

# Heritage at Framingham

## November, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>In Addition:</b> <ul style="list-style-type: none"> <li>• <b>Bank of America – Mondays &amp; Thursdays, 9:00 – 10:15 a.m.</b></li> <li>• <b>Heritage Hair Salon – Tuesdays</b></li> <li>• <b>Manicures – Every other Fridays</b></li> <li>• <b>Geriatric M.D., V. Perrelli Weekly</b></li> <li>• <b>Dentist, Dr. Atkins – Every 6 Weeks</b></li> <li>• <b>Excella Wellness Clinic– Every other Wednesday</b></li> <li>• <b>Podiatrist, Dr. J. Parlon - Every other Month</b></li> <li>• <b>Excella Healthcare – On-going &amp; monthly classes</b></li> <li>• <b>Transportation to Doctors – Tuesdays &amp; Thursdays</b></li> </ul>						<b>1</b>
<b>2</b>  <b>Daylight Savings Time</b> 9:00 Mass on TV 9:30 Coffee Time and Crosswords 10:00 Sunday Paper in Library 2:00 Kesher 13 Program, Life Stories 7:00 “60 Minutes”	<b>3</b> 9:30 Crosswords, Coffee and Catch-Up from Weekend – Country Kitchen 10:45 Exercise 12:00 TV News 2:15 Word Game 3:15 Wheel of Fortune 6:30 Bingo	<b>4</b> <b>Presidential Election</b> 9:00 Bus to Vote 9:45 Rosary/Jean 10:45 Exercise 12:30 Out For Lunch Bunch – Lotus Blossom 2:15 “Sudoku” 3:30 Kevin Farley – The Irish Guy Performs 6:30 Bingo	<b>5</b> 9:00 Exella Wellness 9:45 Glenn Miller Biography w/Linda 10:45 Exercise 12:00 TV News 12:30 Bridge Group <b>Shopping Trips</b> 1:30 CVS 2:00 Sudbury Farms 3:15 Election Discussion/Trivia 5:15 The Mitten Tree	<b>6</b> 9:30 Bible study with Rev. Chris 10:00 Election Discussion/Trivia 10:45 Exercise 12:00 TV News 2:00 The Word Game 3:15 NewsCurrents 6:30 Bingo 	<b>7</b> 9:30 Bus Trip to Craft Fair 10:45 Exercise 12:00 TV News 2:00 Mass with Fr. Ben  4:00 Shabbat Service	<b>8</b> 9:45 Monet Program w/Linda 10:45 Exercise with Linda 12:30 Easy Crosswords 2:00 Saturday Matinee 
<b>9</b> 9:00 Mass on TV 9:30 Coffee & Crosswords 10:00 Sunday Paper in Library 2:00 Sunday Musical Matinee 3:30 Cards and Scrabble/Club Room 7:00 “60 Minutes”	<b>10</b> 9:45 Thanksgiving History/Trivia with Linda 10:45 Exercise 12:20 News 2:00 Newscurrents 3:00 Welcome Party for New Residents 3:30 Spelling Bee 	<b>11</b> <b>Veteran’s Day</b> 9:00 Crosswords 9:45 Sing-A-Long 10:45 Exercise 12:00 News 1:00 Trip to Mary Ann Morse/Natick 1:30 Afternoon Movie 3:30 Cards in Club Room 6:30 Bingo w/Linda	<b>12</b> 9:30 Crosswords with Linda 10:00 Resident Council Meeting 10:45 Exercise 12:30 Bridge Group 12:30 to approx. 2 Sight-seeing trip to Boston 2:00 Movie Matinee 3:30 Cards Games 5:15 Mitten Tree 6:30 Evening Music Series	<b>13</b> 9:45 New Judeo/Christian Bible study w/Linda 10:45 Exercise  12:00 TV News 2:00 Word Game 3:15 NewsCurrents 5:15 Puppy Time 6:30 Bingo	<b>14</b> 9:30 Crosswords 10:00 Trivia/Lynne 10:45 Exercise with Lynne 12:00 <b>Special Birthday Luncheon</b> 2:00 CVS <b>Shopping, 2:30</b> Sudbury Farms 2:15 Penny Ante 4:00 Shabbat Service with Elliot	<b>15</b> 10:00 Scrabble / Crosswords 10:45 Exercise 12:15 Easy Crosswords 2:00 Afternoon Matinee 3:30 Cards in the Clubroom 6:30 Saturday Night @ the Movies
<b>16</b> 9:00 Mass on TV 9:30 Coffee and Crosswords in Country Kitchen 10:00 Sunday Paper in Library 2:00 Sunday Musical Matinee 3:30 Cards and Scrabble 6:30 Evening DVD	<b>17</b> 9:30 Biography Program w/Lynne 10:45 Exercise 12:00 News 2:00 Music Listening Program with Lynne 3:30 Gert and Lynne Perform 6:30 Evening Movie	<b>18</b> 9:45 Rosary w/Jean 10:00 Food Service Meeting with Exec. Chef Rick and Resident’s 10:45 Exercise 12:00 News 1:30 Terrific Tuesday Outing 2:45 Bio. Program 3:45 Music Program 6:30 Bingo	<b>19</b> 9:00 Excella Wellness with Cindy 9:45 Thanksgiving Card-Making/Linda 10:45 Exercise 12:00 TV News 12:30 Bridge Group <b>Shopping Trips</b> 2:00 CVS & 2:30 Sudbury Farms 5:15 The Mitten Tree 6:30 Evening Movie	<b>20</b> 9:30 Bible study with Rev. Chris 9:45 Trivia 10:45 Exercise 12:00 TV News 3:00 Monthly Birthday Celebration 3:30 Spelling Bee 6:30 Bingo w/Linda	<b>21</b> 9:30 Crosswords 10:00 Discussion Group 10:45 Exercise 12:00 TV News 2:00 Rob Natoli & String-Swing” 3:30 Newscurrents 4:00 Shabbat Service with Sue 6:30 Evening DVD	<b>22</b> 9:30 Crosswords 10:45 Exercise 12:00 TV News 2:00 Linda Assists with the Intergenerational Craft Program with “Jack and Jill” students – 6:30 Evening DVD
<b>23</b> 9:00 Mass on TV 9:30 Coffee and Crosswords in Country Kitchen 10:00 Sunday Paper in Library 2:00 <b>Movie</b> 3:30 Cards in the Club Room 7:00 “60 Minutes”	<b>24</b> 9:30 Special Program with Linda 10:45 Exercise 12:20 News 2:00 Music Program with VioLynne 3:00 Spelling Bee 6:30 Evening DVD 	<b>25</b> 9:30 Crosswords 10:00 Trivia 10:30 Book Club 10:45 Exercise 12:00 News 1:30 Terrific Tuesday Outing 3:30 Learn to play Poker with Lynne and Tony! 6:30 Bingo w/Linda	<b>26</b> 9:45 Music Program with Linda 10:45 Strengthen and Stretch w/Linda 12:00 TV News 12:30 Bridge Group <b>Shopping Trips</b> 1:45 CVS 2:15 Sudbury Farms 3:30 Wheel of Fortune 6:30 Thanksgiving Service with Rev. Hurst –All faiths welcome Refreshments	<b>27</b> <b>Happy Thanksgiving from all of us at Heritage at Framingham!</b>  9:30 Crosswords 10:45 Exercise 6:30 Evening Movie	<b>28</b> 9:30 Crossword Challenge 10:30 Craft Shop with Louise 10:45 Exercise in Living Room 12:00 TV News 2:00 Movie Matinee 3:30 Shabbat Service w/Cantor Jeff Stock 	<b>29</b> 10:00 Scrabble / Crosswords 10:45 Exercise 2:00 Saturday Matinee 3:30 Cards in the Club Room, Scrabble in the Country Kitchen
<b>30</b> 10:00 Country Kitchen Coffee Klatch 2:00 Sunday Musical Matinee						