

FALL September | October | November

DAILY PROGRAMS ARE DESIGNED AROUND THESE CONNECTION PILLARS

Mindfulness:

Activities designed to uplift your spirit and strength leaving you feeling refreshed.

Physical Fitness:

Stay active with chair boxing, zumba, and gait training exercises. Or, grab some resistance bands, light weights or boxing gloves and let's get moving!

Cognition:

Exercise your brain with challenging games like Cranium Crunch, Memory Match, or sentence inhibition activities.

Entertainment/Social:

What's life without a little fun? Our entertainment features live music, immersive travel experiences and group games to keep engaged throughout the day.

Creativity:

Whether it's something new or tried-and-true, each day includes creative, fun activities such as karaoke, artistry skills, or our cooking club.

Social Nutrition:

Delicious, freshly prepared meals and family-style dining with member choice a top priority.



CHOOSE FROM MANY ACTIVITIES TO CUSTOMIZE YOUR DAY

8:00a Continental Breakfast

9:30a Daily Science & Health News

10:00a Health & Wellness Class

or **Cooking Club**

10:30a Oldies Sing-A-Long

11:00a Category Lightning Round

or **Outdoor Walking Club**

11:30a Working Out with Weights

12:00p Family Style Lunch

1:00p Poetry Corner or

Indoor Sports

1:30p Pick an Art Station

or **Outdoor Walking Club**

2:00p Live Music Concert

2:30p Afternoon Perk

3:00p Birthday Celebration

3:30p Board Games

“The staff is incredible. The daily schedule they provide is varied and keeps the members busy and engaged. We call it the “social club” and it’s exactly that!”

Thanks Evergreen!
~ Daughter of a member



Reimagining Senior Daycare

Call Today
(203) 514-7450
WithEvergreen.com

- Strengthen the body and brain
- Social and engaging activities
- Trained, caring staff
- Delicious meals
- Monday - Friday, 8am - 4pm
- Door-to-door transportation



Share this **FREE** Guest Pass with friends or family!



@evergreendaytimeseniorcare



Reimagining Senior Daycare

FALL MUSIC LINEUP

SEPTEMBER

- 5 Live Music - Vinnie Ferrone and Birthday Celebrations
- 18 Live Music - Fred Gouveia
- 23 Live Music - Barbara's Serenade Acoustic Duet

OCTOBER

- 3 Live Music - Vinnie Ferrone and Birthday Celebrations
- 13 Live Music - Joe Corsello
- 30 Live Music - Barbara's Serenade Acoustic Duet

NOVEMBER

- 11 Live Music - Vinnie Ferrone and Birthday Celebrations
- 24 Live Music - Richard "Cookie" Thomas

Welcome
The Season
of Silver
and Gold

