

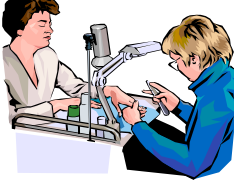



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director</b>  <b>lcanavan@heritageassistedliving.com 508-665-5307</b>  <b>PLEASE NOTE: Calendar Information subject to change. See Daily Activity Sheets</b>  <b>for daily activities and schedule changes.</b></p> <p><u>In addition:</u></p> <ul style="list-style-type: none"> <li>Heritage Hair Salon w/Darlene – Every Tuesday</li> <li>Manicures with Mary – Every other Friday</li> <li>Geriatric M.D., V. Perrelli – per appointment only</li> <li>Excella Wellness Clinic – E/O Wed., 9-10:30 am by appointment (see reception desk)</li> <li>Podiatrist - Every other Month</li> <li>Dentist, Dr. Atkins – per appointment only</li> <li>Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for sign-up/scheduling)</li> </ul>						 <p><b>10:00 New Years luck, traditions, superstitions</b>  <b>10:45 Exercise</b>  <b>11:00 Tournament of Roses Parade</b>  <b>2:00 Afternoon Movie: The Original 3 Tenors in Concert</b></p>
<p><b>2</b></p> <p>9:00 Coffee and Sunday Newspaper in Country Kitchen  10:45 Exercise  2:30 “One Kind Word Can Warm 3 Winter Months”, Japanese Proverb – program with Noreen  3:15 New Years Party continues – wine, wings, and champagne social!  6:30 I Love Lucy</p>	<p><b>3</b></p>  <p>8:30 Walking Group  9:30 Holiday Clean-up Crew Starts!  10:45 Strengthening Exercise Class  1:45 Battle for Midway documentary  2:00 Bingo w/Lynne  3:15 Word Game  6:30 Seinfeld</p>	<p><b>4</b></p> <p>8:30 Walking Group  9:30 Holiday Clean-up Crew continues  10:45 Exercise  1:45 Shopping CVS  2:00 “Simon Birch” Movie on big screen  2:30 Sudbury Farms  2:45 Beginner’s Wii Bowling  3:30 Advanced Wii Bowling  6:30 Evening Movie</p>	<p><b>5</b></p> <p><b>Wellness Clinic</b></p>  <p>8:30 Mass trip  9:45 Wheel of Fortune  10:45 Exercise Class  2:00 Ladies New Year/2011 Tea Party  2:00 NewsCurrents  2:30 Men’s Micro-Brew Beer Tasting with John  3:45 Advanced Wii Bowling  6:30 Bingo</p>	<p><b>6</b></p> <p>9:45 Rosary  10:00 Art in the Winter with Noreen  9:45 Exercise!</p>  <p>2:00 Reading Program with Hemenway School  2:45 Activity Meeting – share your thoughts  3:30 Left, Center, Right Dice Game</p>	<p><b>7</b></p> <p>10:00 Dee’s Word Game  10:45 Exercise</p>  <p>12:00 January Birthday Luncheon  1:30 Bridge Group  2:00 Afternoon DVD  2:30 Word Power Vocabulary Fun with Lynne  4:00 Shabbat  6:30 Evening Movie</p>	<p><b>8</b></p> <p>9:00 Coffee Klatch social/newspaper &amp; crosswords  10:45 Exercise  2:00 Afternoon DVD  3:30 Card Games in Club Room</p>  <p>6:30 Bingo PLUS with Dee</p>
<p><b>9</b></p> <p>10:00 Coffee &amp; Sunday Paper  10:00 Crosswords  10:45 Exercise in The Club Room  1:00 Bus Trip to Library Concert  2:00 Memories of a Lifetime Program with Keshar 13 Students  Sponsored by Jewish Family Services  6:30 I Love Lucy</p>	<p><b>10</b></p>  <p>8:30 Walking Group  10:15 What’s in a Name Program with Lynne</p> <p>10:45 Exercise  11:00 The Price is Right! Game Room  2:00 Internet Program with Lynne  3:45 Advanced Wii Bowling  6:00 Seinfeld</p>	<p><b>11</b></p> <p>9:45 Wheel of Fortune w/John  10:45 Exercise  11:00 The Price is Right! Game Room  1:30 Afternoon DVD  1:45 CVS Shopping  2:30 Shopping Sudbury Farms  2:45 Sing-A-Long  3:45 Wii Bowling  6:30 Evening Movie</p>	<p><b>12</b></p> <p>8:30 Mass trip  9:30 Early Exercise  10:15 Resident’s Council Meeting</p>  <p>11:00 Out for Lunch Bunch Visits “Five Guys Burgers and Fries”  2:30 “Stand-up Gardening”  2:30 Beginner’s Wii  3:30 Advanced Wii  6:30 Bingo</p>	<p><b>13</b></p> <p>9:30 Bible Study with Rev. Chris  9:45 Communion  10:45 Exercise  1:30 Special Guest Speaker’s Program: “Seasonal Affective Disorder/Beating the Blues”  2:30 “This Was The Year” 50 Years ago Facts &amp; Fads  2:30 Beginner’s Wii  3:30 Advanced Wii  5:15 Puppy Time in the Lobby, Woof!</p>	<p><b>14</b></p> <p>9:00 Manicures  9:15 Exercise</p>  <p>10:00 NewsCurrents  10:45 Exercise  1:30 Bridge Group  2:30 Word Game  3:45 Wii Bowling for Advanced Bowlers  4:00 Shabbat  6:30 Evening Movie</p>	<p><b>15</b></p> <p>9:00 Weekend Coffee Klatch – conversation, coffee, newspaper, etc.  10:00 Cornell University Bird Count Day!! Tweet, Tweet!</p>  <p>10:45 Exercise  2:00 Afternoon Movie on the Big Screen</p>
<p><b>16</b></p> <p>10:00 Sunday paper &amp; coffee  10:00 Crosswords  10:45 Exercise in Club Room  2:00 Remembering Martin Luther King, Jr. Day – with Noreen  3:15 Afternoon Wine, Cheese Social  6:30 I Love Lucy</p>	<p><b>17</b></p> <p><b>Today is Martin Luther King, Jr. Day</b></p> <p>8:30 Walking Group  10:00 Headline News Program  10:45 Get Fit!  1:45 Spelling Bee with Lynne  2:30 Bingo w/Lynne  6:30 Seinfeld</p>	<p><b>18</b></p> <p>10:45 Exercise  11:00 The Price is Right! Game Room  1:45 CVS  2:00 Afternoon Movie on big screen  2:30 Sudbury Farms  3:00 Card Games in Club Room  3:30 Wii Bowling  6:30 Bingo</p>	<p><b>19</b></p> <p><b>Wellness Clinic</b></p> <p>8:30 Mass trip  8:30 Walking Group <a href="http://www.google.com/imgres?imgurl=http://static.howstuffworks.com/gif/paintings-by-mary-cassatt-5.jpg&amp;imgrefurl=http://entertainment.howstuffworks.com/arts/artwork/paintings-by-mary-cassatt.htm/printable&amp;h=513&amp;w=400&amp;sz=25&amp;tbnid=V6=XWCd0nJR6FM:&amp;tbnh=131&amp;tbnw=102&amp;prev=/images%3Fq%3Dmary%2Bcassatt%2Bpaintings&amp;zoom=1&amp;q=mary+cassatt+paintings&amp;hl=en&amp;usq=_hCsH0LHcdvRxV6SQgXJ0Xn2QJIY=&amp;sa=X&amp;ei=v4v2TOX2MIL-8AaQ_jzBQ&amp;ved=0CCEQ9QEwAQ">http://www.google.com/imgres?imgurl=http://static.howstuffworks.com/gif/paintings-by-mary-cassatt-5.jpg&amp;imgrefurl=http://entertainment.howstuffworks.com/arts/artwork/paintings-by-mary-cassatt.htm/printable&amp;h=513&amp;w=400&amp;sz=25&amp;tbnid=V6=XWCd0nJR6FM:&amp;tbnh=131&amp;tbnw=102&amp;prev=/images%3Fq%3Dmary%2Bcassatt%2Bpaintings&amp;zoom=1&amp;q=mary+cassatt+paintings&amp;hl=en&amp;usq=_hCsH0LHcdvRxV6SQgXJ0Xn2QJIY=&amp;sa=X&amp;ei=v4v2TOX2MIL-8AaQ_jzBQ&amp;ved=0CCEQ9QEwAQ</a>  9:45 Trip to the Framingham Public Library  10:00 Military Outreach Program  10:45 Exercise</p>	<p><b>20</b></p> <p>9:45 Rosary  10:00 Music Appreciation Morning featuring Joe’s CD Music!  10:45 Exercise</p>  <p>1:45 Dollar Store Shopping Trip  2:00 Afternoon DVD  2:30 Beginner’s Wii  3:30 Advanced Wii</p>	<p><b>21</b></p>  <p>10:00 Special Program sponsored by Excella HomeCare: “Fall Prevention”  10:45 Exercise  1:30 Bridge Group  2:30 Solve Sudoku &amp; other Mind Games  4:00 Shabbat  6:30 Evening Movie</p>	<p><b>22</b></p> <p>10:45 Stay Fit Exercise Class  1:30 Afternoon Movie  3:45 Student Piano Recital</p>  <p>6:30 Concert Pianist, Bruce Pratt returns for a classical concert!</p>

			<p>2:00 Wii Bowling  3:30 <u>Entertainment with Kevin Farley the Irish Music Guy</u>  6:30 Bingo</p>			
<p>23  9:00 Sunday paper &amp; coffee  9:00 Crosswords  10:45 Exercise in Club Room  2:15 Charades with Dee  3:15 Bingo with Dee</p>	<p>24  10:00 Headline News Program  10:45 Exercise  2:00 Afternoon Movie  2:00 Afternoon Sing-A-Long  3:00 Left, Center, Right Dice Game  6:30 Seinfeld</p>	<p>25  9:45 Wheel of Fortune w/John  10:45 Exercise  11:00 The Price is Right! Game Room  1:30 Movie Matinee</p> 	<p>26  8:30 Mass trip  8:30 Walking Group  10:00 Wii Bowling beginners</p>  <p>1:15 <u>Bus Trip The Danforth Art Museum</u>  2:00 Afternoon Movie  Time with Popcorn  3:45 Wii Bowling, advanced players  6:30 Bingo</p>	<p>27  9:30 Bible Study with Rev. Chris  9:45 Communion  10:30 Exercise  11:30 Lunch Bunch  Trip to Keefe Tech at the East Side Room  2:30 <b>Entertainment w/Vocalist &amp; Guitarist Marti Sawyer –Wnter Wonderland!</b>  3:45 Wii, advanced players  6:30 Evening Movie</p>	<p>28   9:00 Manicures  10:30 Exercise  1:30 Bridge Group  2:15 Word Game  3:30 Shabbat with the Keshet 13 Students  6:30 Movie Time</p>	<p>29  9:00 Weekend Coffee Klatch – conversation, coffee, newspaper, etc.  10:00 <b>Bake Shop with Noreen, Yum, Yum!</b></p>  <p>10:45 Exercise  2:00 Afternoon Movie on the Big Screen</p>
<p>30  10:00 Sunday paper &amp; coffee  10:00 Crosswords  10:45 Exercise in Club Room  2:00 Treasure to Share w/Noreen  3:15 Wine &amp; Cheese Social</p>	<p>31  10:00 Headline News Program  10:45 Exercise  2:00 Afternoon Movie  2:30 VioLynne Music  6:30 Seinfeld</p>	<p>1:45 CVS  2:30 Sudb.Farms  3:00 Card Games  3:45 Wii Bowling  6:30 Bingo</p>				



*Heritage at Framingham  
Classic - Activity Calendar  
January, 2011*

