

Heritage at Framingham

December, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>9:45 Program with Linda 10:45 Exercise w/ Linda 2:00 Monday Matinee, Swan Lake 6:30 Evening Movie: Houdini!</p>	<p>9:45 Rosary 10:45 Exercise 12:00 TV News 2:00 Afternoon Matinee Shopping 2:00 CVS 3:00 Sudbury Farms 6:30 Bingo</p>	<p>9:00 Wellness 10:00 Gingerbread House decorating! 12:30 Bridge Group 3:00 Hemenway Reading Program 5:15 The Mitten Tree w/Linda</p> 	<p>9:45 McCaullife Charter School Memories Scrapbook Project 12:00 TV News 2:00 Spelling Bee 3:15 NewsCurrents 6:30 Bingo</p>	<p>Manicures 10:00 Mary Ann Morse Holiday Fair and Luncheon 2:00 Mass/Fr. Ben 3:30 Al Gould 4:00 Shabbat Service Daniel/Al 6:30 Presentation by Theresa from our kitchen staff!</p>	<p>9:45 Linda presents a pinecone wreath craft program 12:20 Word Search 2:00 Marti Sawyer Holiday Performance 6:30 Evening Movie</p>
7	8	9	10	11	12	13
<p>9:00 TV Mass 10:00 Coffee Klatch and Crossword Puzzle 2:00 Hanukkah Party with Students from Temple Beth Am of Framingham 7:00 "Sixty Minutes"</p>	<p>9:45 Holiday Program with Linda 10:45 Exercise with Linda 12:00 TV News 2:15 Word Game with Lynne 3:30 Welcome Party for New Residents! 6:30 Evening DVD</p>	<p>9:45 Crosswords 10:45 Stay Fit with Lynne 1:30 Holiday Shopping at Shopper's World 6:30 Bingo</p> 	<p>9:30 Crosswords 10:15 Resident's Council 10:45 Exercise 12:00 TV News 12:30 Bridge 2:00 Sing-A-Long 5:00 Heritage Holiday Party!</p> 	<p>9:30 Bible Study with Rev. Chris 9:45 McCaullife Students Present Scrapbooks <u>Shopping Trips</u> 2:00 CVS 3:00 Sudbury Farms 5:15 Puppy Time 6:30 Bingo</p>	<p>9:45 Newscurrents 10:45 Exercise 12:00 December Birthdays - Special Luncheon 2:30 Slava Classical Piano Performance 4:00 Shabbat Service with Elliot</p>  <p>6:30 Evening DVD</p>	<p>9:45 Crosswords in the Kitchen 10:45 Exercise with the Gang 12:00 TV News 2:00 Saturday Matinee 3:30 Cards in the Club Room 6:30 Evening DVD</p>
14	15	16	17	18	19	20
<p>9:00 TV Mass 10:00 Coffee & Sunday Paper 10:00 Crossword Puzzle 2:00 Sunday Matinee 7:00 "Sixty Minutes"</p>	<p>9:45 Biography Program with Linda 10:45 Exercise 12:00 TV News 2:00 Sherborn Music Makers Choral Performance</p>  <p>6:30 Evening Movie</p>	<p>9:45 Rosary 10:45 Exercise 12:00 TV News 1:30 Ambassadors' Meeting 1:30 Terrific Tuesday Outing 6:30 Bingo</p>	<p>9:00 Excella Wellness w/Cindy 9:30 Crossword 10:45 Exercise 12:00 TV News 12:30 Bridge <u>Shopping Trips</u> 2:00 - CVS 3:00 - Sudbury Farms 5:15 The Mitten Tree w/Linda</p>	<p>9:45 NewsCurrents 10:45 Chair Yoga 12:00 TV News 2:00 Trivia Fun with Lynne 3:00 December Birthday Party and Sing-A-Long!</p>  <p>6:30 Bingo</p>	<p>Manicures 9:45 Morning Program w/Lynne 10:45 Exercise 12:00 TV News 2:00 Skye Hurlburt & her Harp 4:00 Shabbat Service Daniel 6:30 Evening Music Series</p>	<p>9:45 Program with Linda 10:45 Exercise with Linda 12:00 Saturday Matinee</p> 
21	22	23	24	25	26	27
<p>9:00 TV Mass 10:00 Sunday paper & coffee 10:00 Crosswords 2:00 Christmas Carolers Performance</p> 	<p>Happy Hanukkah! 9:45 Hanukkah Program/Linda 10:45 Exercise 12:00 TV News 2:00 Word Game 3:15 Lynne and Gert Perform 6:30 Evening DVD</p> 	<p>9:30 Crosswords 10:45 Stay Fit! 2:00 Afternoon Matinee <u>Shopping Trips</u> 2:00 Shopping CVS 2:30 Sudbury Farms 6:30 Bingo</p>	<p>9:45 Christmas Program with Linda 10:45 Exercise! 12:00 TV News 12:30 Bridge 1:30 Christmas Eve Service/Pastor Hurst 3:00 Sing-A-Long with Lynne</p>	<p>Merry Christmas 9:30 Crosswords 10:45 Exercise with the Gang! 12:00 TV News 2:00 Christmas Movie Special</p> 	<p>10:30 Craft Shop with Louise 10:45 Gym Class! 12:00 TV News 2:00 Newscurrents 4:00 Shabbat Service with Daniel</p>	<p>9:30 Word Search and Crosswords 10:45 Exercise with The Gang 12:00 TV News 2:00 Saturday Matinee</p>
28	29	30	31	<i>In addition:</i>		
<p>9:00 TV Mass 10:00 Sunday paper & coffee 10:00 Crossword Puzzles 2:00 Afternoon Matinee 7:00 60 Minutes</p>	<p>9:45 New Years Program with Linda 10:45 Stay Fit 12:00 TV News 2:00 Word Game 3:15 Lynne and Gert Perform 6:30 Evening DVD</p>	<p>9:45 Rosary 10:30 Book Club 10:45 Exercise 12:00 TV News 2:00 Afternoon Matinee 2:00 Shopping CVS 2:30 Sudbury Farms 6:30 Bingo</p>	<p>New Year's Eve!</p> <p>9:00 Wellness 9:45 New Year's Eve Program with Linda 10:30 Book Club 10:45 Exercise 12:00 TV News 2:00 Music Listening Program 3:15 Word Game 6:30 Evening DVD</p>	<p>Bank of America – Mondays & Thursdays 9:00 – 10:15 a.m. Heritage Hair Salon – Tuesdays Manicures – Every other Friday Geriatric M.D., V. Perrelli – Weekly Excella Wellness Clinic – Every other Wednesday Podiatrist, Dr. T.D. John - Every other Month Dentist, Dr. Atkins – Every 6 Weeks Excella Healthcare – On-going and monthly classes Transport to Doctors – Tuesdays & Thursdays by appointment</p> <p>Contact Lynne Canavan in Activities with any questions or suggestions: 508-788-6050 x 107 or via email at: lcanavan@heritageassistedliving.com</p>		