

April, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In addition:</p> <ul style="list-style-type: none"> Bank of America – Mon. & Thurs. 9 am – 10:15 am Heritage Hair Salon – Tuesdays Manicures – Every other Friday Geriatric M.D., V. Perrelli – Weekly Excella Wellness Clinic – Every other Wednesday Podiatrist - Every other Month Dentist, Dr. Atkins – Every 6 Weeks Excella Healthcare –Rehabilitation daily plus bi-monthly classes Transport to Doctors – Tuesdays & Thursdays by appointment 			<p>April Fool's Day Wellness w/Cindy</p>  <p>10:00 Fashion Show 12:30 Bridge Group 2:00 Book Club 3:00 Hemenway School Students 6:30 Sing-A-Long</p>	<p>9:30 Bible Study with Rev. Chris 10:45 Fit for the Future Exercise 2:00 Shopping CVS 2:30 Sudbury Farms 6:30 Bingo</p>	<p>Manicures w/Mary 10:00 Cooking with Avanti 2:00 Mass with Fr. Ben 3:30 Shabbat w/Jeff Stock & Kesher 13 Students 6:30 Movie Night</p>	<p>9:45 Nondenominational Bible Study 10:45 Exercise with Linda 2:30 Afternoon Matinee 6:30 Evening Sing-A-Long</p>
<p>Today is Palm Sunday 10:00 Coffee and Sunday Newspaper in Library 10:00 Crossword Puzzles in Club Room 10:45 Exercise in The Club Room</p>  <p>2:00 Sunday Movie</p> 	<p>9:00 Walking Group 9:45 Dictionary Game with Linda 10:45 Fit for the Future with Linda</p>  <p>2:05 Red Sox/First Pitch – Home Opener! 6:30 Bingo w/Laura</p>	<p>9:30 Blocks Preschool Grand"Friend" Program 9:45 Communion w/Rose 10:45 Exercise 2:30 The Wheel of Fortune with Vero 6:30 Bingo</p> 	<p>Passover begins at sundown 9:45 News Discussion group with Linda 10:15 Resident's Council Meeting 10:45 Fit for the Future w/Linda 12:30 Bridge Grp. 2:00 Coffee tasting program 6:30 Scrabble with Vero in Club Room</p>	<p>Passover 9:45 Craft Project with Linda 10:45 Exercise and Feel Good! 2:00 CVS Shopping 2:30 Sudb. Farms 2:05 Movie 5:15 Puppy Time in Club Room 6:30 Bingo</p>	<p>Good Friday 9:45 NewsCurrents</p>  <p>10:45 Exercise 12:00 April Birthday Luncheon 2:30 The Word Game with Vero! 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:45 Non-denominational Bible Study w/Linda 10:45 Exercise 2:00 Afternoon Matinee</p>  <p>6:30 Trivia Program in Club Room</p>
<p>Easter Sunday 10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room 2:00 Afternoon Matinee</p>	<p>9:45 Dictionary Program with Linda 10:45 Exercise 1:30 Karaoke with Staff! 3:30 Spelling Bee 6:30 Charades</p>	<p>9:45 Rosary w/Jean 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie</p>  <p>6:30 Bingo</p>	<p>Wellness w/Cindy 9:45 Linda Program 10:45 Exercise 12:00 Out for Lunch Bunch 12:30 Bridge Grp. 2:00 CVS Shopping 2:30 Sudb. Farms 6:30 Scrabble</p>	<p>9:30 Bible Study Class with Chris 10:45 Exercise with Linda 2:00 Happy Hour 2:30 B-day party 6:30 Bingo!</p> 	<p>9:00 Manicures 10:00 Higgins Museum Trip and Lunch Outing 10:45 Fit for The Future 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p> 	<p>9:45 Non-denominational Bible Study w/Linda 10:45 Exercise with Linda 2:00 Afternoon Matinee</p>  <p>6:30 Sing-A-Long</p>
<p>Eastern Orthodox Easter 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie</p>	<p>9:45 Biography Program 10:45 Get Fit Exercise Program 2:30 The Word Game 6:30 Bingo with Laura</p>	<p>9:45 Communion w/Rose 10:00 Trivia 10:45 Exercise 2:30 Wheel of Fortune</p>  <p>3:30 "Surfing the Net" together! 6:30 Bingo</p>	<p>9:45 Program with Linda 10:45 Exercise Class 12:30 Bridge Grp. 2:30 Name That Tune 3:30 Spelling Bee 6:30 Charades with Vero</p>	<p>9:45 Gardening w/Linda 10:45 Exercise 2:00 CVS 2:30 Sudb. Farms 3:00 The Word Game 6:30 Bingo!</p>	<p>9:45 NewsCurrents 10:45 Exercise 2:00 Karaoke 4:00 Shabbat with Daniel 6:30 Friday Night at the Movies</p>	<p>9:45 Non-denominational Bible Study w/Linda 10:45 Get Fit, Stay Fit! Exercise 2:00 Movie</p>  <p>6:30 Saturday Night Sing-A-Long</p>
<p>10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 12:00 Gerontology Dance at College of the Holy Cross/Worcester</p>  <p>2:00 Movie</p>	<p>9:45 Linda Program 10:45 Exercise</p>  <p>3:00 Gert and Lynne Perform 6:30 Trivial Pursuit w/Laura</p>	<p>9:45 Rosary w/Jean</p>  <p>10:15 Trivia 10:45 Exercise 2:00 CVS Shopping 2:30 Sudbury Farms Shopping 6:30 Bingo</p>	<p>Wellness Today Hair Salon Today (note day change) 9:45 Program with Linda 12:30 Bridge Grp. 1:30 Program with Intern/Avanti 3:30 Fit for The Future with Lynne 6:30</p>	<p>9:45 Art Program with Linda</p>  <p>10:45 Exercise with Linda 2:15 Weekly Spelling Bee 3:00 NewsCurrents 6:30 Bingo!</p>	<p>May! Manicures with Mary today! 9:30 Blocks Preschool Trip 10:45 Exercise 2:00 Happy Hour with Classical Pianist – Slava! 4:00 Shabbat with Daniel 6:30 Friday Night at the Movies</p>	<p> Questions? Suggestions? Contact: Lynne Canavan 508-788-6050 x107 lcavanaugh@heritageassistedliving.com or leave a message in the suggestion box.</p>