













May, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>In addition:</p> <ul style="list-style-type: none"> • Bank of America – Mon. & Thurs. 9 am – 10:15 am • Heritage Hair Salon – Tuesdays • Manicures – Every other Friday • Geriatric M.D., V. Perrelli – Weekly • Excella Wellness Clinic – Every other Wednesday • 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, 9 am 						1	2
<p>3</p> <p>Today begins the Annual National Hug Holiday Week</p>  <p>10:00 Coffee and Sunday Newspaper in Library 10:30 Mitzvah Day with Temple Beth Am – flower pot activity with 10:45 Exercise in The Club Room 2:00 Sunday Movie</p>	<p>4</p> <p>9:00 Walking Group 10:00 Travel to France – vineyard program 10:45 Fit for the Future with Linda 12:15 News, Etc. (we're restarting Mary's old group!) 2:15 Music Bingo 3:15 Word Game</p>	<p>5</p> <p>9:45 Communion w/Rose 10:00 Left, Right, Center – a new game! 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>6</p> <p>10:00 French Cheeses/cuisine – join the party! 12:30 Bridge Grp. 2:15 Exercise Class 3:00 Hemenway Readers Visit!</p>  <p>6:30 Sing-A-Long</p>	<p>7</p> <p>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" – Part 2 What's the weather in Cameroon?! 3:15 Apples to Apples/a new game 6:30 Bingo</p>	<p>8</p> <p>9:45 Newscurrents</p>  <p>10:45 Exercise 12:00 May Birthday Luncheon 2:00 Take a walk with Vero! 2:30 Out for Ice Cream! 4:00 Shabbat 6:30 Charades</p>	<p>9</p> <p>10:00 Non-denominational Bible Study w/Linda 10:45 Exercise 2:00 Afternoon Matinee</p>  <p>3:00 Walking Group with RCA 6:30 Rummy Card Game</p>	
<p>10</p> <p>Happy Mother's Day!</p> <p>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 Puzzles in Game Room</p>	<p>11</p> <p>9:00 Dr. John the Podiatrist is here 10:00 Dictionary Program with Linda 10:45 Exercise 2:00 Karaoke 3:30 Spelling Bee 6:30 Bingo with Laura</p>	<p>12</p> <p>9:45 Rosary w/Jean 10:00 Crosswords 10:45 Exercise 2:00 Ladies Tea Party w/Mariama and Rosalina!</p>  <p>6:30 Bingo</p>	<p>13</p> <p>Today is National Receptionists Day Wellness w/Cindy 9:45 Linda Program 10:15 Resident's Council 10:45 Exercise 12:00 Out for Lunch Bunch 12:30 Bridge Grp 3:00 Music Program 6:30 Left, Right, Center Game</p>	<p>14</p> <p>8:30 Mass at St. George's Church 10:00 News Group 10:45 Exercise 2:00 Shop at CVS 2:30 Sudb. Farms 5:15 Puppy Time 6:30 Piano Students of Paula Giles</p> 	<p>15</p> <p>9:00 Manicures 10:30 The Jewels of Framingham Luncheon! 10:45 Exercise 2:30 Walking Group with Vero 4:00 Shabbat 6:30 Evening Movie</p>	<p>16</p> <p>10:00 Non-denominational Bible Study w/Linda 10:45 Exercise with Linda 2:00 Afternoon Matinee</p>  <p>6:30 Sing-A-Long</p>	
<p>17</p> <p>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>18</p> <p>10:00 Crafts with Linda 10:45 Get Fit Exercise Program 12:15 News, Etc. 2:00 Mother's Day discussion Group 3:00 Word Game 6:30 Harpist/Vocalist Skye Hurlbert</p>	<p>19</p> <p>9:30 Blocks Preschool Grandfriend Trip 9:45 Communion 10:00 Trivia 10:45 Exercise 2:30 Wheel of Fortune</p>  <p>3:30 Surf the Internet" – Part 3 6:30 Bingo</p>	<p>20</p> <p>10:00 Outdoor Program with Linda 10:45 Exercise Class 12:30 Bridge Grp. 2:30 Name That Tune 3:30 Spelling Bee 6:30 Charades with Vero</p>	<p>21</p> <p>Today is National Waitstaff Day! 8:30 Mass at St. George's Church 9:30 Bible Study Class with Chris 9:45 Gardening w/Linda 10:45 Exercise 2:00 CVS 2:30 Sudb. Farms 3:00 The Word Game 6:30 Bingo!</p>	<p>22</p> <p>9:45 NewsCurrents 10:00 Coffee and Conversation with State Rep. Pam Richardson 2:00 Karaoke 3:30 Shabbat with Cantor Stock and the Keshet 13 Students 6:30 Friday Night at the Movies</p>	<p>23</p> <p>10:00 Non-denominational Bible Study w/Linda 10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Entertainment 6:30 Card Games with Vero</p> 	
<p>24</p> <p>10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise</p>  <p>2:00 Movie 3:30 Walking Group Outdoors</p>	<p>25</p> <p>Happy Memorial Day</p> <p>10:00 Remembering Memorial Day Program 10:45 Exercise 3:00 Gert Performs on the Piano 6:30 Bingo with w/Laura</p>	<p>26</p> <p>9:45 Rosary w/Jean</p>  <p>9:45 Trivia 10:45 Exercise 2:00 Sudbury Farms Shopping 2:15 Trip to Natick Mall/Macy's 6:30 Bingo w/Linda</p>	<p>27</p> <p>Wellness Today 10:15 ArtMatters – Mother & Child Program 12:30 Bridge Grp. 2:00 CVS Shopping 2:30 Sud. Farms 3:45 Exercise Class 6:30 Left, Right Center dice game</p>	<p>28</p> <p>8:30 Mass at St. George's Church 9:45 Trivia with Linda 10:45 Exercise with Linda 2:30 The Sherborn Music Makers 3:45 Surfing the Net – Part 4 6:30 Bingo!</p>	<p>29</p> <p>Manicures with Mary today! 9:30 Blocks Preschool Trip 10:45 Exercise 2:45 The Neil Perry Duo! 4:00 Shabbat with Daniel 6:30 Friday Night at the Movies</p>	<p>30</p> <p>10:00 Non-denominational Bible Study w/Linda 10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Entertainment 6:30 Card Games with Vero</p>	
<p>31</p> <p>10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise 2:00 Afternoon Movie</p>	<p>Questions? Suggestions? Contact: Lynne Canavan 508-788-6050 x107 lcavanaugh@heritageassistedliving.com or leave a message in the suggestion box.</p>						