

September 2025

October 2025

The Seasons Assisted Living, Traditional Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
9:15 Virtual Catholic Mass 10:30 Communion w/ Our Lady of Mercy Church 11:15 Seated Exercise 1:00 Sunday Matinee (Fox) NFL FOOTBALL Patriots vs Panthers 1:30 Roll a Goal 2:45 Putting Practice 3:00 Garden Group Shopping Plants for boxes 3:45 Rummikub 6:15 High Stakes Bingo & “Boos” \$1/card and drinks 7:00 Gameshows (GSN)	9:15 Crossword Group 10:15 Seated Tai Chi w/ Alex 11:00 Brain Games 1:30 Quarter Bingo 3:00 Virtual Rosary (YT) 3:30 Popcorn Pub 6:15 Scrabble Slam (Card Game) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 12:00 MONTHLY BIRTHDAY LUNCHEON 1:30 Crafting Circle: Canvas tote 3:30 Welcome New Residents Happy Hour 6:30 Mid-Week Movie (HM) My Favorite Wife 1940 1:29 Cary Grant and Irene Dunne star in this classic romantic comedy about a man with one spouse too many ... and the resulting legal and romantic dilemma.	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Quarter Bingo 3:00 Worship & Communion w/ Rev. Cheryl 3:30 Trivia Pub 6:15 UNO 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 “Write To Grow” 1:30 Toss Across 2:45 Horseshoes 3:30 Live Music w/ Bob Trembley 6:15 Farkle (dice game) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Yoga w/ Linda 1:30 Quarter Bingo 1:45 Shopping Trip: Ocean State Job Lot 3:30 Happy Hour 6:15 Black Jack (card game—nickels & dimes) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Coffee & Chat 11:15 Exercise Group 1:30 Left/Right/Center (dimes) 2:30 Saturday Matinee (NF) My Oxford Year 2025 1:52 A driven American grad student (Sofia Carson) falls in love at Oxford in this warm, witty, and profound love story on the beloved bestselling novel. 2:45 Darts 3:45 Nail Care 6:15 Roll A Bingo (dice game) 7:00 Wheel of Fortune/ Jeopardy Group

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting.

Last Updated:

October 2025

SPIRIT WEEK

The Seasons Assisted Living, Traditional Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 9:15 Virtual Catholic Mass 10:30 Communion w/ Our Lady of Mercy Church 11:15 Seated Exercise 1:30 Roll-a-Goal 1:30 Sunday Matinee (NF) Eat Pray Love 2010 2:20 After Deciding to reshape her live after divorce, Liz travel all over the world in search of good food, spirituality and true love. (starring Julia Roberts) 2:45 Rummikub 3:00 Journaling/Reminisce 3:45 Putting Practice 6:15 Trivia Night 7:00 Gameshow Groupies (GSN)	6 FLANNEL DAY <i>Nothing feels more like autumn than flannel</i> 9:15 Crossword Group 10:15 Seated Tai Chi w/ Alex 11:00 Brain Games 1:30 TOWN HALL 2:30 Quarter Bingo 3:30 Popcorn Pub 6:15 Poetry & Prose w/ Ava (Santella's Daughter As a retired English Instructor, Ava will share and discuss poems and short stories and invite you to share your critique and thoughts) 7:00 Wheel of Fortune/ Jeopardy Group	7 TWIN DAY <i>Dess alike with another resident</i> 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Crafting Circle: Paint Halloween Door Decor 3:30 Skip-bo 6:15 Dominos (Independent) 6:30 Mid-Week Movie (NF) Dirty Dancing 1987 1:40 Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle. Everyone learns "Nobody Puts Baby in the Corner" (Staring Patrick Swayze & Jennifer Grey)	8 SWEATA WEATHA <i>Wear your favorite "Sweata"</i> 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Zumba w/ Monica 1:30 Special Presentation: w/ George Salter, World Travel Photographer 3:30 Trivia Pub 6:15 Uno 6:15 Bridge Club (Independent) 7:00 Wheel of Fortune/ Jeopardy Group	9 FUN SOCK DAY <i>Show off your "fun & funky" socks</i> Flu Clinic 1-3 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise w/ Jill 1:30 Horseshoes 2:30 Nail Care 3:30 Live Music w/ Lady D 6:15 Farkle (dice game) 7:00 Netflix Series: Man on the Inside Episodes 3 & 4	10 FOOTBALL FRIDAY <i>Support your favorite team by wearing attire/colors</i> 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Bank Run 1:30 Quarter Bingo 3:30 Happy Hour 6:15 Black Jack (card game—nickels & dimes) 7:00 Wheel of Fortune/ Jeopardy Group	11 9:15 Crossword Group 10:15 Coffee & Chat 11:15 Exercise Group 1:30 Left/Right/Center (dimes) 1:30 Bridge Club (Independent) 2:30 Saturday Matinee (AP) Fly Me to The Moon 2024 2:12 Set against the backdrop of NASA's Apollo 11 moon landing-- Marketing maven Kelly Jones (Scarlett Johansson) wreaks havoc on NASA launch director Cole Davis's (Channing Taum) already difficult task. When the White House deems the mission too important to fail, the countdown truly begins 2:45 Darts 3: 45 Nail Care 6:15 Roll A Bingo (dice game) 7:00 Wheel of Fortune/ Jeopardy Group

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Last Updated: 10/4/25

October 2025

The Seasons Assisted Living, Traditional Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 9:15 Virtual Catholic Mass 10:30 Communion w/ Our Lady of Mercy Church 11:15 Seated Exercise 1:00 Patriots vs Saints (CBS) 1:30 Roll-a-Goal 1:30 Sunday Matinee TBD 2:45 Rummikub 3:15 Scenic Ride 3:45 Putting Practice 6:15 Trivia Night 7:00 Gameshow Groupies (GSN)	13 Columbus Day/ Indigenous Peoples Day 9:15 Crossword Group 10:15 Seated Tai Chi w/ Alex 11:00 Brain Games 1:30 Quartr Bingo 3:00 Virtual Rosary (AP) 3:30 Pub & Live Music w/ Don & Dave 6:30 Holiday Movie Night TBD	14 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Crafting Circle: 3:30 Skip-bo (card game) 6:15 Dominos (Independent) 6:30 Mid-Week Movie	15 Dr. Golden Podiatry Starts--8:00am 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Quartr Bingo 3:30 Virtual Travel Pub Reluctant Traveler w/ Eugene Levy (AP) 6:15 Uno 6:15 Bridge Club (Independent) 7:00 Wheel of Fortune/ Jeopardy Group	16 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise w/ Jill 1:30 Horseshoes 2:30 Action Steps Seminar on Fall Prevention 3:30 Live Music w/ Mike Coletta 6:15 Farkle (dice game) 7:00 Netflix Series: Man on the Inside Episodes 5 & 6	17 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Yoga w/ Linda 1:30 Quarter Bingo 1:30 Shopping Trip: Five Below 3:30 Happy Hour 6:15 Black Jack (card game—nickels & dimes) 7:00 Wheel of Fortune/ Jeopardy Group	18 9:15 Crossword Group 10:15 Coffee & Chat 11:15 Exercise Group 1:30 Left/Right/Center (dimes) 1:30 Bridge Club (Independent) 2:30 Saturday Matinee TBD 2:45 Darts 3:45 Nail Care 6:15 Roll A Bingo (dice game) 7:00 Wheel of Fortune/ Jeopardy Group

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Last Updated: 10/5/25

October 2025

The Seasons Assisted Living, Traditional Community Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	PUMPKIN JUDGING 23	24	Trick-or-Treat The Season 25 2:00-4:30
9:15 Virtual Catholic Mass	9:15 Crossword Group	9:15 Crossword Group	9:15 Crossword Group	9:15 Crossword Group	9:15 Crossword Group	9:15 Crossword Group
10:30 Communion w/ Our Lady of Mercy Church	10:15 Seated Tai Chi w/ Alex	10:15 Morning Brain Games	10:15 Morning Brain Games	10:15 Morning Brain Games	10:15 Morning Brain Games	10:15 Crossword Group
11:15 Seated Exercise	11:00 Brain Games	11:00 Seated Exercise	11:00 Seated Exercise	11:00 Seated Exercise w/ Jill	11:00 Seated Yoga w/ Linda	10:15 Coffee & Chat
1:00 Patriots vs Titans (CBS)	1:10 Sacrament of Confession	1:30 Crafting Circle:	1:30 Quartr Bingo	12:00 Lunch Outing: Dan's Place	1:30 Quarter Bingo	11:15 Exercise Group
1:30 Roll-a-Goal	1:30 Catholic Mass w/ Fr. Brodeur	3:30 Resident Activity Council	2:45 Tap'n Time w/ Belle	1:30 Horseshoes	1:30 Shopping Trip: CVS	1:30 Left/Right/Center (dimes)
1:30 Sunday Matinee TBD	2:30 Quartr Bingo	6:30 Mid-Week Movie TBD	3:30 Virtual Travel Pub Reluctant Traveler w/ Eugene Levy (AP)	2:00 Grief Group	3:30 Happy Hour	1:30 Bridge Club (Independent)
2:45 Rummikub	3:30 Popcorn Pub		6:15 Uno	2:30 Nail Care	6:15 Black Jack (card game—nickels & dimes)	2:45 Nail Care
3:45 Putting Practice	6:15 Scrabble Slam		6:15 Bridge Club (Independent)	3:30 Sing Along		3:30 Live Music w/ Janine Andrews
6:15 Trivia Night	7:00 Wheel of Fortune/ Jeopardy Group		7:00 Wheel of Fortune/ Jeopardy Group	6:15 Farkle (dice game)	7:00 Wheel of Fortune/ Jeopardy Group	6:15 Roll A Bingo (dice game)
7:00 Gameshow Groupies (GSN)				7:00 Netflix Series: Man on the Inside Episodes 7 & 8		7:00 Wheel of Fortune/ Jeopardy Group

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October 2025

The Seasons Assisted Living, Traditional Community Activities

Nov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
9:15 Virtual Catholic Mass 10:30 Communion w/ Our Lady of Mercy Church 11:15 Seated Exercise 1:00 Patriots vs Browns (Fox) 2:45 Rummikub 3:45 Putting Practice 6:15 Bingo & “Boos” (nightcap) (Game begins at 6:30) 7:00 Gameshow Groupies (GSN)	9:15 Crossword Group 10:15 Seated Tai Chi w/ Alex 11:00 Brain Games 1:30 Quarter Bingo 3:00 Virtual Rosary (YT) 3:30 Popcorn Pub 6:15 Scrabble Slam (Card Game) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 12:00 Oct. Birthday Luncheon 1:30 Crafting Circle 3:30 New Resident Welcome Pub 6:30 Mid-Week Movie TBD	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Quartr Bingo 3:30 Pub & Live Music w/ The Illusions 6:15 Uno 6:15 Bridge Club (Independent) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Exercise 1:30 Toss Across 2:30 Horseshoes 3:30 Music Trivia 6:15 Farkle (dice game) 7:00 Wheel of Fortune/ Jeopardy Group	HAPPY HALLOWEEN 9:15 Crossword Group 10:15 Morning Brain Games 11:00 Seated Yoga w/ Linda 1:30 Flowers Arrangement w/ Sally Gruber 1:30 Shopping Trip: CVS 3:30 Spooks & Spirits Pub 6:15 Black Jack (card game—nickels & dimes) 7:00 Wheel of Fortune/ Jeopardy Group	9:15 Crossword Group 10:15 Coffee & Chat 11:15 Exercise Group 1:30 All Saints Day Service w/ Rev. Cheryl 2:30 Left/Right/Center (dimes) 2:30 Saturday Matinee TBD 3: 45 Nail Care 6:15 Roll A Bingo (dice game) 7:00 Wheel of Fortune/ Jeopardy Group

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