHARADES w/ LETTY AND CHRIS 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 FOCUS, AIM AND TOSS 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	14 9:15 AM BILLIARDS/TABLE GAMES 10:00 SILVER SNEAKERS FITNESS 10:30 28 LETTER WORD IN A WORD LUNCH 1:00 STRETCHES 1:30 WORD SCRAMBLE 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA
17 9:15 AM BILLIARDS/TABLE GAMES 10:00 SILVER SNEAKERS FITNESS 10:30 SAXOPHONE w/ CHRIS COULTER 11:00 HANGMAN 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER	18 9:15 AM BILLIARDS/TABLE GAMES 10:00 SIT AND BE FIT 10:30 SCATTERGORIES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ ROGER YOUNG 2:30 REFRESHMENTS 2:45 MIND BUSTERS	19 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR ZUMBA 10:30 PUZZLE VISION 10:30 MEN'S GROUP 10:30 OUT TRIP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER	20 9:15 AM BILLIARDS/TABLE GAMES 10:00 EXERCISE 10:30 ENTERTAINMENT w/ SHAWN TAYLOR 10:30 BUZZ WORD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 GOLF MATCH 2:30 REFRESHMENTS 2:45 MIND BOOSTER	21 9:15 AM BILLIARDS/TABLE GAMES 10:00 FUSION FITNESS 10:30 ENTERTAINMENT w/ WARREN BLOOM LUNCH 1:00 PRICE WAS RIGHT THEN! 1:30 TAI CHI w/ JONATHON 1:30 PRETTY NAILS w/ LETTY 2:30 REFRESHMENTS 2:45 MIND BOOSTER
24 9:15 AM BILLIARDS/TABLE GAMES 10:00 FUSION FITNESS 10:30 FINISH THE ANALOGIES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	25 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR EXERCISE 10:30 Pictionary 10:30 MEN'S GROUP LUNCH 1:00 FITNESS BALL STRETCHES 1:30 SING ALONG 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	26 9:15 AM BILLIARDS/TABLE GAMES 10:00 SIT AND BE FIT 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA	27 9:15 AM BILLIARDS/TABLE GAMES 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	28 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR ZUMBA 10:30 WORDLE LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ CARL LINDQUIST 2:30 REFRESHMENTS 2:45 GOODBYE TRIVIA
31 9:15 AM BILLIARDS/TABLE GAMES 10:00 CHAIR ZUMBA 10:30 REPHRASE THAT! 10:30 MEN'S GROUP LUNCH 1:00 AFTERNOON STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 2:45 MIND BOOSTER	JOIN US FOR COFFEE HOUR EVERY MORNING AT 9:00AM 			

Lunch Menu – August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 PASTINA SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES BRUSSEL SPROUTS BANANA SPLIT SUNDAE	4 SOUTHWEST VEGETABLE SOUP VEGETABLE LASAGNA BAKED POTATO GARDEN SALAD BLONDE BROWNIE	5 LENTIL SOUP VEGETABLE QUICHE  GARDEN SALAD CUBED WATERMELON	6 MINESTRONE SOUP TUNA MELT W/TOMATO ON RYE JASMINE RICE SEASONED BROCCOLI COCONUT CAKE	7 MUSHROOM BARLEY SOUP POT ROAST OF BEEF RICE PILAF THREE BEAN SALAD STRAWBERRY CHEESECAKE
10 LENTIL SOUP BAKED MANICOTTI W/MEAT SAUCE ITALIAN BREAD RATATOUILLE STRAWBERRY SHORTCAKE	11 TURKEY NOODLE SOUP BAKED ORANGE FISH SAUTEED ZUCCHINI CREAM CHEESE BROWNIE	12 BEEF BARLEY SOUP HAWAIIAN CHICKEN FRENCH FRIES BAKED BEANS WATERMELON	13 BEEF KREPLACH SOUP PASTA PRIMAVERA MASHED POTATOES CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	14 TOMATO BASIL SOUP FISH & CHIPS CREAMY COLESLAW BLACK FOREST CAKE
17 BEEF VEGETABLE SOUP POT ROAST W/GRAVY MASHED POTATOES BABY CARROTS MOON PIE	18 CHICKEN GUMBO SOUP TUNA MELT W/TOMATO ON RYE CAESAR SALAD GARLIC BREAD ICE CREAM SUNDAE	19 FRENCH ONION SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS CUBED WATERMELON	20 SWEET & SOUR SOUP SWEET & SOUR CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGGIES SHERBERT	21 PIZZA DAY POTATO LEEK SOUP CHEESE PIZZA GARDEN SALAD LEMON MERANGE PIE  
24 MINESTRONE SOUP TERIYAKI CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	25 LEMON CHICKEN & RICE SOUP BALSAMIC TURKEY CHIVE MASHED POTATOES HONEY GLAZED CARROTS CHEESECAKE	26 FLORENTINE WHITE BEAN SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS WATERMELON	27 ITALIAN WEDDING SOUP SPINACH FRITATTA QUINOA WITH MUSHROOMS ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	28 TURKEY NOODLE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
31 PASTINA SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES BRUSSEL SPROUTS BANANA SPLIT SUNDAE				