



# Heritage at Framingham

## Classic - Activity Calendar

### November, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director</b>  <b>lcanavan@heritageassistedliving.com 508-665-5307</b></p> <p><b>PLEASE NOTE: Calendar Information subject to change. See Daily Activity Sheets for daily activities and schedule changes.</b></p> <p><b>In addition:</b></p> <ul style="list-style-type: none"> <li>• <b>Heritage Hair Salon w/Darlene – Every Tuesday</b></li> <li>• <b>Manicures with Mary – Every other Friday</b></li> <li>• <b>Geriatric M.D., V. Perrelli – per appointment only</b></li> <li>• <b>Excella Wellness Clinic – E/O Wed., 9-10:30 am</b></li> <li>• <b>Podiatrist - Every other Month</b></li> <li>• <b>Dentist, Dr. Atkins – per appointment only</b></li> <li>• <b>Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception for sign-up and scheduling of appointments)</b></li> </ul>						
<p>If you would like to be included in our email blast and receive special notices and the new monthly calendar, please email Janet Rose at <a href="mailto:jrose@heritageassistedliving.com">jrose@heritageassistedliving.com</a></p>	<p>1</p> <p>9:00 Crosswords 10:00 Classical Music playing in Peloquin Room 10:45 Exercise Class</p>  <p>1:30 <b>Catholic Mass w/Fr. John Rowan</b> 2:15 Movie Time 2:30 Solve Sudoku 6:00 "Seinfeld"</p>	<p>2</p> <p><b>Election Day</b> 9:00 Crosswords 9:30 Voting trip 1:40 Afternoon Movie, Martin &amp; Lewis Colgate Hour 1:45 Shopping CVS 2:30 Sudbury Farms 3:30 Wii Bowling</p>  <p>6:30 Bingo with Dee</p>	<p>3</p> <p>9:25 <b>Early Exercise</b> 10:15 <b>Resident's Council Meeting</b> 1:30 <b>Ladies Clothing Sale from 1:30 to 3:30</b> 2:00 Afternoon Movie, Martin &amp; Lewis Colgate Hour 2:15 Wheel of Fortune 3:30 Wii Bowling 6:30 Bingo with Dee</p>	<p>4</p>  <p>9:30 <b>Bible Study with Rev. Chris</b> 9:45 Communion 10:45 Exercise Class 2:00 Movie Discussion Group 2:30 Afternoon Movie and Popcorn 3:00 Charades 3:30 Wii Bowling 6:30 Evening DVD</p>	<p>5</p> <p>9:00 Manicures 9:00 Crosswords 10:15 "What's in a Name?" Surname Origins and History 10:45 Exercise 12:00 <b>Birthday Luncheon</b></p>  <p>2:30 NewsCurrents 3:00 Wii Bowling 4:00 Shabbat</p>	<p>6</p> <p>9:00 Crosswords 10:00 <b>Native American Beading Program</b> 10:45 Exercise 2:30 <b>Pianist extraordinaire - Richard Hughes returns! – take a trip down memory lane, a Silent Movie presentation!</b> 6:30 Evening Comedy DVD</p>
<p>7</p> <p><b>Daylight Saving Time Ends</b> 9:00 TV Mass channel # 238 9:00 Coffee, Paper &amp; Crosswords 10:45 Exercise</p>  <p>2:00 <b>Veteran's Day "Brick" Program with Noreen!</b> 3:15 <b>Wine &amp; Cheese Social with Noreen</b> 7:00 60 Minutes</p>	<p>8</p> <p>9:00 Crosswords 10:15 News Program with Lynne 10:45 Exercise 2:00 Afternoon Movie and Popcorn</p>  <p>2:30 Entertainment with ViLynne 3:00 Wii Bowling 6:30 "Seinfeld" Season 2</p>	<p>9</p> <p><b>FLU CLINIC TODAY</b></p>  <p>9:00 Crosswords 9:00 <b>Flu Clinic in Peloquin Room</b> 10:00 Wheel of Fortune 10:45 Exercise 1:30 Afternoon DVD 1:45 Shopping CVS 2:30 Shopping Sudbury Farms 3:45 Wii Bowling 6:30 Bingo with Dee</p>	<p>10</p> <p>8:30 Mass at St. George's 9:00 <b>Wellness Clinic</b> 9:00 Crosswords</p>  <p>10:00 <b>Garden Club</b> 2:00 Afternoon Movie 2:30 Exercise 3:00 Wii Bowling</p>  <p>6:30 Bingo with Dee</p>	<p>11</p> <p><b>Veteran's Day</b></p>  <p>9:45 Rosary w/Jean 10:00 <b>Veteran's Day Coffee/Program &amp; Wall of Peace with Noreen</b> 1:45 <b>DOLLAR STORE SHOPPING!</b> 3:30 Exercise Class 3:30 <b>Wii Bowling</b> 5:15 <b>Puppy Time in the Lobby! Woof!</b></p>	<p>12</p> <p>9:00 Crosswords 9:25 Early Exercise 10:00 <b>Posture Clinic with Chad from Excella Homecare</b></p>  <p>2:00 <b>Live Entertainment with String Swing!</b> 3:30 <b>Wii Bowling</b> 3:30 <b>Shabbat with Kesher 13 Students</b></p>	<p>13</p> <p>9:00 Crosswords 10:45 Exercise</p>  <p>2:00 Documentary 3:30 Cards in the Club Room</p>  <p>6:30 <b>Bingo Plus</b> 6:30 Evening Movie</p>
<p>14</p> <p>10:00 Sunday paper &amp; coffee in Kitchen</p>  <p>10:00 Crosswords 10:45 Exercise 2:00 Word Game</p>  <p>3:00 <b>Sing-A-Long</b></p>	<p>15</p> <p>9:00 Crosswords 10:00 Trivia with Lynne 10:45 Exercise 1:45 Afternoon DVD</p>  <p>2:15 NewsCurrents 3:15 Martin &amp; Lewis Colgate Comedy Hr. 6:30 "Seinfeld" Season 2</p> 	<p>16</p> <p>9:00 Crosswords 10:45 Exercise</p>  <p>1:30 Afternoon Movie 2:00 CVS Shopping 2:30 Sudbury Farms</p>  <p>3:30 Wii Bowling 6:30 Bingo with Dee</p>	<p>17</p> <p>8:30 Mass at St. George's 10:45 Exercise 12:00 <b>MEN'S LUNCHEON</b> 2:00 Afternoon DVD</p>  <p>2:30 <b>Brain Health – special program by Excella Homecare</b> 3:30 <b>Wii Bowling</b> 6:30 Bingo with Dee</p>	<p>18</p> <p>9:00 Crosswords 9:30: <b>Bible Study with Rev. Chris</b> 9:45 <b>Communion</b> 10:45 Exercise 1:45 Afternoon DVD</p>  <p>2:30 Spelling Bee 3:30 <b>Wii Bowling</b> 6:30 Evening News in Game Room</p>	<p>19</p> <p>9:00 Manicures</p>  <p>10:45 Exercise</p>  <p>2:45 <b>Guitarist &amp; Vocalist Marti Sawyer "Count Your Blessings" musical program</b> 4:00 Shabbat</p>	<p>20</p> <p>9:00 Crosswords</p>  <p>10:00 <b>Winter Birding Program with Noreen</b> 10:45 Exercise 1:45 Afternoon DVD 3:00 Cards in the Club Room 6:30 Evening Movie</p>
<p>21</p> <p>9:00 Sunday paper &amp; coffee in Kitchen 10:45 Exercise 1:30 Matinee 2:00 <b>Travel Program with Noreen</b> 3:30 <b>Wine &amp; Cheese Social with Noreen</b></p>	<p>22</p> <p>9:00 Crosswords 10:00 News w/Lynne 10:45 Exercise</p>  <p>3:30 <b>Jazzy Pianist, Ethan Stone Performs!</b> 6:30 "Seinfeld" Season 2</p>	<p>23</p> <p>9:00 Crosswords 10:00 Wheel of Fortune with John 10:45 Exercise 1:30 Afternoon DVD 2:00 CVS 2:30 Sudbury Farms 3:30 Wii Bowling 6:30 Bingo with Dee</p> 	<p>24</p> <p>8:30 Mass at St. George's Church 9:00 <b>Wellness Clinic</b> 10:00 <b>Thanksgiving Table Centerpieces Project</b> 10:45 Exercise Class 2:00 Afternoon DVD 6:30 Bingo with Dee</p>  <p>6:30 <b>Interdenominational Thanksgiving Service with Pastor Hurst and Lutheran Congregation</b></p>	<p>25</p> <p><b>Happy Thanksgiving</b></p>  <p>9:00 Crosswords 10:45 Exercise</p>  <p>1:45 Afternoon DVD 6:00 Evening News in Game Room 6:30 Movie in Game Room</p>	<p>26</p> <p>9:00 Crosswords</p>  <p>9:45 Trivia with Dee 10:45 Exercise 2:00 Afternoon Matinee 4:00 Shabbat</p>  <p>6:30 Evening Movie</p>	<p>27</p> <p>9:00 Crosswords 10:45 Get Fit, Stay Fit! Exercise Class</p>  <p>1:45 Afternoon DVD 3:00 Spelling Bee 3:00 Cards in the Club Room</p>  <p>6:30 Bingo</p>
<p>28</p> <p>9:00 Sunday paper &amp; coffee in Kitchen 10:45 Exercise 1:30 Matinee 2:00 <b>Charades</b> 3:30 Spelling Bee 7:00 60 Minutes</p>	<p>29</p> <p>9:00 <b>Dr. John the Podiatrist is here</b> 10:45 Exercise 1:30 Movie Time 3:30 ViLynne Music 6:00 Evening News 6:30 "Seinfeld" Season 2</p>	<p>30</p> <p>9:00 Crosswords 10:00 Word Game 10:45 Exercise 1:30 Afternoon DVD 2:00 CVS 2:30 Sudbury Farms 3:30 Wii Bowling 6:30 Bingo with Dee</p>				<p>6:30 Evening Movie</p>

