

# livfun

*The Landing of North Haven*

SEPTEMBER 2020 • BELIEVE

## September 9/11 Remembrance Day

I doubt anyone will ever forget where they were on the morning of Sept. 11, 2001, when they heard of the attacks on the twin World Trade Towers in NYC and the Pentagon in Washington. This horrible and tragic day is etched forever in our memories.



Like the attack on Pearl Harbor that brought us into World War II, the 9/11 attacks led us into a new war ... the war on terrorism. It also touched and changed forever, the lives of each and every American.

On the anniversary of 9/11, we encourage you to spend a few minutes reflecting upon this event, and praying for the victims who died, and their families and friends.

## Why Was Labor Day Invented?

Labor Day came about because workers felt they were spending too many hours and days on the job.

In the 1830s, manufacturing workers were putting in 70-hour weeks on average. Sixty years later, in 1890, hours of work had dropped, although the average manufacturing worker still toiled in a factory 60 hours a week.

These long working hours caused many union organizers to focus on winning a shorter eight-hour work day. They also focused on getting workers more days off, such as the Labor Day holiday, and reducing the workweek to just six days.

These early organizers clearly won since the most recent data show that the average person working in manufacturing is employed for a bit over 40 hours a week and most people work only five days a week.

Surprisingly, many politicians and business owners were actually in favor of giving workers more time off. That's because workers who had no free time were not able to spend their wages on traveling, entertainment or dining out.



*(Continued on back.)*



## Our Artists Hard at Work Creating Beautiful Works of Art



# Why Was Labor Day Invented? (Continued)

As the U.S. economy expanded beyond farming and basic manufacturing in the late 1800s and early 1900s, it became important for businesses to find consumers interested in buying the products and services being produced in ever greater amounts. Shortening the work week was one way of turning the working class into the consuming class.

## Our Outdoor Concerts Continue in Full Force



## THE LANDING OF NORTH HAVEN

201 Clintonville Road  
North Haven, CT 06473  
203-780-0111

### Staff

**General Manager**  
Eric Piekarz

**Sales Manager**  
Donna Naparstek

**Sales Advisor**  
Pasquale Nuzzolillo

**Sales and Move-in Coordinator**  
Danielle Durazzo

**Executive Chef**  
Mike Civali

**Health and Wellness Director**  
Stacey Thompson

**Office Manager**  
Christopher Sheehan

**Program Supervisor**  
Pina Gdovin

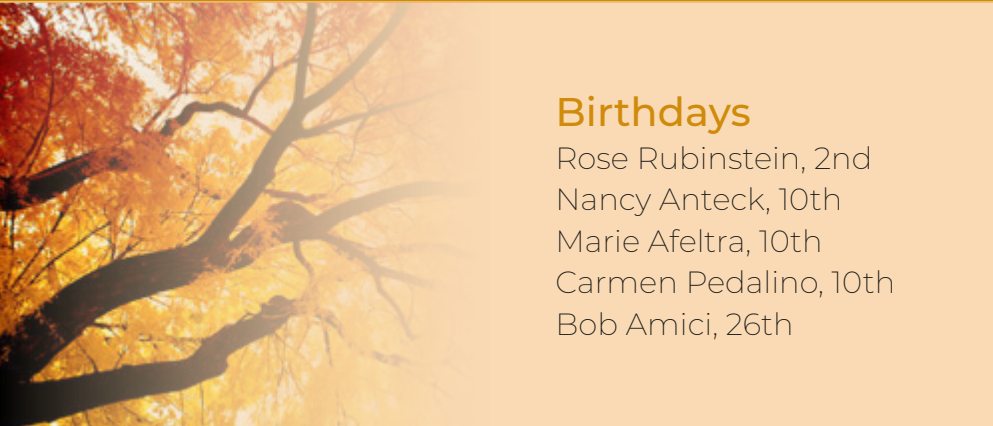
**PrimeFit Instructor**  
Lori Chartier



**Concierge**  
Stephani Izzo

**Housekeeping Supervisor**  
Cynthia Defaranos

**Plant Operations Supervisor**  
Mike Brody

**Opal Manager**  
Ashley Hebert

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>Birthdays</b> Rose Rubinstein, 2nd Nancy Anteck, 10th Marie Afeltra, 10th Carmen Pedalino, 10th Bob Amici, 26th	9:00 Morning Strength, PG 1 9:30 Walking Club 9:30 Brain Fit 11:30 Move to Music, PG 1:30 Strength Training 2:00 Ice Cream Social, B 2:00 Music by John Paolillo 3:00 Happy Hour, B 7:00 Movie Night, TH	9:00 Morning Strength, PG 2 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More 10:00 Rosary, TH 11:30 Move to Music, PG 1:30 Strength Training 2:00 Bowling 2:00 Patty's "Energizer" Karaoke 3:00 Happy Hour, B 3:00 Fireside Chat & Book Club, GL 7:00 Movie Night, TH	9:00 Morning Strength, PG 3 9:30 Brain Fit, CR 10:30 Stand NB Strong, PG 11:00 Games/Puzzles/Cards & More, CR 11:00 Chair Volleyball, PG 11:30 Move to Music, PG 1:30 Strength Training 2:00 Eureka Game, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	9:00 Morning Strength, PG 4 9:30 Walking Club 9:30 Brain Fit 10:00 Games/Puzzles/Cards & More 11:30 Move to Music, PG 1:30 Strength Training 2:00 Music by Nick Fradiani 3:00 Happy Hour 7:00 Movie Night, TH	9:00 Morning Strength, PG 5 9:30 Brain Fit 10:30 Games/Puzzles/Cards & More 11:00 Coffee Social & Trivia, B 11:30 Move to Music, PG 1:30 Strength Training 2:00 Culinary Activities, B 3:00 Chair Volleyball, PG 3:00 Happy Hour, B 7:00 Movie Night	
	6 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More, CR 11:00 Left, Right & Center, CR 3:00 Happy Hour 3:30 Eureka Game, B 7:00 Movie Matinee, TH	<b>LABOR DAY</b> 7 9:30 Brain Fit, CR 10:00 Bar Class with Tony, PG 11:00 Off to the Races, B 1:00 Games/Puzzles/Cards & More 2:00 Pokeno, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	8 9:00 Morning Strength, PG 8 9:30 Walking Club 9:30 Brain Fit 11:30 Move to Music, PG 1:30 Strength Training 2:00 Ice Cream Social, B 3:00 Happy Hour, B 3:00 Food Fight with Chef Mike 7:00 Movie Night, TH	9 9:00 Morning Strength, PG 9 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More 10:00 Rosary, TH 11:30 Move to Music, PG 1:30 Strength Training 2:00 Music by Pierce Campbell 2:00 Bowling 3:00 Happy Hour, B 3:00 Fireside Chat & Book Club, GL 3:00 Resident Council 7:00 Movie Night, TH	10 9:00 Morning Strength, PG 10 9:30 Brain Fit, CR 10:30 Stand NB Strong, PG 11:00 Games/Puzzles/Cards & More, CR 11:00 Chair Volleyball, PG 11:30 Move to Music, PG 1:30 Strength Training 2:00 Eureka Game, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	<b>PATRIOT DAY</b> 11 9:00 Morning Strength, PG 9:30 Walking Club 9:30 Brain Fit 10:00 Games/Puzzles/Cards & More 11:30 Move to Music, PG 1:30 Strength Training 2:00 Music by Bob Giannotti 3:00 Happy Hour 7:00 Movie Night, TH	12 9:00 Morning Strength, PG 12 9:30 Brain Fit 10:30 Games/Puzzles/Cards & More 11:00 Coffee Social & Trivia, B 11:30 Move to Music, PG 1:30 Strength Training 2:00 Culinary Activities, B 3:00 Chair Volleyball, PG 3:00 Happy Hour, B 7:00 Movie Night
	13 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More, CR 11:00 Left, Right & Center, CR 3:00 Happy Hour 3:30 Eureka Game, B 7:00 Movie Matinee, TH	14 9:30 Brain Fit, CR 10:00 Bar Class with Tony, PG 11:00 Off to the Races, B 1:00 Games/Puzzles/Cards & More 2:00 Pokeno, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	15 9:00 Morning Strength, PG 9:30 Walking Club 9:30 Brain Fit 11:30 Move to Music, PG 1:30 Strength Training 2:00 Ice Cream Social, B 2:00 Double Vision Music Duo 3:00 Happy Hour, B 7:00 Movie Night, TH	16 9:00 Morning Strength, PG 16 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More 10:00 Rosary, TH 11:30 Move to Music, PG 1:30 Strength Training 2:00 Bowling 2:00 Music by East Chicago Joe 3:00 Happy Hour, B 3:00 Fireside Chat & Book Club, GL 7:00 Movie Night, TH	17 9:00 Morning Strength, PG 17 9:30 Brain Fit, CR 10:30 Stand NB Strong, PG 11:00 Games/Puzzles/Cards & More, CR 11:00 Chair Volleyball, PG 11:30 Move to Music, PG 1:30 Strength Training 2:00 Eureka Game, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	<b>ROSH HASHANAH BEGINS AT SUNSET</b> 18 9:00 Morning Strength, PG 9:30 Walking Club 9:30 Brain Fit 10:00 Games/Puzzles/Cards & More 11:30 Move to Music, PG 1:30 Strength Training 2:00 Music by Alex Pericas 3:00 Happy Hour 6:55 Rosh Hashanah Begins at Sundown 7:00 Movie Night, TH	19 9:00 Morning Strength, PG 19 9:30 Brain Fit 10:30 Games/Puzzles/Cards & More 11:00 Coffee Social & Trivia, B 11:30 Move to Music, PG 1:30 Strength Training 2:00 Culinary Activities, B 3:00 Chair Volleyball, PG 3:00 Happy Hour, B 7:00 Movie Night
	20 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More, CR 11:00 Left, Right & Center, CR 3:00 Happy Hour 3:30 Eureka Game, B 7:00 Movie Matinee, TH	21 9:30 Brain Fit, CR 10:00 Bar Class with Tony, PG 11:00 Off to the Races, B 1:00 Games/Puzzles/Cards & More 2:00 Pokeno, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	<b>AUTUMN BEGINS</b> 22 9:00 Morning Strength, PG 9:30 Walking Club 9:30 Brain Fit 11:30 Move to Music, PG 1:30 Strength Training 2:00 Ice Cream Social, B 3:00 Happy Hour, B 7:00 Movie Night, TH	23 9:00 Morning Strength, PG 23 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More 10:00 Rosary, TH 11:30 Move to Music, PG 1:30 Strength Training 2:00 Bowling 2:00 Music by Ralph Sacco 3:00 Happy Hour, B 3:00 Fireside Chat & Book Club, GL 7:00 Movie Night, TH	24 9:00 Morning Strength, PG 24 9:30 Brain Fit, CR 10:30 Stand NB Strong, PG 11:00 Games/Puzzles/Cards & More, CR 11:00 Chair Volleyball, PG 11:30 Move to Music, PG 1:30 Strength Training 2:00 Eureka Game, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	25 9:00 Morning Strength, PG 25 9:30 Walking Club 9:30 Brain Fit 10:00 Games/Puzzles/Cards & More 11:30 Move to Music, PG 1:30 Strength Training 2:00 Music by Tony V Sax 2:00 Birthday Celebration/ Happy Hour 3:00 Happy Hour 7:00 Movie Night, TH	26 9:00 Morning Strength, PG 26 9:30 Brain Fit 10:30 Games/Puzzles/Cards & More 11:00 Coffee Social & Trivia, B 11:30 Move to Music, PG 1:30 Strength Training 2:00 Culinary Activities, B 3:00 Chair Volleyball, PG 3:00 Happy Hour, B 7:00 Movie Night
	<b>YOM KIPPUR BEGINS AT SUNSET</b> 27 Yom Kippur 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More, CR 11:00 Left, Right & Center, CR 3:00 Happy Hour 3:30 Eureka Game, B 7:00 Movie Matinee, TH	28 9:30 Brain Fit, CR 10:00 Bar Class with Tony, PG 11:00 Off to the Races, B 1:00 Games/Puzzles/Cards & More 2:00 Pokeno, B 3:00 Happy Hour, PG 7:00 Movie Night, TH	29 9:00 Morning Strength, PG 9:30 Walking Club 9:30 Brain Fit 11:30 Move to Music, PG 1:30 Strength Training 2:00 Ice Cream Social, B 3:00 Happy Hour, B 7:00 Movie Night, TH	30 9:00 Morning Strength, PG 30 9:30 Brain Fit, CR 10:00 Games/Puzzles/Cards & More 10:00 Rosary, TH 11:30 Move to Music, PG 1:30 Strength Training 2:00 Bowling 2:00 Patty's "Energizer" Karaoke 3:00 Happy Hour, B 3:00 Fireside Chat & Book Club, GL 7:00 Movie Night, TH	<b>Locations</b> Activity Room, AR Bistro, B Card Room, CR Card Room Patio, CRP Front Patio, FP Grand Lobby, GL Memory Care, MC Memory Care Dining, MCD Off Property, OP PrimeFit Gym, PG Private Dining Room, PDR Restaurant, R Theater, TH		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9:30 ● Move to Music 10:30 ● Good News Stories & Social 11:00 ● Cards, Games & More 12:00 ● Weighted Walking 1:30 ● Gentle Stretching with Lori 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 6:00 ● Western Film Night	<b>2</b> 9:30 ● Seated Yoga 11:00 ● Games/Puzzles/Cards & More 12:00 ● Cornhole 1:30 ● Balance & Strength 3:00 ● Trivia in the Sun 3:00 ● Country Kitchen Baking 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Volleyball 6:00 ● Romantic Comedy Film Night	<b>3</b> 9:30 ● Move to Music 10:00 ● Games/Puzzles/Cards & More 10:30 ● Trivia 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 4:00 ● Puzzles & Manicures 6:00 ● Western Film Night	<b>4</b> 9:30 ● Seated Yoga 10:30 ● Good News Stories & Social 11:00 ● Manicures with Hand Massages 11:30 ● Bowling 1:00 ● Weighted Walking 2:00 ● Courtyard Gardening 3:00 ● Bingo!!! 4:30 ● Country Kitchen Baking 5:00 ● Ring Toss 6:00 ● Movies in the Living Room	<b>5</b> 9:30 ● Move to Music 10:30 ● Hydration & Current Events <b>12:00 ● Bingo!!!</b> 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 5:00 ● Golf in the Courtyard 6:00 ● Western Film Night
<b>6</b> 10:00 ● Church Service 11:00 ● Cornhole 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 2:30 ● Walking Club 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Classic Movies	<b>LABOR DAY 7</b> 9:30 ● Seated Yoga 11:15 ● Walking Club <b>1:00 ● Bingo!</b> 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 3:00 ● Trivia in the Sun 4:00 ● Walking Club 4:30 ● Bocce Ball 5:30 ● Mystery Movie Night	<b>8</b> 9:30 ● Move to Music 10:30 ● Good News Stories & Social 11:00 ● Cards, Games & More 12:00 ● Weighted Walking 1:30 ● Gentle Stretching with Lori 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 6:00 ● Western Film Night	<b>9</b> 9:30 ● Seated Yoga 11:00 ● Games/Puzzles/Cards & More 12:00 ● Cornhole 1:30 ● Balance & Strength 3:00 ● Trivia in the Sun 3:00 ● Country Kitchen Baking 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Volleyball 6:00 ● Romantic Comedy Film Night	<b>10</b> 9:30 ● Move to Music 10:00 ● Games/Puzzles/Cards & More 10:30 ● Trivia 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 4:00 ● Puzzles & Manicures 6:00 ● Western Film Night	<b>PATRIOT DAY 11</b> 9:30 ● Seated Yoga 10:30 ● Good News Stories & Social 11:00 ● Manicures with Hand Massages 11:30 ● Bowling 1:00 ● Weighted Walking 2:00 ● Courtyard Gardening 3:00 ● Bingo!!! 4:30 ● Country Kitchen Baking 5:00 ● Ring Toss 6:00 ● Movies in the Living Room	<b>12</b> 9:30 ● Move to Music 10:30 ● Hydration & Current Events <b>12:00 ● Bingo!!!</b> 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 5:00 ● Golf in the Courtyard 6:00 ● Western Film Night
<b>13</b> 10:00 ● Church Service 11:00 ● Cornhole 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 2:30 ● Walking Club 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Classic Movies	<b>14</b> 9:30 ● Seated Yoga 11:15 ● Walking Club <b>1:00 ● Bingo!</b> 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 3:00 ● Trivia in the Sun 4:00 ● Walking Club 4:30 ● Bocce Ball 5:30 ● Mystery Movie Night	<b>15</b> 9:30 ● Move to Music 10:30 ● Good News Stories & Social 11:00 ● Cards, Games & More 12:00 ● Weighted Walking 1:30 ● Gentle Stretching with Lori 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 6:00 ● Western Film Night	<b>16</b> 9:30 ● Seated Yoga 11:00 ● Games/Puzzles/Cards & More 12:00 ● Cornhole 1:30 ● Balance & Strength 3:00 ● Trivia in the Sun 3:00 ● Country Kitchen Baking 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Volleyball 6:00 ● Romantic Comedy Film Night	<b>17</b> 9:30 ● Move to Music 10:00 ● Games/Puzzles/Cards & More 10:30 ● Trivia 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 4:00 ● Puzzles & Manicures 6:00 ● Western Film Night	<b>ROSH HASHANAH BEGINS AT SUNSET 18</b> 9:30 ● Seated Yoga 10:30 ● Good News Stories & Social 11:00 ● Manicures with Hand Massages 11:30 ● Bowling 1:00 ● Weighted Walking 2:00 ● Courtyard Gardening 3:00 ● Bingo!!! 4:30 ● Country Kitchen Baking 5:00 ● Ring Toss 6:00 ● Movies in the Living Room	<b>19</b> 9:30 ● Move to Music 10:30 ● Hydration & Current Events <b>12:00 ● Bingo!!!</b> 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 5:00 ● Golf in the Courtyard 6:00 ● Western Film Night
<b>20</b> 10:00 ● Church Service 11:00 ● Cornhole 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 2:30 ● Walking Club 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Classic Movies	<b>21</b> 9:30 ● Seated Yoga 11:15 ● Walking Club <b>1:00 ● Bingo!</b> 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 3:00 ● Trivia in the Sun 4:00 ● Walking Club 4:30 ● Bocce Ball 5:30 ● Mystery Movie Night	<b>AUTUMN BEGINS 22</b> 9:30 ● Move to Music 10:30 ● Good News Stories & Social 11:00 ● Cards, Games & More 12:00 ● Weighted Walking 1:30 ● Gentle Stretching with Lori 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 6:00 ● Western Film Night	<b>23</b> 9:30 ● Seated Yoga 11:00 ● Games/Puzzles/Cards & More 12:00 ● Cornhole 1:30 ● Balance & Strength 3:00 ● Trivia in the Sun 3:00 ● Country Kitchen Baking 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Volleyball 6:00 ● Romantic Comedy Film Night	<b>24</b> 9:30 ● Move to Music 10:00 ● Games/Puzzles/Cards & More 10:30 ● Trivia 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 4:00 ● Puzzles & Manicures 6:00 ● Western Film Night	<b>25</b> 9:30 ● Seated Yoga 10:30 ● Good News Stories & Social 11:00 ● Manicures with Hand Massages 11:30 ● Bowling 1:00 ● Weighted Walking 2:00 ● Courtyard Gardening 3:00 ● Bingo!!! 4:30 ● Country Kitchen Baking 5:00 ● Ring Toss 6:00 ● Movies in the Living Room	<b>26</b> 9:30 ● Move to Music 10:30 ● Hydration & Current Events <b>12:00 ● Bingo!!!</b> 12:00 ● Weighted Walking 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 5:00 ● Golf in the Courtyard 6:00 ● Western Film Night
<b>YOM KIPPUR BEGINS AT SUNSET 27</b> 10:00 ● Church Service 11:00 ● Cornhole 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 2:30 ● Walking Club 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Classic Movies	<b>28</b> 9:30 ● Seated Yoga 11:15 ● Walking Club <b>1:00 ● Bingo!</b> 1:30 ● Balance & Strength 2:00 ● Games/Puzzles/Cards & More 3:00 ● Trivia in the Sun 4:00 ● Walking Club 4:30 ● Bocce Ball 5:30 ● Mystery Movie Night	<b>29</b> 9:30 ● Move to Music 10:30 ● Good News Stories & Social 11:00 ● Cards, Games & More 12:00 ● Weighted Walking 1:30 ● Gentle Stretching with Lori 1:30 ● Bowling with Friends 2:00 ● Coffee Break 3:00 ● Art Therapy 6:00 ● Western Film Night	<b>30</b> 9:30 ● Seated Yoga 11:00 ● Games/Puzzles/Cards & More 12:00 ● Cornhole 1:30 ● Balance & Strength 3:00 ● Trivia in the Sun 3:00 ● Country Kitchen Baking 4:00 ● Evening Neighborhood Stroll 4:30 ● Hydration You Can Eat 5:00 ● Volleyball 6:00 ● Romantic Comedy Film Night	 <ul style="list-style-type: none"> <li>Physical</li> <li>Social</li> <li>Experiential</li> <li>Emotional &amp; Spiritual</li> <li>Creative &amp; Artistic</li> <li>Therapeutic</li> <li>Sensory</li> </ul>		