



Heritage at Framingham Classic - Activity Calendar February, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 The Winter Olympics Vancouver, 2010 February 12 th - 28 th Stay Tuned for Special Activities.	1 9:15 Crossword Challenge 10:00 Weather Watcher with Noreen 10:45 Exercise 11:00 The Price is Right! Game Room 2:00 Bingo with Lynne 3:15 News Wrap-Up 6:00 Evening Movie	2 Ground Hog Day! 9:45 Rosary 10:45 Exercise 11:00 The Price is Right! Game Room 2:00 Movie Matinee 2:00 CVS 2:30 Sudb.Farms 3:00 Card Games 3:30 Guinness Book of World Records 6:30 Bingo with Dee	3 9:30 Entertainer Biography program 10:45 Exercise Class 11:00 The Price is Right! Game Room 12:30 Bridge 2:00 Mass w/Fr. Ben 2:30 Internet Program 5:15 Knitting Group 6:30 Bingo with Dee	4 Hairdressing rescheduled to today! 8:30 Mass at St. George's 10:00 Winter Birding with Noreen 10:45 Exercise 11:00 The Price is Right! Game Room 2:00 CVS shopping 2:30 Sudbury Farms 6:30 Evening Movie	5 10:00 News time with Dee 10:45 Exercise 2:00 Afternoon Matinee 2:30 Pokeno 3:30 Shabbat Service with Keshar 13 Students and Cantor Stock 6:30 Evening Documentary	6 <i>Vermont Covered Bridges... Our New Puzzle in Game Rm.</i> 10:00 Morning Documentary 10:45 Exercise in Club Room 2:00 Afternoon DVD 3:00 Scrabble in Game Room 4:30 Fun Times with Dee/until 6:00pm 6:30 Bingo with Dee
7 9:00 Coffee and Sunday Newspaper in Country Kitchen 9:00 Music Listening in Lobby 9:15 Crossword Challenge In Country Kitchen 10:00 Morning Documentary 10:45 Exercise 1:45 Movie Matinee 2:30 Sing-A-Long with Dee 3:30 Dee's Word Game in the Kitchen	8 9:00 Walking Group 10:00 Handmade Greetings with our craft lady, Noreen! 10:45 Noreen's Exercise Class 11:00 The Price is Right! Game Room 2:30 Spreading Joy Music program with Barbara Yarckins and Dan – a duo of comedy and music! 3:30 News Wrap-Up 6:30 Evening Movie	9 9:45 Communion 10:00 Timely Trivia with John 10:45 Stay Fit and Exercise class 1:45 Afternoon Matinee 2:00 Shopping CVS 2:30 SudburyFarms 2:30 Music Biography Program 3:45 Wii Bowling with John and Lynne 6:30 Bingo with Dee	10 9:00 Wellness Clinic with Wendy! 10:00 <u>Heritage Gallery/Gift Shop at Callahan Sr. Center</u> 10:00 Sweet Treats with Noreen 10:45 Exercise Class 11:00 The Price is Right! Game Room 12:30 Bridge 1:30 <u>Trip to The Dollar Store!</u> 1:30 Afternoon Matinee 5:15 Knitting Group 6:30 Bingo with Dee	11 8:30 Mass at St. George's 10:00 Sweet Treats with Noreen #2 10:45 Exercise! 2:30 Happy Hour! 3:00 The Neil Perry Jazz Duo (& Lynne)  5:15 Puppy Time in the Lobby 6:30 Evening DVD	12 Let the Olympic Games Begin!  9:00 Manicures 10:00 Yoga w/Ann 12:00 <u>Birthday Luncheon</u> 3:00 NewsCurrents 4:00 Shabbat 6:30 Evening Movie	13  10:00 Olympic Kick-Off Program with Noreen! Hot Chocolate and goodies! 10:45 Exercise 2:00 Movie Time 3:30 Card Games in Club Room 6:30 Big Screen Olympic Coverage
14 Happy Valentine's Day! 10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room  2:00 Big Screen Olympic Coverage 3:00 Cards in the Club Room 6:30 More Big Screen Olympic Coverage	15 Today is President's Day!  10:00 Presidential Trivia with Noreen 10:45 Exercise 2:00 Afternoon Matinee 6:00 Evening News in Game Room	16 9:15 Crossword Challenge 9:45 Rosary 10:45 Exercise 11:00 The Price is Right! Game Room 1:30 Afternoon DVD 1:30 CVS Shopping with Lynne 2:00 Afternoon Matinee 4:15 Wii Sports with John – Game Room! 6:30 Bingo with Dee 	17  9:00 News Program with John 9:30 Exercise 10:15 Resident's Council Meeting 10:45 Cookie Decorating w/Noreen 12:30 Bridge 1:30 Sudbury Farms 2:00 Fr. Ben Distributes Ashes 2:30 Art with Sonja 5:15 Knitting Group 6:30 Bingo with Dee	18 8:30 Mass at St. George's 10:00 Winter Birding 10:45 Exercise 11:00 The Price is Right! Game Room  2:00 Valentine Party! 2:30 Entertainment! Love Songs sung by, Jim Porcella, "the" Frank Sinatra of the 21 st Century! 6:30 Evening DVD	19 10:00 Ladies Discussion Group w/Dee 10:45 Exercise 11:00 The Price is Right! Game Room 2:15 NewsCurrents 3:15 Charades 4:00 Shabbat 6:30 Evening Movie 	20 9:15 Crossword Challenge in Country Kitchen 10:00 Morning Documentary 10:45 Exercise in Club Room 2:00 Afternoon Matinee 3:00 Puzzle Time in Game Room 4:30 Trivia and Discussion Group with Dee 6:30 Bingo w Dee
21 10:00 Sunday paper & coffee in Kitchen 10:00 Crosswords 10:45 Exercise in Club Room  1:30 Movie Time 2:15 Dee's Word Game/Country Kitch. 3:15 Sing-A-Long 7:00 60 Minutes in the Game Room	22 <u>Washington's Birthday</u> 10:00 Weather Watcher with Noreen 10:45 Get Fit Exercise Program 11:00 The Price is Right! Game Room 1:30 Afternoon Matinee 2:15 Sing-A-Long 3:30 The Interesting Internet and Other Oddities of this Age! 6:00 Evening News 6:30 Small group time in Living Room	23 9:00 News of the day with John 9:45 Communion 10:45 Exercise 11:00 The Price is Right! Game Room 1:30 Afternoon DVD 2:00 CVS 2:30 Sudbury Farms Shopping 3:30 Team Wheel of Fortune 6:30 Bingo with Dee	24 9:00 Wellness Clinic w/Wendy 9:25 Early Riser's Exercise  10:15 Art Matters! 12:30 Bridge 2:30 Diabetes Special Program! 3:30 Men's Discussion Group 5:15 Knitting Group 6:30 Bingo with Dee	25  8:30 Mass at St. George's 10:00 Yum, Yum – Bake Shop with Noreen! 10:45 Exercise 2:30 Jan. and Feb. Birthday Party 3:00 Senior Swingers! Music and Dancers from Callahan Sr. Ctr. 6:30 Evening DVD	26 9:00 Manicures 9:25 Early morning exercise/cassette 10:00 Yoga with Ann  2:30 NewsCurrents 4:00 Shabbat service with Daniel 6:30 Evening Movie	27 10:00 Gardening 10:45 Get Fit, Stay Fit! Exercise Class  2:00 Afternoon DVD 3:30 Puzzles and Scrabble/Game Rm 6:30 Bingo
28 9:00 Sunday paper & coffee in Kitchen 10:00 Purim Party and delivery of baskets 10:45 Exercise 2:00 Movie Time 2:30 Program with Noreen 3:30 Happy Hour with Noreen 7:00 60 Minutes	In addition: <ul style="list-style-type: none"> • Heritage Hair Salon – Tuesdays • Manicures – Every other Friday • Geriatric M.D., V. Perrelli – Weekly • Excella Wellness Clinic – Every other Wed., 9 to 10:30 am • Podiatrist - Every other Month • Dentist, Dr. Atkins – Every 6 Weeks • Excella Healthcare –Rehab. daily • Transport to Doctors, by appointment – Tues. all day/Thurs. after 10:30 am • 9am Mass at St. George's every Thursday 		Questions or suggestions for activities? Contact: Lynne Canavan Activity Director lcanavan@heritageassistedliving.com 508-788-6050 x107 All calendar information is subject to change. Please consult the Daily Activity Sheet posted in the elevator and lobby for current daily programs, important announcements, schedule changes, and upcoming events both in and outside of our community.			

