



Activity Calendar - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				
		Join us for <i>Coffee Hour</i> Every Morning at 9:00am	1	2
5	6	7	8	9
Happy Labor Day Center Closed	10:00am: Exercise 10:30am: Painting 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Fall Bingo	10:00am: Morning Stretching 10:30am: White Board Games 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Shuffleboard	10:00am: Move to Music 10:30am: Discussion: Why do we celebrate Labor Day? 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Fall Bean Bag Toss	10:00am: Exercise 10:30am: Fall Craft Lunch 1:00pm: Exercise 1:30pm: Movie Day!
12	13	14	15	16
10:00am: sitterscise 10:30am: Question Cards 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Horse Racing	10:00am: Exercise 10:30am: Famous Women in Music 10:30am-11:30am: Men's Group Lunch 1:00pm: Name that Tune 1:30pm: Art	10:00am: Morning Stretching 10:30am: Suggestions for the Months ahead 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Special Guest: Entertainer Warren Bloom	10:00am: Chair Yoga 10:30am: Dance Party 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Karaoke	10:00am: Exercise 10:30am: Boggle Lunch 1:00pm: Exercise 1:30pm: Active Game
19	20	21	22	23
10:00am: Exercise 10:30am: Left Right Center 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Word Games	10:00am: Exercise 10:30am: Quotes for the day 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Sip and Paint	10:00am: Exercise 10:30am: Food Bingo 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Smile Ball	10:00am: Sitterscise 10:30am: Who am I? 10:30am-11:30am: Men's Group Lunch 1:00pm: Meditation to Music 1:30pm: Mind Exercises	10:00am: Chair Yoga 10:30am: Art Project Lunch 1:00pm: Exercise 1:30pm: What do we see in the room?
26	27	28	29	30
10:00am: Exercise 10:30am: Group Games 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Uno	10:00am: Exercise 10:30am: Outdoor Activities for Fall Weather 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Virtual Field Trip	10:00am: Exercise 10:30am: Keno 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Discussion Group	10:00am: Exercise 10:30am: Art 10:30am-11:30am: Men's Group Lunch 1:00pm: Exercise 1:30pm: Big Bingo	10:00am: Exercise 10:30am: Pokeno Lunch 1:00pm: Exercise 1:30pm: Movie Day!

The Director's Corner 
September brings the change of winds. Summer is ending and we look forward to the changing colors of the leaves.

Welcome to our new members: Harvey, Joan, William, Betty and Virginia. Happy Birthday to all our September Virgo folks!





Caregiver Meetings

This month the caregiver support meetings will take place on September 20th (Zoom) and September 21st (in-person, please wear a mask). *RVSP's are appreciated though not required to attend.*

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

Lunch Menu - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
HAPPY LABOR DAY CENTER CLOSED	6	7	8	9
5	TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	LENTIL SOUP HOT DOG ON A BUN POTATO SALAD & BAKED BEANS SAUERKRAUT & ONIONS CUBED WATERMELON	WISCONSIN BEER & CHEESE SOUP CHICKEN PICCATA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CR CHEESE ICING	MINESTRONE SOUP SALISBURY STEAK W/ GRAVY LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
12	13	14	15	16
BEEF VEGETABLE SOUP BAKED MANICOTTI W/MEAT SAUCE BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE	TURKEY NOODLE SOUP STUFFED PEPPERS LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE	WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	CARROT APPLE SOUP CHICKEN TENDERS ONION RINGS CALIFORNIA BLEND VEG CHOCOLATE ÉCLAIR	SOUTHWESTERN TOMATO SOUP FISH AND CHIPS FRENCH FRIES CHOPPED COUNTRY COLE SLAW BLACK FOREST PARFAIT
19	20	21	22	23
BEEF VEGETABLE SOUP HOT ROAST BEEF W/GRAVY BUTTERMILK POTATO SALAD CHOPPED COLESLAW APPLE SQUARE	CHICKEN GUMBO SOUP TURKEY POT PIE CAESAR SALAD ROASTED ZUCCHINI & SUMMER SQUASH GARLIC BREAD ICE CREAM SUNDAE	BLACK BEAN SOUP DELUXE HAMBURGER BAKED FRENCH FRIES BAKED BEANS DICED PEACHES	SWEET & SOUR SOUP SOLE PICCATA FRIED RICE ASIAN BLEND VEGETABLES EGG ROLL CUBED WATERMELON	POTATO LEEK SOUP ROAST TURKEY W/ GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE
26	27	28	29	30
TURKEY NOODLE SOUP OVEN FRIED CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	LEMON CHICKEN & RICE SOUP BAKED FISH W/CRUMB TOPPING DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOCOLATE GANACHE CHEESECAKE	WHITE BEAN SOUP HAMBURGER W/ LETT & TOM FRENCH FRIES BAKED BEANS FRUIT COCKTAIL	WISCONSIN BEER & CHEESE SOUP CHICKEN PICCATA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CR CHEESE ICING	MINESTRONE SOUP SALISBURY STEAK W/ GRAVY LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE

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