

August, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In addition: <ul style="list-style-type: none"> Bank of America – Summer Hours, Tues. & Thurs. 9:00 am – 10:15 am Heritage Hair Salon – Tuesdays Manicures – Every other Friday Geriatric M.D., V. Perrelli – Weekly Excella Wellness Clinic – 2nd Wednesday of Month, 11:00 am Podiatrist - Every other Month Dentist, Dr. Atkins – Every 6 Weeks Excella Healthcare –Rehabilitation daily Transport to Doctors – by appointment – Tuesdays all day & Thursdays after 10:30 am Mass at St. George's Church – every Thursday, 8:30 am depart, 9:00 am Mass 					Questions? Want to volunteer? Suggestions to make our programs even better? Contact: Lynne Canavan 508-788-6050 x107 lcavanaugh@heritageassistedliving.com or leave a note at the front desk.	10:00 The Golden Girl's Program! 10:45 Exercise 2:00 Afternoon Matinee 3:30 Cards in the Club Room 6:30 Bingo 7:05 Red Sox vs. Baltimore
2 10:00 Coffee and Sunday Newspaper in Library 10:45 Exercise in The Club Room 1:35 Red Sox vs. Baltimore - Game Room 2:00 Afternoon Movie 7:00 60 Minutes – game room	3 9:00 Walking Group 10:00 Herb Gardening Program 10:45 Fit for the Future with Linda 12:15 News, Etc.  2:00 Wheel of Fortune 3:30 Bocce in the backyard 6:30 Evening Movie	4 9:45 Rosary with Jean 10:15 Table Trivia 10:45 Stay Fit class 2:30 Country Kitchen Cooking! Yum, Yum 3:30 Outdoor Walking Group and refreshments on front porch 6:30 Bingo 	5 10:00 Birds and Binoculars program w/Linda 10:50 Pilates 12:30 Bridge Group Meets 2:00 Shopping CVS 2:30 Shopping Sudbury Farms 2:15 Spelling Bee 3:15 Refreshments and music on the front porch 5:15 Knitting Club with Linda 6:30 Po-Ke-No!	6 9:30 Bible Study with Rev. Chris 10:30 Gardening Program with Linda 10:45 Exercise and Feel Good! 2:00 Mass/Fr. Ben 2:40 Newscurrents 3:30 Word Game 3:45 Outdoor Walking Group with Vero 6:30 Bingo	7 9:15 Country Kitchen Crosswords and Wordsearch 10:00 Yoga w/Ann 12:00 August Birthday Luncheon 2:00 Garden in the Woods Cart Tour 4:00 Shabbat 6:30 Concerts on the Framingham Common – Tom Nutile Big Band!	8 10:00 Non-denominational Bible Study w/Linda 10:45 Exercise 2:00 Afternoon Matinee  3:00 Outdoor Walking Group with RCA 6:30 Rummy Card Game
9 10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room 1:35 Red Sox vs. New York Yankees 2:00 Afternoon Matinee 3:00 Scrabble in Club Room 3:30 Puzzles in Game Room	10 10:00 Dictionary Program with Linda 12:15 News, Etc. 10:45 Exercise 1:30 AMC Movie Theater Trip – “Julie and Julia” 2:00 Karaoke 3:30 Afternoon Outdoor Walking Group with RCA	11 9:45 Communion with Rose 10:00 Crosswords 10:45 Exercise 2:00 Shopping CVS 2:30 Shopping Sudbury Farms 3:30 Ladies Group on the Pelouquin Porch! 6:30 Bingo	12 9:30 Trivia Program with Linda 10:15 Resident's Council Meeting 10:45 Exercise Class 11:00 Wellness with Wendy 2:30 Poetry Program with Sonja Maneri 5:15 The Mitten Tree Knitting Group 6:30 Pokeno!	13 8:30 Mass at St. George's Church 10:00 Poetry Program with Linda 10:45 Exercise and Feel Good! 12:30 Boston Sight-Seeing Trip 2:00 Afternoon Matinee 5:15 Puppy Time in the Lobby 6:30 Bingo	14 9:00 Manicures 10:00 Music Listening Program 10:45 Exercise  12:00 Birthday Luncheon 2:00 Happy Hour & Classical Pianist, Slava performs! 3:00 NewsCurrents 4:00 Shabbat	15 10:00 Patio Program with Linda 10:45 Exercise with Linda 2:00 Afternoon Matinee 3:30 Front Porch Refreshments 6:30 Bingo! 8:05 Red Sox vs. Texas
16 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon DVD 3:00 Play Cards in the Club Room 3:45 Late Afternoon Walking Group	17 10:00 Biography Program with Linda 10:45 Get Fit Exercise Program 12:15 News, Etc. 1:30 Cooking Club 3:15 Outdoor Walking Group and Refreshments 6:30 Card Games in the Club Room	18 9:45 Rosary with Jean  10:15 Book Club with Janet 10:45 Exercise 2:00 CVS 2:30 Sudb.Farms 3:30 Indoor Volleyball for All! 6:30 Bingo	19 10:00 Outdoor Program with Linda 10:45 Exercise 2:30 Name That Tune 3:30 Spelling Bee 5:15 The Mitten Tree Knitting Group 6:30 Pokeno!	20 8:30 Mass at St. George's Church 9:30 Bible Study w/Rev. Chris 10:30 Exercise  2:30 August Birthday Party 3:00 NewsCurrents 6:30 Bingo!	21 10:00 Crosswords in Kitchen w/Lynne 10:00 Yoga 12:30 Fishing Trip & Picnic in the Park 2:00 Movie Time 4:00 Shabbat 6:30 Left, Right Center Game with Vero	22 10:00 Non-denominational Bible Study w/Linda 10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Matinee 3:30 Cards in the Club Room 6:30 Bingo
23 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie 3:00 Play Cards in the Club Room 3:45 Late Afternoon Walking Group	24 10:00 Reminiscing Program 10:45 Exercise 12:15 News, Etc.  2:30 Marti Sawyer Performs 3:30 The Wheel of Fortune	25 9:45 Communion with Rose 9:45 Trivia 10:45 Exercise 2:00 CVS Shopping 2:30 Sudbury Farms Shopping 3:30 Men's Group 6:30 Bingo	26 10:00 Outdoor Program with Linda 10:45 Exercise Class 11:00 Wellness with Wendy 11:30 Out For Lunch Bunch – Franco's Trattoria 2:30 Name That Tune 3:30 Spelling Bee 5:15 The Mitten Tree Knitting Group 6:30 Pokeno!	27 8:30 Mass at St. George's Church 10:00 Gardening w/Linda 10:45 Exercise 1:30 Cooking Club 3:00 The Word Game  6:30 Bingo!	28 10:00 Music Program 10:45 Exercise 2:00 Music Biography Program with Lynne 3:00 NewsCurrents 3:30 Walking Group with Vero 4:00 Shabbat 6:30 Evening Movie	29 10:00 Craft Program w/Linda 10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Entertainment 6:30 Bingo
30 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie 3:00 Cards in the Club Room 3:45 Late Afternoon Walking Group	31 9:00 Manicures 10:00 Reminiscing Program 10:45 Exercise 12:15 News, Etc. 2:30 Marti Sawyer Performs 3:30 The Wheel of Fortune					

