



Heritage at Framingham Classic - Activity Calendar November, 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p>Daylight Savings Time Ends 10:00 Coffee and Sunday Newspaper in Library 10:45 Exercise in The Club Room 2:00 Afternoon Movie 8:20 NYY at Philly World Series</p>	<p style="text-align: center;">2</p> <p>9:00 Walking Group 10:00 Bird Program 10:45 Fit for the Future with Linda 2:00 Trivia 2:30 Michael Lavin Landscape Painter  6:30 Evening Movie 7:57 NYY at Philly World Series</p>	<p style="text-align: center;">3</p> <p>Election Day 9:00 Music Listening 9:45 Communion 10:00 Audio series – Old Radio Shows 10:45 Stay Fit class 2:30 Cooking in The Country Kitchen  6:30 Bingo</p>	<p style="text-align: center;">4</p> <p>9:00 Wellness Clinic w/Wendy 10:15 Music Biography 10:50 Stretch and Strengthen 12:30 Bridge Group 2:15 Word Power – brain exercise 3:15 Sing-A-Long 5:15 Knitting Group 6:30 Left, Center, Right Dice Game</p>	<p style="text-align: center;">5</p> <p>8:30 Mass at St. George's 9:30 Weekly Newstime w/ Linda 10:15 Exercise and Feel Good! 1:45 Afternoon Matinee 2:00 CVS Shopping 2:30 Try Wii Sports in Game Room! 2:30 Sudbury Farms Shopping 6:30 Bingo</p>	<p style="text-align: center;">6</p> <p>9:00 Manicures 10:00 News Currents Program 10:45 Exercise  12:00 Birthday Luncheon 2:00 Mass with Father Ben 3:30 Shabbat/Cantor Stock and Keshar 13 Students 6:30 Evening Movie</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Heritage at Framingham Craft Fair  10:00 am to 2 pm Come and get at jump start on your Holiday Shopping 2:00 Afternoon DVD 3:30 Cards in the Club Room 6:30 Bingo</p>
<p style="text-align: center;">8</p> <p>10:00 Coffee and Sunday Newspaper in Library 10:45 Exercise in The Club Room 2:00 Afternoon Movie 7:00 60 Minutes – game room</p>	<p style="text-align: center;">9</p> <p>9:00 Walking Group 10:00 Biography Program with Linda 10:45 Pilates Exercise Class 2:30 Ladies Discussion Group  3:30 Kevin Farley The Irish Music Guy 6:30 Evening Movie</p>	<p style="text-align: center;">10</p> <p>9:45 Rosary with Jean 10:45 Stay Fit class 2:00 Audio Series on Old Time Radio Programs to TV 3:00 Name That Tune 4:00 News Wrap-Up 6:30 Bingo</p>	<p style="text-align: center;">11</p> <p>Happy Veteran's Day 10:15 Resident's Council Meeting 10:45 Exercise Class 12:30 Bridge Group 2:00 Pokeno 3:00 Fall Trivia 3:30 Arts & Crafts 5:15 Knitting Group 6:30 Music Listening</p>	<p style="text-align: center;">12</p> <p>8:30 Mass at St. George's 10:00 Bird Program 10:30 Exercise! 2:00 Shopping CVS 2:30 Sudbury Farms 3:30 Word Game  5:15 Puppy Time in the Lobby 6:30 Bingo</p>	<p style="text-align: center;">13</p> <p>9:30 Music Listening  10:00 Yoga w/Ann 2:30 Team Wheel of Fortune 3:00 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p style="text-align: center;">14</p> <p>10:00 Travelogue w/Linda 10:45 Exercise 2:00 Movie Time  3:30 Card Games in Club Room 6:30 Bingo</p>
<p style="text-align: center;">15</p> <p>10:00 Coffee & Sunday Paper 10:00 Crosswords 10:45 Exercise in The Club Room  2:00 Movie Time 3:00 Cards in the Club Room 3:30 Scrabble and Puzzles in Game Room</p>	<p style="text-align: center;">16</p> <p>9:00 Dr. John The Podiatrist is Here!  10:00 Comedy Program 10:45 Exercise 2:30 Marti Sawyer – "Count Your Blessings" Music Entertainment 6:00 Evening News in Game Room</p>	<p style="text-align: center;">17</p> <p>9:45 Communion with Rose 10:45 Exercise 1:30 Afternoon DVD 2:00 CVS Shopping 2:30 Shopping Sudbury Farms 3:00 News, Etc. 3:30 Gert and VioLynne Music! 6:30 Bingo </p>	<p style="text-align: center;">18</p> <p>9:00 Wellness Clinic w/Wendy 11:30 am Free Concert at Wellesley College – Soprano Gale Fuller 10:45 Exercise 12:30 Bridge Group 2:00 Afternoon Movie & Popcorn 2:30 Try Wii Sports Game Room 5:15 Knitting Group 6:30 Pokeno!</p>	<p style="text-align: center;">19</p> <p>8:30 Mass at St. George's  10:00 Art Program 10:45 Exercise 2:00 Ambassador's Meeting 2:30 November Birthday Party 3:00 Neil Perry Jazz Duo Performs 6:30 Bingo</p>	<p style="text-align: center;">20</p> <p>9:00 Manicures 10:00 Trivia is Not Trivial 10:45 Exercise 2:15 News Currents 3:00 Team Wheel of Fortune 4:00 Shabbat  6:30 Left, Center Right Dice Game</p>	<p style="text-align: center;">21</p> <p>10:00 The Dictionary Game  10:45 Exercise 2:00 Afternoon Matinee 3:00 Puzzle Time in Game Room 6:30 Bingo!</p>
<p style="text-align: center;">22</p> <p>10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise in Club Room 2:00 Movie Time 3:00 Play Cards in the Club Room 3:45 Late Afternoon Walking Group 7:00 60 Minutes in the Game Room</p>	<p style="text-align: center;">23</p> <p>10:00 Your Favorite Sitcoms Program with Linda 10:45 Get Fit Exercise Program 2:00 Name That Tune 3:45 News, Etc.  6:30 Card Games in the Club Room</p>	<p style="text-align: center;">24</p> <p>9:45 Rosary 10:45 Exercise 2:00 Afternoon Matinee 2:00 CVS 2:30 Sudb.Farms 3:00 Card Games in Club Room 3:30 Spelling Bee 6:30 Bingo</p>	<p style="text-align: center;">25</p> <p>10:00 Cooking Program with Linda 12:30 Bridge Group 2:00 Crafts with Lynne 3:30 Sing-A-Long  6:30 Inter-denominational Thanksgiving Service with Pastor Hurst and Friends</p>	<p style="text-align: center;">26</p> <p>Happy Thanksgiving!  10:30 Exercise 2:00 Afternoon Matinee 3:30 Cards in The Club Room 6:30 Old Time Radio Listening Program</p>	<p style="text-align: center;">27</p> <p>10:00 Fall Trivia Program 10:45 Stay Fit Class 1:30 Afternoon DVD 2:30 NewsCurrents 4:00 Shabbat Service 6:30 Left, Right Center Game</p>	<p style="text-align: center;">28</p> <p>10:00 Indoor Gardening  10:45 Get Fit, Stay Fit! Exercise 2:00 Afternoon Matinee 3:30 Afternoon Performance 6:30 Bingo</p>
<p style="text-align: center;">29</p> <p>10:00 Sunday paper & coffee 10:00 Crosswords 10:45 Exercise in Club Room  2:00 Movie Time 3:00 Play Cards in the Club Room 3:45 Late Afternoon Walking Group</p>	<p style="text-align: center;">30</p> <p>10:00 Reminiscing Program 10:45 Exercise 2:30 Pianist, Bob Pillsbury Performs  3:30 The Wheel of Fortune 6:00 Evening News</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 – Every other Wednesday, 9:00 am to 10:30 am • Podiatrist - Every other Month • Dentist, Dr. Atkins – Every 6 Weeks • Excella Healthcare –Rehabilitation daily • Transport to Doctors, by appointment – Tues. all day & Thurs. after 10:30 am • Mass at St. George's Church – every Thursday, 8:30 am depart, 9 am Mass 				

