

Heritage at Framingham

July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In addition:</p> <ul style="list-style-type: none"> 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 		<p>1</p> <p>9:30 Word Game w/ Lynne 9:45 Rosary with Jean 10:45 Exercise 12:00 TV News 1:30 Book Group with Janet 2:30 Shopping Trips w/ John 6:30 Outdoor Concert - U.S. Air Force Band</p> 	<p>2</p> <p>9:30 Crosswords 10:45 Exercise 12:00 TV News 12:30 Bridge Grp. 2:00 Wednesday Western 5:15 “Mitten Tree” Meeting with Linda 7:00 Red Sox vs Tampa Bay Refreshments!</p> 	<p>3</p> <p>9:30 Bible Study Class with Chris 10:45 Chair Yoga with Karen 12:00 TV News 2:15 Word Search with Dee 3:15 Sit, Knit & Kibitz 7:00 Red Sox vs Yankees</p> 	<p>4</p> <p>Independence Day </p> <p>9:30 Crossword Challenge w/ Lynne 10:45 Exercise 12:00 TV News 2:15 Word Search 4:00 Shabbat Service with Daniel 6:30 Friday Nite Flix</p>	<p>5</p> <p>10:00 Scrabble / Crosswords 12:15 Word Search 2:00 Saturday Matinee  7:05 Red Sox Baseball</p>
<p>6</p> <p> 9:30 TV Mass 10:00 Country Kitchen Coffee Klatch and Crossword Puzzle 1:05 Red Sox vs Detroit Tigers 2:00 Sunday Matinee</p> 	<p>7</p> <p>9:45 Biography w/ Lynne 10:45 Exercise with Lynne 12:15 Word Search 2:15 Trivia w/ Lynne 3:30 Program with Lynne 6:30 Boston Red Sox</p> 	<p>8</p> <p>9:45 Communion with Rose 10:45 Exercise with Rosalina! 12:00 . 2:00 Shopping Trips with John 2:30 Word Game with Sheila! 6:30 Bingo with Lynne & Lorraine</p> 	<p>9</p> <p>9:00 Wellness Clinic with Cindy 9:30 Crossword 10:45 Exercise 11:00 Trip to Sox Game at Fenway Park! 12:00 TV News 12:30 Bridge 2:00 Wednesday Western 5:15 “Mitten Tree” Meeting with Linda</p>	<p>10</p> <p>9:30 “Penny Wise” Dee/Rosalina 10:45 Chair Yoga with Karen 12:20 News, Etc. 2:30 Out for Ice Cream 5:15 Puppy ½ Hour  6:30 Bingo with Gail</p>	<p>11</p> <p>9:30 Crossword Challenge 10:45 Exercise 12:00 TV News 12:15 Special Birthday Luncheon 2:30 Piano Concert with Slava  4:00 Shabbat Service with Elliot & Daniel</p>	<p>12</p> <p>9:30 Musical Program with Lynne 10:30 Bingo with Lynne 12:15 Word Search 2:00 Saturday Matinee 6:30 Boston Red Sox </p>
<p>13</p> <p>9:30 TV Mass 10:00 Coffee & Sunday Paper 10:00 Crossword Puzzle 2:00 Sunday Matinee</p> 	<p>14</p> <p>9:30 Sing-a-long with Lynne 10:45 Exercise with 12:00 TV News 2:00 Mass with Fr. O'Brien  3:30 Scrabble 6:30 “Kings on the Corner” </p>	<p>15</p> <p>9:45 Rosary with Jean 10:45 Exercise with Mary 12:20 News, Etc. 2:30 Solve Sudoku 3:30 Word Game 6:30 Bingo with Lynne & Lorraine</p> 	<p>16</p> <p>9:30 Crossword Challenge 10:45 Exercise 12:00 News, Etc. 12:30 Bridge 1:00 Luncheon Cruise on the Sudbury River  3:10 Sonia Maneri plays piano</p>	<p>17</p> <p>9:30 Bible Study Class with Chris 10:45 Chair Yoga with Karen 12:00 TV News 2:15 Country Kitchen Sing-a-long 2:30 Shopping Trips with John 6:30 Bingo with Gail </p>	<p>18</p> <p>8:30 Men’s Breakfast Buffet 9:30 Morning Crossword 10:45 Exercise 12:20 News, Etc. 2:00 Rob Natoli Trio 4:00 Shabbat Service with Sue & the Children </p>	<p>19</p> <p>10:00 Scrabble / Crosswords 2:00 Saturday Matinee  4:00 Boston Red Sox </p>
<p>20</p> <p>9:30 TV Mass 10:00 Sunday Paper & Coffee 10:00 Crossword Puzzle 2:00 Sunday Matinee</p> 	<p>21</p> <p>9:30 Biography Series with Lynne 10:45 Exercise with Lynne 12:20 News, Etc. 2:15 Word Game 3:15 Solve Sudoku 6:30 “Uno” in the Club Room </p>	<p>22</p> <p>9:45 Communion with Rose 10:45 Exercise 12:30 Picnic at Lake Cochituate  3:00 Ambassador’s Club Meeting 6:30 Bingo with Lynne & Lorraine</p>	<p>23</p> <p>9:30 Crossword Challenge 10:15 “ArtMatters” Art Awareness Program 12:00 TV News 12:30 Bridge Group 2:00 Shopping Trips CVS & Sudbury Farms </p>	<p>24</p> <p>9:30 NewsCurrent for Seniors on TV  10:45 Chair Yoga with Karen 2:30 Lemonade on the Back Patio 3:15 July Birthday Party!  6:30 Bingo with Gail</p>	<p>25</p> <p>9:30 Crossword Challenge 10:45 Exercise 12:20 News, Etc. 2:00 Crafts with Louise & Mary 3:30 Shabbat Service with Cantor Jeff Stock 6:30 Friday Nite Flix </p>	<p>26</p> <p>9:30 Bingo with Lynne 10:45 Exercise with Lynne 10:00 Scrabble / Crosswords 12:15 Word Search 2:00 “Born Yesterday” @ Vokes Theater, Wayland </p>
<p>27</p> <p>9:30 TV Mass 10:00 Sunday Paper & Coffee 10:00 Crossword Puzzle 2:00 Sunday Matinee </p>	<p>28</p> <p>9:30 Crossword Challenge 10:45 Exercise 12:20 News, Etc. 2:00 Garden in the Woods – Tour by Golf Cart  3:30 Solve Sudoku 6:30 “Kings on the Corner”</p>	<p>29</p> <p>9:45 Rosary with Jean 10:45 Exercise 12:20 News, Etc. 2:00 Vocalist Marti Sawyer sings “Songs of Judy & Rosie” 6:30 Bingo with Lynne & Lorraine </p>	<p>30</p> <p>9:30 Crossword Challenge 10:45 Exercise 12:00 TV News 12:30 Bridge Group 2:00 Shopping Trips CVS & Sudbury Farms 6:30 Boston Red Sox </p>	<p>31</p> <p>9:30 Bible Study Class with Chris  10:45 Chair Yoga with Karen 12:20 News, Etc 2:15 Country Kitchen Sing-a-long 6:30 Bingo with Gail </p>	<p>In addition:</p> <ul style="list-style-type: none"> Podiatrist Dr. T.D. John - Every other Month Dentist, Dr. Atkins – Every 6 Weeks Excella Healthcare –Rehabilitation daily plus bi-monthly classes Transport to Doctors – Tuesdays & Thursdays by appointment 	<p></p>