



Heritage at Framingham Classic - Activity Calendar October, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director lcanavan@heritageassistedliving.com 508-788-6050 x107</p> <p>PLEASE NOTE: Calendar Information is subject to change. Please see Daily Activity Sheets for daily activities and schedule changes.</p> <p>In addition:</p> <ul style="list-style-type: none"> • Heritage Hair Salon w/Darlene – Every Tuesday • Manicures with Mary – Every other Friday • Geriatric M.D., V. Perrelli – per appointment only • Excella Wellness Clinic – E/O Wed., 9-10:30 am • Podiatrist - Every other Month • Dentist, Dr. Atkins – per appointment only • Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception for scheduling appts./sign-up with reception) 					<p style="text-align: right;">1</p> <p>9:00 Crosswords 10:00 Interesting Animal Trivia w/Dee 10:45 Exercise</p>  <p>11:30 Out For Lunch – Thai Food! 1:30 Afternoon Movie and Popcorn 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p style="text-align: right;">2</p> <p>9:00 Crosswords 10:45 Exercise</p>  <p>2:30 Live Entertainment with actor Richard Clark in "Atticus" 4:30 Front Porch Time with Dee 6:30 Bingo Plus</p>
<p style="text-align: right;">3</p>  <p>9:00 Coffee/paper & crosswords - Kitchen 10:45 Exercise 1:35 Last Red Sox Game vs. Yankees 2:00 Bingo with/Dee 3:15 Sing-A-Long 7:00 I Love Lucy!</p>	<p style="text-align: right;">4</p> <p>9:00 Crosswords 10:00 Program with Carolyn Barry, Registered Dietician 10:45 Exercise Class</p>  <p>1:30 Catholic Mass w/Fr. John Rowan 2:15 Movie Time 2:30 Solve Sudoku 6:00 "Seinfeld"</p>	<p style="text-align: right;">5</p> <p>9:00 Crosswords in Country Kitchen 9:30 Early Exercise 10:30 Food Service Meeting with Rick 1:30 Afternoon Movie and Popcorn 1:45 Shopping CVS 2:30 Sudbury Farms 3:30 Wii Bowling</p>  <p>6:30 Bingo with Dee</p>	<p style="text-align: right;">6</p> <p>8:30 Mass at St. George's Church 9:00 Wellness Clinic 9:25 Early Exercise 10:15 Resident's Council Meeting 1:45 Leaf Peeping Bus Trip/Farm Stand Shopping 2:00 Afternoon Movie and Popcorn 6:30 Bingo with Dee</p>	<p style="text-align: right;">7</p>  <p>9:30 Bible Study with Rev. Chris 9:45 Communion 10:45 Exercise Class</p>  <p>11:30 Nashoba Winery Lunch Trip 2:30 Afternoon Movie and Popcorn</p>	<p style="text-align: right;">8</p> <p>9:00 Manicures 9:00 Crosswords 10:00 "What's in a Name?" Surname Origins and History 10:45 Exercise 12:00 Birthday Luncheon</p>  <p>2:30 NewsCurrents 3:30 Shabbat with Keshet 13 Students</p>	<p style="text-align: right;">9</p> <p>9:00 Crosswords</p>  <p>10:00 Fall Centerpieces 10:45 Exercise 2:00 Afternoon Matinee w/Popcorn 6:30 Evening Comedy DVD</p>
<p style="text-align: right;">10</p> <p>9:00 TV Mass channel # 238 9:00 Coffee, Paper & Crosswords 10:45 Exercise</p>  <p>2:00 Travelogue New York, N.Y! 3:15 Wine & Cheese Social with Noreen 7:00 60 Minutes</p>	<p style="text-align: right;">11</p> <p>Columbus Day! 9:00 Crosswords 10:15 Jokes and Trivia by Residents 10:45 Exercise</p>  <p>2:00 Afternoon Movie and Popcorn 6:30 "Seinfeld" Season 2</p>	<p style="text-align: right;">12</p> <p>9:00 Crosswords 10:00 Wheel of Fortune 10:45 Exercise 1:30 Afternoon DVD 1:45 Shopping CVS 2:30 Shopping Sudbury Farms</p>  <p>3:30 Celebrating Pavoratti! 3:45 Wii Bowling 6:30 Bingo with Dee</p>	<p style="text-align: right;">13</p>  <p>9:00 Trip to Foxwoods Today! 9:00 Crosswords 2:00 Afternoon Movie 2:30 Exercise 3:00 Wii Bowling</p>  <p>6:30 Bingo with Dee</p>	<p style="text-align: right;">14</p> <p>National Fruit Day 9:45 Rosary w/Jean 10:00 AAA – All About Apples, Taste Testers! 10:45 Chair Exercise</p>  <p>2:30 Meteorologist, Art Horn "Weather Dominates Our World Program" 3:30 Wii Bowling 5:15 Puppy Time in the Lobby! Woof!</p>	<p style="text-align: right;">15</p> <p>9:00 Crosswords 9:45 Charades</p>  <p>10:45 Exercise 1:30 Afternoon Movie & Popcorn 2:30 NewsCurrents</p>  <p>4:00 Shabbat</p>	<p style="text-align: right;">16</p> <p>9:00 Crosswords 10:45 Exercise</p>  <p>2:00 Documentary 3:30 Cards in the Club Room 4:30 Trivia, Jokes, & Stories with Dee 6:30 Bingo Plus 6:30 Evening Movie</p>
<p style="text-align: right;">17</p> <p>10:00 Sunday paper & coffee in Kitchen 10:00 Crosswords 10:45 Exercise 2:00 Dee's Word Game</p>  <p>3:00 Sing-A-Long with Dee</p>	<p style="text-align: right;">18</p> <p>9:00 Crosswords 10:00 Headline News 10:45 Exercise</p>  <p>11:00 Pretty Things Gift/Boutique Store is here 'til 3:0pm! 1:45 Word Game 2:45 Bingo w/Lynne 6:30 "Seinfeld" Season 2"</p>	<p style="text-align: right;">19</p> <p>9:00 Crosswords 10:00 Wheel of Fortune 10:45 Exercise 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 style="text-align: right;">20</p> <p>8:30 Mass at St. George's 9:00 Wellness Clinic with Wendy 9:30 Early Exercise 11:15 Concord River Fall Foliage Lunch Cruise 2:00 Afternoon DVD 2:00 Spelling Bee 3:15 Wii Bowling 6:30 Bingo with Dee</p>	<p style="text-align: right;">21</p> <p>9:00 Crosswords 9:30 Bible Study with Rev. Chris 9:45 Communion 10:45 Exercise 1:45 Afternoon DVD</p>  <p>3:30 Wii Bowling 6:30 Evening News in Game Room</p>	<p style="text-align: right;">22</p> <p>9:00 Manicures 9:00 Crosswords</p>  <p>10:00 Excella Homecare presents a clinic on "Balance" 10:45 Exercise 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p style="text-align: right;">23</p>  <p>10:00 All About Pumpkins. "Guess weight of pumpkin contest" 10:45 Exercise 1:45 Afternoon DVD 3:00 Cards in the Club Room 6:30 Evening Movie</p>
<p style="text-align: right;">24</p> <p>9:00 Sunday paper & coffee in Kitchen 10:45 Exercise 1:30 Matinee 2:00 Think Spring?! Bulb Planting with Noreen 3:30 Wine & Cheese Social with Noreen</p>	<p style="text-align: right;">25</p> <p>9:00 Crossword Challenge</p>  <p>10:00 News Headlines w/Lynne 10:45 Exercise 1:30 Movie Time 3:30 Trivia with Classic RCAs 6:00 Evening News 6:30 "Seinfeld" Season 2"</p>	<p style="text-align: right;">26</p> <p>9:00 Crosswords in Country Kitchen</p>  <p>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 style="text-align: right;">27</p> <p>8:30 Mass at St. George's Church 9:30 Early Exercise</p>  <p>10:15 Art Matters presents "Chagall" Lecture/Display 11:30 Out for Lunch at the Wayside Inn 2:00 Afternoon DVD 2:00 Spelling Bee 3:15 Wii Bowling 6:30 Bingo with Dee</p>	<p style="text-align: right;">28</p> <p>9:00 Crosswords 9:45 Rosary 10:00: Holiday Trivia 10:45 Exercise</p>  <p>12:00 Halloween Party/Luncheon 1:45 Afternoon DVD</p>  <p>3:30 Wii Bowling 6:30 Evening News in Game Room</p>	<p style="text-align: right;">29</p> <p>9:00 Crosswords</p>  <p>10:00 Charades 10:45 Exercise</p>  <p>2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p style="text-align: right;">30</p> <p>9:00 Crosswords 10:00 Person, Place or Thing Trivia Game 10:45 Get Fit, Stay Fit! Exercise Class</p>  <p>1:45 Afternoon DVD 3:00 Spelling Bee 3:30 Cards in the Club Room 6:30 Bingo</p>
<p style="text-align: right;">31</p> <p>Happy Halloween! 9:00 Sunday paper & coffee in Kitchen 10:45 Exercise 1:30 Matinee 2:00 Bingo 3:30 Sing-A-Long 7:00 60 Minutes</p>	<p style="text-align: right;">31</p> <p>9:00 Crossword Challenge</p> <p>10:00 News Headlines w/Lynne 10:45 Exercise 1:30 Movie Time 3:30 Trivia with Classic RCAs 6:00 Evening News 6:30 "Seinfeld" Season 2"</p>	<p style="text-align: right;">31</p> <p>9:00 Crosswords in Country Kitchen</p> <p>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 style="text-align: right;">31</p> <p>8:30 Mass at St. George's Church 9:30 Early Exercise</p> <p>10:15 Art Matters presents "Chagall" Lecture/Display 11:30 Out for Lunch at the Wayside Inn 2:00 Afternoon DVD 2:00 Spelling Bee 3:15 Wii Bowling 6:30 Bingo with Dee</p>	<p style="text-align: right;">31</p> <p>9:00 Crosswords 9:45 Rosary 10:00: Holiday Trivia 10:45 Exercise</p> <p>12:00 Halloween Party/Luncheon 1:45 Afternoon DVD</p> <p>3:30 Wii Bowling 6:30 Evening News in Game Room</p>	<p style="text-align: right;">31</p> <p>9:00 Crosswords</p> <p>10:00 Charades 10:45 Exercise</p> <p>2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p style="text-align: right;">31</p> <p>9:00 Crosswords 10:00 Person, Place or Thing Trivia Game 10:45 Get Fit, Stay Fit! Exercise Class</p> <p>1:45 Afternoon DVD 3:00 Spelling Bee 3:30 Cards in the Club Room 6:30 Bingo</p>

