



Heritage at Framingham Classic - Activity Calendar March, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Contact: Lynne Canavan Activity Director icanavan@heritageassistedliving.com 508-788-6050 x107 Information subject to change. Please see Daily Activity Sheets for daily schedule.</p>	<p>1</p> <p>9:15 Crossword Challenge 10:15 Trivia with Lynne 10:45 Exercise 12:00 Bus loads for AMC Movie Theater! 2:00 Afternoon DVD 6:00 Evening Music Movie with Lawrence Welk</p>	<p>2</p> <p>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</p>	<p>3</p> <p>9:45 "Paint a Pollock" with Noreen 11:00 Chair Volleyball Game – Great Exercise/ Fun! 12:30 Bridge 2:00 Mass w/Fr. Ben 2:30 NewsCurrents with John 3:30 Wheel of Fortune 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>4</p> <p>10:00 All About Stamps with Noreen 10:45 Exercise</p>  <p>1:00 Bus leaves for trip to the Spellman Stamp Museum in Weston, MA 2:00 Afternoon DVD 6:00 Evening News</p>	<p>5</p> <p>10:00 News w/ Dee 10:45 Exercise</p>  <p>12:00 Birthday Luncheon 2:00 Trivia 2:30 Pokeno 3:30 Shabbat Service with Keshar 13 Students and Cantor Stock 6:30 Evening Documentary</p>	<p>6</p> <p>10:00 Morning Documentary 10:45 Exercise in Club Room 2:00 Student Piano Recital in Pelouquin Room 3:00 Scrabble and Cards in Club Room 4:30 Fun Times with Dee/until 6:00pm 6:30 Bingo with Dee</p>
<p>7</p> <p>9:00 Coffee and Sunday Newspaper in Country Kitchen 9:15 Crossword Challenge In Country Kitchen 10:00 Morning Documentary 10:45 Exercise 1:30 Sing-A-Long 2:30 Movie Matinee 3:30 Dee's Word Game in the Kitchen</p>	<p>8</p> <p>9:00 Walking Group 10:00 Horticultural Morning with Noreen! 10:45 Noreen's Exercise Class 11:00 The Price is Right! Game Room 2:30 Marti Sawyer – Poetry Program! 3:30 News Wrap-Up 6:30 Evening Movie</p>	<p>9</p> <p>9:45 Communion 10:00 Professions of our past. 10:45 Stay Fit and Exercise class 1:30 Afternoon Matinee 2:00 Shopping CVS 2:30 SudburyFarms 3:30 Wii Bowling 6:30 Bingo with Dee</p>	<p>10</p> <p>9:00 Wellness Clinic 10:15 Resident's Council Meeting 10:45 Exercise Class 12:30 Bridge</p>  <p>1:00 Trip to The Wellesley College Arboretum! 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>11</p> <p>8:30 Mass at St. George's 10:00 Candy Making with Noreen & Dee 10:45 Exercise! 2:00 Afternoon DVD 2:00 Dollar Store!!</p>  <p>5:15 Puppy Time in the Lobby 6:30 Evening DVD</p>	<p>12</p> <p>9:00 Manicures 10:00 Music listening with Lynne 12:00 Birthday Luncheon 1:30 Documentary 3:00 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p>13</p> <p>Daylight Savings begins at 2am! 10:00 Daylight Savings time Change Program with Noreen! 10:45 Exercise 2:00 Movie Time 3:30 Card Games in Club Room 6:30 Bingo</p>
<p>14</p> <p>Daylight Savings Time Begins! 10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room 2:00 Dee's Word Game 3:00 Sing-A-Long with Dee 4:00 Wrap-it-up, Chat-it-up with Dee 6:30 Evening DVD</p>	<p>15</p> <p>9:15 Crossword Challenge</p>  <p>10:00 Irish Soda Bread Bake Shop 10:45 Exercise 1:30 Afternoon Matinee 3:00 Name that Tune with Lynne 6:00 Evening News in Game Room</p>	<p>16</p> <p>9:15 Crossword Challenge 9:45 Rosary 10:45 Exercise 11:00 The Price is Right! Game Room 1:30 Afternoon DVD 2:00 CVS Shopping 2:30 Sudbury Farms 3:45 Wii Sports with John – Game Room! 6:30 Bingo with Dee</p> 	<p>17</p> <p>Happy St. Patrick's Day! 9:15 Crosswords 10:00 What is a Shamrock?! 10:45 Exercise Class 12:30 Bridge</p>  <p>2:00 St. Patrick's Day Party 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>18</p> <p>8:30 Mass at St. George's 10:00 Tea program with Noreen 10:45 Exercise 11:00 The Price is Right! Game Room 2:00 Wheel of Fortune 3:00 Derek Mann Irish Comedy in Music Program 6:30 Evening DVD</p>	<p>19</p> <p>10:00 Ladies Discussion Group w/Dee 10:45 Exercise 11:00 The Price is Right! Game Room 2:30 NewsCurrents</p>  <p>3:30 Al Gould Performs 4:00 Shabbat 6:30 Evening Movie</p>	<p>20</p> <p>1st Day of Spring!</p>  <p>9:15 Crosswords 10:00 Morning DVD 10:45 Exercise 1:00 Student Piano Recital 1:30 Documentary 3:00 Puzzle Time in Game Room 4:30 Trivia and Discussion Group with Dee 6:30 Bingo w Dee</p>
<p>21</p> <p>10:00 Sunday paper & coffee in Kitchen 10:00 Crosswords 10:45 Exercise</p>  <p>2:15 Spring Program w/Noreen 3:30 Wine/Cheese Party with Noreen</p> 	<p>22</p> <p>10:00 Daffodil Days with Noreen 10:45 Exercise 1:30 Afternoon DVD 2:15 Sing-A-Long 3:30 The Interesting Internet! 6:00 Evening Documentary</p> 	<p>23</p> <p>9:00 Crosswords 9:30 News with John 9:45 Communion 10:45 Exercise 11:00 The Price is Right! Game Room 1:30 CVS 2:00 Susan and George Perform 2:00 Sudbury Farms Shopping 3:30 Team Wheel of Fortune 6:30 Bingo with Dee</p>	<p>24</p> <p>9:00 Dr. John The Podiatrist is here! 9:00 "Put Your Best Foot Forward" program with Noreen 9:00 Wellness Clinic 10:45 Exercise 12:30 Bridge 2:30 Ladies Group 2:30 Men's Group 5:15 Knitting Group 6:30 Bingo with Dee</p> 	<p>25</p> <p>8:30 Mass at St. George's</p>   <p>10:00 Candy Making with Noreen! 10:45 Exercise 2:30 Birthday Party 3:30 Spelling Bee 6:30 Evening DVD</p>	<p>26</p> <p>9:00 Manicures 9:25 Early morning exercise/cassette 10:00 Yoga with Ann</p>  <p>2:30 NewsCurrents 4:00 Shabbat service with Daniel 6:30 Evening Movie</p>	<p>27</p> <p>10:00 Garden Club Help Noreen plan our Outdoor Garden! 10:45 Get Fit, Stay Fit! Exercise Class</p>  <p>2:00 Afternoon DVD 3:30 Puzzles and Scrabble/Game Rm 6:30 Bingo</p>
<p>28</p> <p>9:00 Sunday paper & coffee in Kitchen 10:00 Early Morning Documentary 10:45 Exercise 2:00 Passover Seder with Keshar 13 Students 2:00 Dare to Dream – things we wanted to do - with Noreen 3:30 Happy Hour with Noreen</p>	<p>29</p> <p>Passover Begins at Sundown 10:00 Weather Watcher/create a mood with Noreen 10:45 Exercise 11:00 The Price is Right! Game Room 1:30 Afternoon DVD 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</p>	<p>30</p> <p>1st Day of Passover 9:00 News of the day with John 9:45 Rosary 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</p>	<p>31</p> <p>10:00 Collections & Hobby Program with Noreen 10:45 Exercise 11:00 Pretty Things Boutique/Store open until 3pm 12:30 Bridge 2:00 Ice Cream Trip 3:30 Men's Group 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>In addition:</p> <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 Three Thursdays/month 		

