

Activity Calendar - September 2023

The Director's Corner

September brings the crisp fall winds. Summer is ending and we see the changing colors of the leaves.

We are looking forward to a great month in Adult Day with fun entertainment, special guests and out trips.







Welcome Autumn!






Caregiver Meetings

This month the caregiver support meetings will take place on September 19th (virtual) and September 20th (in-person, masks are optional). *RVSPs are appreciated though not required to attend.*

To obtain the virtual link or for more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
	Coffee Hour @ 9AM Everyday Come Join us! 	Out Trip- TBA Visits with Nina & Diesel- TBA Thursdays Bennett Hall has musical concerts		1 10:00 WORKOUT W/ CURTIS 10:30 TABLE GAMES/ ART LUNCH 1:00 WEEKEND TOPICS 1:30 PATIO FUN 2:30 REFRESHMENTS 3:00 GAMES, ART, PUZZLES
4 HAPPY LABOR DAY CENTER CLOSED	5 10:00 CHAIR EXERCISE 10:30 MAKE WORDS 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 BINGO 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	6 10:00 ZUMBA 10:30 ART/ GROUP GAMES 10:30 MEN'S GROUP LUNCH 1:00 DISCUSSIONS 1:30 SING A LONG (PATIO) 2:30 REFRESHMENTS 3:00 ART, CARD GAMES	7 10:00 MIND GAMES 10:30 FILL IN THE BLANK 10:30 MEN'S GROUP LUNCH 1:00 DAILY TOPICS 1:30 FAMILY FUED/ CORN HOLE 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	8 10:00 WORKOUT W/ CURTIS 10:30 TABLE GAMES/ ART LUNCH 1:00 WEEKEND TOPICS 1:30 CAN YOU GUESS WHO 2:30 REFRESHMENTS 3:00 GAMES, ART, PUZZLES
11 10:00 CHAIR EXERCISE 10:30 NAME THIS 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 POKENO 2:30 REFRESHMENTS 3:00 GAMES, PUZZLES, ETC	12 10:00 NAME TEN 10:30 UNSCRAMBLE THIS 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 BULLS EYE 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	13 10:00 ZUMBA 10:30 ART/ GROUP GAMES 10:30 MEN'S GROUP LUNCH 1:00 DISCUSSIONS 1:30 CHARADES 2:30 REFRESHMENTS 3:00 ART, CARD GAMES	14 10:00 KICK N TOSS 10:30 COULD YOU EVER 10:30 MEN'S GROUP LUNCH 1:00 DAILY TOPICS 1:30 FRISBEE TOSS 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	15 10:00 WORKOUT W/ CURTIS 10:30 TABLE GAMES/ ART LUNCH 1:00 WEEKEND TOPICS 1:30 ICE CREAM SOCIAL 2:30 REFRESHMENTS 3:00 GAMES, ART, PUZZLES
18 10:00 CHAIR EXERCISE 10:30 MIND BUSTERS 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 BINGO 2:30 REFRESHMENTS 3:00 GAMES, PUZZLES, ETC	19 10:00 FUN FACTS 10:30 IF YOU COULD... 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 AUCTION FUN 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC 3:00 CAREGIVER MEETING (VIRTUAL)	20 10:00 ZUMBA 10:30 ART/ GROUP GAMES 10:30 MEN'S GROUP LUNCH 1:00 DISCUSSIONS 1:30 TAI CHI W/ JOHNATHAN 2:30 REFRESHMENTS 3:00 ART, TABLE GAMES 3:00 CAREGIVER MEETING (IN-PERSON)	21 10:00 BALLOON VOLLEY 10:30 SPLURT GAME 10:30 MEN'S GROUP LUNCH 1:00 DAILY TOPICS 1:30 DISCO ON THE PATIO 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	22 10:00 WORKOUT W/ CURTIS 10:30 TABLE GAMES/ ART LUNCH 1:00 WEEKEND TOPICS 1:30 MOVIE & POPCORN 2:30 REFRESHMENTS 3:00 GAMES, ART, PUZZLES
25 10:00 CHAIR EXERCISE 10:30 TRIVIA FACTS 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 BUTTOMS UP 2:30 REFRESHMENTS 3:00 GAMES, PUZZLES, ETC	26 10:00 SPELL THIS... 10:30 GROUP GAMES 10:30 MEN'S GROUP LUNCH 1:00 TABLE TALK 1:30 BIRTHDAY PARTY W/ WARREN 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	27 10:00 MIND BUSTERS 10:30 YOGA W/ DORIS 10:30 MEN'S GROUP LUNCH 1:00 DISCUSSIONS 1:30 HORSESHOES 2:30 REFRESHMENTS 3:00 ART, TABLE GAMES	28 10:00 CROSSWORDS 10:30 BRAIN TEASERS 10:30 MEN'S GROUP LUNCH 1:00 DAILY TOPICS 1:30 FACT OR FICTION 2:30 REFRESHMENTS 3:00 GAMES, ART, ETC	29 10:00 WORKOUT W/ CURTIS 10:30 TABLE GAMES/ ART LUNCH 1:00 WEEKEND TOPICS 1:30 60'S ON THE PATIO 2:30 REFRESHMENTS 3:00 GAMES, ART, PUZZLES 

Lunch Menu - September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>MINISTRONE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE</p>
<p>4</p> <p>HAPPY LABOR DAY</p> <p>CENTER CLOSED </p>	<p>5</p> <p>TUSCAN CAULIFLOWER SOUP MEAT LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE</p>	<p>6</p> <p>LENTIL SOUP HAMBURGER ON A BUN POTATO SALAD BAKED BEANS CUBED WATERMELON</p>	<p>7</p> <p>MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE</p>	<p>8</p> <p>MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES HONEY GLAZED CARROTS STRAWBERRY CHEESECAKE</p>
<p>11</p> <p>BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE</p>	<p>12</p> <p>TURKEY NOODLE SOUP STUFFED PEPPERS LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE</p>	<p>13</p> <p>WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES</p>	<p>14</p> <p>CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR</p>	<p>15</p> <p>SOUTHWESTERN TOMATO SOUP FISH & CHIPS FRENCH FRIES COUNTRY COLE SLAW BLACK FOREST PARFAIT</p>
<p>18</p> <p>BEEF VEGETABLE SOUP OVEN FRIED CHICKEN BUTTERMILK POTATO SALAD CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES</p>	<p>19</p> <p>CHICKEN GUMBO SOUP TURKEY POT PIE CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE</p>	<p>20</p> <p>MUSHROOM LEEK & TURKEY BACON CHOWDER DELUXE HAMBURGER FRENCH FRIES & BAKED BEANS DICED PEACHES</p>	<p>21</p> <p>SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES CUBED WATERMELON</p>	<p>22</p> <p>POTATO LEEK SOUP ROAST TURKEY WITH GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE</p>
<p>25</p> <p>TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE</p>	<p>26</p> <p>LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOCOLATE GANACHE CHEESECAKE</p>	<p>27</p> <p>WHITE BEAN SOUP HAMBURGER W/LETTUCE & TOMATO FRENCH FRIES BAKED BEANS FRUIT COCKTAIL</p>	<p>28</p> <p>ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING</p>	<p>29</p> <p>MINISTRONE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE</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. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST