

Notes	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Each day we start with coffee & chat Lunch is Served around noon. All activities are subject to change without notice.</p> <p>Caregiver Chat Group 1st Monday of the month at JC Senior Center 30 Brocton Street Conf Call Format Dial 607-778-6547 Mtg Code 2187 Attendee Access 123456#</p> <p>Caregiver Services Information & Consultation 607-778-2411.</p> <p>Thought for the Day!</p> <p><i>“Forget about aging gracefully, focus instead on aging gratefully.”</i></p> <p>- Unknown</p>			1 October Trivia Famous October Birthdays Bullseye Right-Left-Center Would You Rather 	2 Octoberfest Traditions Animal Adventure Munich Video Fall Coloring Horseshoe Toss  *Nino Samiani 1PM*	3 Senior News Review World Smile Day Really Bad Jokes Crazy Balls Carol Burnett Clips 
	6 Teacher Talk Nursery Rhyme Quiz Floor Dice Pokeeno  *Caregiver Chat 1PM*	7 October Firsts Myster Message Cornhole Beat the House Bingo 	8 Hobby Coffee Chat High-Low Card Game Record Holders  *Garden Club 1PM* *Caregiver Chat 1-230PM* Broome West Senior Center	9 All About Apples True or False? “Name 3” Dice Game Light-N-Lively Exercise Shenanigans 	10 Eleanor Roosevelt Bio Horse Riding Quiz Fun on the Farm Jingo Pictionary Parachute Fun 
	13 Columbus Day History & Myths Break the Ice Shake a Memory Sit & Stretch 	14 Aging Humor The Year 1948 Famous Faces Beanbag Toss Dominoes 	15 Pumpkin Word Scramble Movement Game All for a Dollar Cards & Dice Games Chair Yoga 	16 Boss’s Day Guess the Boss Card Bingo Move & Groove 60’s Music Videos 	17 Frank Sinatra Fun Stretch to Music Bocce Ball What’s in the Bag? Roll It, Play It 
	20 Famous Actresses Corny Trivia & Puns Theraband Stretch Red or Black Cards  *Afternoon Sing-A-Long*	21 Lady Liberty Trivia Simon Says Exercise!! Give Me 3 NYC Video Table Games 	22 National Pizza Month Pizza Parlor Challenge Food Jingo Upper Body Yoga Morning Artwork 	23 United Nations Chat Guess the Country Coffee with Friends Skeetball  I Love America Jingo *Marian Tewksbury 1PM*	24 YESTERYEARS FALL PICNIC 
	27 Match the Idiom The Year 1964 “Buddi” Games Bowling Musical Bingo 	28 Name 10 Things Funny Aging Quotes Table Baseball Stretch to Music  *Therapy Dogs 1PM*	29 Guess the Costume Halloween “Jacks” Toss the Jack Word Scrambles  *Music with Yvette*	30 Halloween Quiz History & Traditions Bingo Spooky Sing-A-Long Double Box Toss 	31 Happy Halloween Wear Orange or Black Halloween Jingo Superstitions Pumpkin Patch Skeetball 