

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Questions? Want to volunteer? Suggestions to make our programs even better? Contact: Lynne Canavan 508-788-6050 x107 lcavanan@heritageassistedliving.com or leave a note at the front desk.</p>	<p>1 9:00 Walking Group 10:00 Mass Audubon Oriole bird program 10:45 Fit for the Future with Linda 12:15 News, Etc. 2:00 Word Game 3:30 Welcome Party for Evelyn Paris – Gert and Violynne Perform 6:30 Sing-A-Long</p>	<p>2 9:45 Communion with Rose 10:00 Morning Coffee break and Trivia at the Table 10:55 Stay Fit class 12:15 Ambassador's Club Meeting 2:00 Shopping CVS 2:30 Shopping Sudbury Farms 3:30 The Wheel of Fortune 6:30 Bingo</p>	<p>3 9:00 Crosswords and Word Searches 10:00 Patio Gardening 10:50 Pilates – new exercise Class 1:00 Open House Luncheon 2:15 Spelling Bee 5:15 Kntting Club with Linda 6:00 Open House Dinner 6:30 Right, Left Center Game Night</p>	<p>4 8:30 Mass at St. George's Church 9:30 Bible Study w/Rev. Chris 10:45 Exercise and Feel Good! 2:15 "The Internet" – Today we'll learn how to purchase an item on-line! 3:30 Apples to Apples -a fun, new game 6:30 Bingo</p>	<p>5 10:00 NewsCurrents 10:50 Exercise! 1:30 All About Weddings! A "Mock" wedding complete with cake! - you'll never guess who'll be married! 3:30 Shabbat Service with Cantor Stock and Keshner 13 Students 6:30 Sing-A-Long</p>	<p>6 10:00 All about The Boston 10:45 Exercise Class 2:00 Gilbert and Sullivan's: The Gondolier's 3:30 Cards in the Club Room 6:30 Bingo</p> 	
<p>7 10:00 Coffee and Sunday Newspaper in Library 10:45 Exercise in The Club Room 1:35 Red Sox home vs. Texas in the new Game Room 2:00 Afternoon Entertainment by Student Trumpeter 6:30 Right, Left, Center Game</p> 	<p>8 9:00 Walking Group 10:00 Craft Program with Linda 10:45 Fit for the Future with Linda 12:15 News, Etc.  2:15 Men's Group meeting 3:30 Ladies Group Meeting 6:30 Evening Movie</p>	<p>9 9:45 Rosary with Jean  10:00 Morning Coffee break and Trivia at the Table 10:45 Stay Fit class 2:00 Shopping CVS 2:30 Shopping Sudbury Farms 3:30 The Wheel of Fortune 6:30 Bingo</p>	<p>10 8:00 Open House 10:00 Dictionary Game with Linda 10:50 Exercise 1:00 Open House 3:00 Live Entertainment: Susan Cleveland/George Ede, Guitar Duo!  5:15 Kntting Club with Linda 6:30 Sing-A-Long</p>	<p>11 8:30 Mass at St. George's Church 9:30 Program with Linda 10:30 Exercise 12:30 Baseball Lunch Bunch 2:00 What's a Fruit Smoothie? Yum, Yum – try one! 3:00 NewsCurrents  5:15 Puppy Time in the Lobby 6:30 Bingo</p>	<p>12 Manicures w/Mary 9:00 Crosswords and Word Search 10:00 Yoga w/Ann  12:00 June Birthday Lunches 2:00 Garden in the Woods Cart Tours! 3:30 Walking Group – Outdoors 4:00 Shabbat 6:30 Charades</p>	<p>13 10:00 Non-denominational Bible Study w/Linda 10:45 Exercise 2:00 Afternoon Matinee  3:30 Walking Group with RCA 6:30 Right, Left, Center Game</p>	
<p>14 10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room 2:00 Afternoon Matinee 3:00 Scrabble in Club Room 3:30 Outdoor Walking group with RCA</p>	<p>15 9:00 Crosswords and Word Search 10:00 Dictionary Program with Linda 10:45 Exercise 12:15 News, Etc. 2:00 Karaoke  3:30 Spelling Bee 6:30 Right, Left, Center Game</p>	<p>16 9:45 Communion with Rose 10:45 Exercise 2:00 Shopping CVS 2:30 Shopping Sudbury Farms 2:15 Team Wheel of Fortune 3:30 Word Game 6:30 Bingo</p>	<p>17 9:30 Internet Program w/Linda 10:15 Resident's Council 10:45 Exercise 12:00 Out for Lunch 2:30 VioLynne Music on the Porch 3:30 Outdoor Walking Group 5:15 Knitting Club 6:30 Left, Right, Center Game</p>	<p>18 8:30 Mass at St. George's Church 9:30 Bible Study w/Rev. Chris 10:45 Exercise 2:00 June Birthday Party 2:30 Happy Hour with Entertainer Chuck Dee! 5:15 Card Game with Anne & Bernie 6:30 Bingo</p>	<p>19 9:00 Crosswords and Word Searches 10:00 NewsCurrents 10:50 Exercise  2:30 Craft Project 4:00 Shabbat 6:30 Evening Movie</p>	<p>20 10:00 Exercise Class with Linda 12:00 Summertime Western BBQ! Entertainment, Good Food and, of course, fun!  6:30 Bingo</p>	
<p>Happy Father's Day! 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie 3:00 Play Cards in the Club Room 3:45 Late Afternoon Walking Group</p>	<p>22 10:00 Dictionary Game with Linda 10:45 Get Fit Exercise Program 12:15 News, Etc. 2:15 Men's Group Meeting 3:15 Ladies Group Meeting 6:30 Right, Left Center Game</p>	<p>23 9:45 Rosary with Jean 10:15 Trivia 10:45 Exercise 2:15 Wheel of Fortune  3:30 Kevin Farley "The Irish Guy" Performs 6:30 Bingo</p>	<p>24 10:00 Outdoor Program with Linda 10:45 Exercise 11:00 Wellness Clinic with Wendy 2:30 Name That Tune 3:30 Spelling Bee 5:15 Knitting Group  6:30 Charades with Vero</p>	<p>25 8:30 Mass at St. George's Church 10:00 Music Biography with Lynne 10:45 Exercise 2:00 CVS Shopping 2:30 Sudb.Farms 3:00 The Word Game 6:30 Bingo!</p>	<p>26 9:00 Manicures 9:00 Crosswords and Word Search  10:00 Yoga with Ann 2:15 NewsCurrents 3:30 Al Gould Performs 4:00 Shabbat 6:30 Friday Night at the Movies</p>	<p>27 10:00 Crosswords and Coffee Break 10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Entertainment 6:30 Card Games with Vero </p>	
<p>28 10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise  2:00 Movie 3:30 Walking Group Outdoors</p>	<p>29 10:00 Name That Tune! 10:45 Exercise 12:15 News, Etc. 2:15 Internet Class 3:00 Gert and Lynne Perform 6:00 Dedication of The Pelouquin Room 6:30 Team Trivial Pursuit</p>	<p>30 9:45 Communion with Rose 10:15 Table Trivia 10:45 Exercise 2:00 Mystery Bus Ride!  3:45 Afternoon Outdoor Walking Group 6:30 Bingo w/Linda</p>	<p>In addition:</p> <ul style="list-style-type: none"> • Bank of America – Mon. & Thurs. 9:00 am – 10:15 am • Heritage Hair Salon – Tuesdays • Manicures – Every other Friday • Geriatric M.D., V. Perrelli – Weekly • Excella Wellness Clinic – Last Wednesday of Month, 11:00 am • Podiatrist - Every other Month • Dentist, Dr. Atkins – Every 6 Weeks • Excella Healthcare –Rehabilitation daily plus bi-monthly classes • Transport to Doctors – by appointment – Tuesdays all day & Thursdays after 10:30 am • Mass at St. George's Church – every Thursday, 8:30 am depart, 9:00 am Mass 				