

August t September 2026 Octo ber						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11 AM – Visit with the Theater Adventure Group, “Traveling Troupe,” at ZP from 11-12. At 12, we will break for lunch and then resume our program with them from 1- 2 PM. 3 PM - Yoga with Amanda at ZP.	2 9:45 AM - Leave for kayaking and canoeing with Vermont Adaptive at Silver Lake in Barnard, VT. RSVP 2:30 PM – Leave ZP for the Market on the Green. We will be selling golf balls for the ZP fundraiser!! 3 PM – Karaoke with Lydia and Betsy at ZP.	3 10:15 AM – Leave ZP for Bowling at Maple Lanes in Claremont, NH, 11 AM -1:30 PM . 3 PM – Take a walk around Woodstock, then come back to ZP and play cornhole or bocce ball.	4 CLOSED FOR LABOR DAY WEEKEND!	5
6	7 CLOSED FOR LABOR DAY!	8 10 AM – Leave ZP for Cedar Circle Farm for a program 11-12:30 PM, then a picnic lunch (bring your own) from 12:30-1:30. RSVP 2:30 PM - Pickleball at ZP with Sarah and Lydia.	9 10:30 AM - Leave ZP for the Spruce House, Visions, in Hanover, NH. We will have lunch and play some games. 3 PM – Karaoke with Lydia and Betsy at ZP.	10 10:30 AM – Felting with Kaylin at ZP, 10:30-11:30 AM. 11:45 AM - Leave ZP for the Woodstock Country Club to meet and greet the golfers and give them a send-off!! 1:15 PM – Singing with Cooie at ZP. 3 PM - Pilates with Cathy Chambers at ZP.	11 10 AM - Leave ZP for Swimming at UVAC. 10:45-11:45. 1:30 PM - Dancing and Movement with Liz Barker at ZP. 3 PM – BINGO with Lydia at ZP.	12
13	14 10:30 AM - Book group with Bobbi and friends, 10:30-11. Tom Barrett will join us from 11:00 to 11:30. 12:45 PM – Leave ZP for Clay with Fiona, 1-2 PM. 2:30 PM - Science with Linda at ZP.	15 10 AM – Leave ZP for Welwood Orchards to go apple picking, 10:45 – 11:45. Bring a lunch with you, and we will have a picnic at the picnic tables. RSVP 3 PM – Yoga with Amanda at ZP.	16 9:45 AM - Leave to cycle the Rail Trail with Vermont Adaptive at Pat Walsh Park in Lebanon, NH. Directions will be in the email. Bring lunch and a water bottle. RSVP 2:45 PM – Walk to the “Market on the Green” in Woodstock Village to poke around and visit our friend Kiki’s booth.	17 10:15 AM - Leave ZP for a farm program at Billings Farm, 10:30-11:30. 1:15 PM - Mindfulness and movement (yoga) with Kaylin at ZP. 3 PM – Fitness, Dance, and fun with Angel Rubino.	18 9:30 AM - We will leave ZP for the Tunbridge Fair. Wear comfortable shoes and a hat. We will eat lunch there. (Bring Money) We will leave the Fair around 1:30/2:00 PM and arrive at ZP at 2:30/3:00 PM. Please RSVP by 9/8/24 3 PM – BINGO with Lydia at ZP.	19
20	21 10:30 AM - Book group with Bobbi and friends, 10:30-11. Tom Barrett will join us from 11:00 to 11:30. 1:30 PM - Art with Mon at ZP. 2:30 PM - Cool Facts with Linda at ZP.	22 10:30 AM – Cooking with Steve Nulsen at ZP. 1:15 PM – Pickleball with Sarah and Lydia at ZP. 2:45 PM - Jeopardy with host Patrick Green at ZP.	23 9:45 AM - Leave to cycle the Rail Trail with Vermont Adaptive at Pat Walsh Park in Lebanon, NH. Directions will be in the email. Bring lunch and a water bottle. RSVP 3 PM – Music with Kerry at ZP.	24 10:15 AM – Leave ZP for Bowling at Maple Lanes in Claremont, NH, 11 AM- 1:30 PM . 3 PM – Orientation meeting for “Dancing with Z Starz”	25 10 AM - Leave ZP for Swimming at UVAC. 10:45-11:45. 1:30 PM - Music and Singing with Kathleen and Mark at ZP. 3 PM – Arts and Crafts with Kiki at ZP.	26
27	28 10:30 AM - Book group with Bobbi and friends, 10:30-11. Tom Barrett will join us from 11:00 to 11:30. 12:45 PM – Leave ZP for Clay with Fiona, 1-2 PM. 2:30 PM - Science with Linda at ZP.	29 9 AM - Leave ZP for Squam Lake. We will go on a chartered boat ride around the lake from 11-12:30 PM, to see the foliage. We will have lunch (Bring your own) and ice cream and then head back to ZP around 1:30/2 PM. pm, arriving at ZP at 4. Please RSVP	30 9:15 AM - Leave to cycle the Rail Trail with Vermont Adaptive at Pat Walsh Park in Lebanon, NH. Directions will be in the email. Bring lunch and a water bottle. RSVP 11:45 AM - Leave for the Harvest Dance at the American Legion in Windsor, VT., 12 - 2:30 PM RSVP Lunch included. 3 PM – Music with Kerry at ZP.	Please note: The early departure on Wednesday, September 30th, for the Rail Trail. We will be leaving the Rail Trail early that day, at 11:45 PM, before lunch, to head to the Harvest Dance in Windsor, from 12-2:30. BUSY DAY!!!		