

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.



Join us for
Coffee Hour
Every Morning
at 9:00am




Caregiver Meetings

This month the caregiver support meetings will take place on October 15th (virtual) and October 16th (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
	1	2	3	4
<p>Join us for Coffee Hour Every Morning at 9:00am</p> 	10:00 SIT AND GET FIT 10:30 ASTROLOGICAL TRIVA! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 LET'S SING AND DANCE 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 SILVER SNEAKERS WORKOUT 10:30 30 LETTER WORD FIND! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 CHAIR ZUMBA... 10:30 GUESS IN 10 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 SPORTS MATCH 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 DEAR ABBY 10:30 CHAIR YOGA w/ DORIS 10:30 MOZAIC WOOD WORK SHOP WITH CHRIS LUNCH 1:00 STRETCHES 1:30 BOTTOM'S UP! 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS
7	8	9	10	11
10:00 CHAIR ZUMBA 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 SILVER SNEAKER WORKOUT 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ SHAWN TAYLOR 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 FITNESS FUSION 10:30 TRIVIA 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 SIT AND GET FIT 10:30 Pictionary 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 GOLF MATCH 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 CHAIR EXERCISE 10:30 ENTERTAINMENT w/ JOHN VALERIO 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 TABLE GAMES/DOMINOES RUMMIKUB/WATERPAINTING 2:30 REFRESHMENTS 3:00 TABLE TOPICS
14	15	16	17	18
10:00 SILVER SNEAKER WORKOUT 10:30 HISTORICAL TRIVIA 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 CASUAL CONVERSATION	10:00 SIT AND GET FIT 10:30 HANGMAN 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BEAN BAG TOSS 2:30 REFRESHMENTS 3:00 CASUAL CONVERSATION 3:00 CAREGIVER MEETING (VIRTUAL)	10:00 CHAIR ZUMBA 10:30 FACTS OR FICTION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 CASUAL CONVERSATION 3:00 CAREGIVER MEETING (IN PERSON)	10:00 FITNESS FUSION 10:30 WORDLE 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BOWLING MATCH 2:30 REFRESHMENTS 3:00 CASUAL CONVERSATION	10:00 CHAIR EXERCISE 10:30 INTERGENERATIONAL ARTS AND CRAFTS PROJECT w/ THE CHILD DEVELOPMENT CENTER 10:30 SCATTERGORIES LUNCH 1:00 YOU BE THE JUDGE! 1:30 TAI CHI w/ JONATHAN 2:30 REFRESHMENTS 3:00 CASUAL CONVERSATION
21	22	23	24	25
10:00 FITNESS FUSION 10:30 MATCH IT UP! 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 CHAIR ZUMBA 10:30 PUZZLE VISION 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BALLOON VOLLEY 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 GLOBAL TRIVIA 10:30 CHAIR YOGA w/ DORIS 10:30 Out Trip LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 CHAIR EXERCISE 10:30 BRAIN TEASE 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 DRUM LINE 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS	10:00 SIT AND GET FIT 10:30 FAMILY FEUD 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 ENTERTAINMENT w/ THE KILLIAN GROUP 2:30 REFRESHMENTS 3:00 GOLDEN CONVERSATIONS
28	29	30	31	
10:00 CHAIR ZUMBA 10:30 HEALTH TRIVIA 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BINGO 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 SIT AND GET FIT 10:30 SING AND DANCE TO THE 60's 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 BOTTOM'S UP! 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 FITNESS FUSION 10:30 CELEBRITY FACES 10:30 MEN'S GROUP LUNCH/ Out Trip 1:00 STRETCHES 1:30 TRICK OR TREAT BINGO 2:30 REFRESHMENTS 3:00 TABLE TOPICS	10:00 SILVER SNEAKER WORKOUT 10:30 WHEEL OF FORTUNE 10:30 MEN'S GROUP LUNCH 1:00 STRETCHES 1:30 HARVEST MASQUERADE PARTY w/ CARL LINDQUIST 2:30 REFRESHMENTS 3:00 TABLE TOPICS	

Lunch Menu - October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	2 LENTIL SOUP HAMBURGERS & HOT DOGS POTATO SALAD BAKED BEANS CUBED WATERMELON	3 MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	4 MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES WAXED BEANS STRAWBERRY CHEESECAKE
7 BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE	8 TURKEY NOODLE SOUP STUFFED PEPPERS LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE	9 WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	10 CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	11 SOUTHWESTERN TOMATO SOUP FISH AND CHIPS FRENCH FRIES COUNTRY COLESLAW BLACK FOREST PARFAIT
14 BEEF VEGETABLE SOUP HOT ROAST BEEF W/GRAVY MASHED POTATO CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES	15 CHICKEN GUMBO SOUP CAPELLINI & MEATBALLS CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE	16 MUSHROOM LEEK & TURKEY BACON CHOWDER VEGETABLE QUICHE GARDEN SALAD DICED PEACHES	17 SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES CUBED WATERMELON	18 POTATO LEEK SOUP ROAST TURKEY WITH GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE
21 TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	22 LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOCOLATE GANACHE CHEESECAKE	23 WHITE BEAN SOUP HAMBURGERS & HOT DOGS FRENCH FRIES BAKED BEANS FRUIT COCKTAIL	24 ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	25 PIZZA DAY MINISTRONE SOUP CHEESE PIZZA GARDEN SALAD STRAWBERRY SHORTCAKE
28 ALPHABET SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE	29 TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	30 LENTIL SOUP HAMBURGERS & HOT DOGS POTATO SALAD BAKED BEANS CUBED WATERMELON	31 MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	

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. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST