



Heritage at Framingham Classic - Activity Calendar September, 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> Heritage Hair Salon w/Darlene – Every Tuesday Manicures with Mary – Every other Friday Geriatric M.D., V. Perrelli – Weekly Excella Wellness Clinic – E/O Wed., 9-10:30 am Podiatrist - Every other Month Dentist, Dr. Atkins – Every 6 Weeks Excella Healthcare –Rehab. Daily Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception for scheduling appts./sign-up with reception) 			 <p>10:00 Creative Beading/Necklaces 10:45 Exercise 12:00 Men's Lunch 1:45 Afternoon Movie</p>  <p>3:30 Kevin Farley The Irish Music Guy Performance 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>9:15 Crosswords 9:45 Rosary</p>  <p>10:00 Garden Club 10:45 Exercise 1:30 Afternoon Movie</p>  <p>2:00 Mystery Bus Ride 3:30 Wii Bowling 6:30 Evening DVD</p>	<p>9:00 Crosswords 10:00 Interesting Animal Trivia w/Dee 10:45 Exercise 12:00 Birthday Luncheon</p>  <p>1:30 Afternoon Movie 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Crosswords 10:45 Exercise 2:00 Afternoon DVD</p>  <p>3:00 Cold Drinks on Front Porch 3:30 Cards in Club Room 4:30 Front Porch Time with Dee 6:30 Bingo with Dee 6:30 Evening Movie</p>
 <p>9:00 Coffee/paper & crosswords - Kitchen 10:45 Exercise 2:00 Bingo w/Dee 3:15 Cold Drinks 3:30 Charades 7:00 60 Minutes</p>	<p>Happy Labor Day!</p> <p>9:00 Crosswords 10:45 Exercise Class</p>  <p>2:30 Afternoon Movie 6:00 Evening News 6:30 "Seinfeld" – Season 1 7:10 Red Sox vs. Tampa Bay Rays</p>	<p>9:00 Crosswords in Country Kitchen 10:00 Wheel of Fortune 10:45 Stay Fit and Exercise class 1:30 Afternoon Movie and Popcorn 1:45 Shopping CVS 2:30 Sudbury Farms 3:40 Wii Bowling</p>  <p>6:30 Bingo with Dee</p>	<p>Rosh Hashanah begins at Sundown</p> <p>9:00 Wellness Clinic 9:30 Early Exercise 10:15 Resident's Council Meeting</p>  <p>1:45 Ice Cream trip to Uhlman's 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>Today is Rosh Hashanah</p> <p>9:30 Bible Study with Rev. Chris 10:30 Hydrangea Wreaths with Noreen 10:45 Exercise 1:45 DOLLAR STORE TRIP 2:30 Afternoon Exercise Class 5:15 Puppy Time in the Lobby! Woof!</p>	<p>9:00 Manicures 9:00 Crosswords 10:15 Trivia time with Lynne 10:45 Exercise</p>  <p>2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Crosswords 10:00 Patriot Day – remembering 9/11</p>  <p>10:45 Exercise 2:00 Afternoon Matinee w/Popcorn 6:30 Bingo</p>
<p>National Grandparents Day!</p> <p>9:00 TV Mass for Comcast channel # 238 9:00 Coffee, Paper & Crosswords 10:45 Exercise 2:00 Heritage Day and Grandparent program 3:15 Wine & Cheese Social with Noreen 6:30 "I Love Lucy" – Game Room</p>	<p>National Assisted Living Week! International Day</p> <p>10:45 Exercise</p>  <p>12:00 International Luncheon in Pelouquin Room 3:00 Travel Show to the Vatican with Derek Mann</p>	<p>Sports Day!</p>  <p>10:00 Badminton 10:45 Exercise 12:00 Sport-Themed Luncheon! 1:30 Afternoon DVD 1:45 Shopping CVS 2:00 Ladder Golf 2:30 Shopping Sudbury Farms 2:45 Putt, Putt Golf 3:15 Croquet 3:45 Wii Bowling 6:30 Bingo with Dee</p>	<p>Italian Day</p> <p>8:30 Mass at St. George's Church 9:00 Crosswords</p>  <p>12:00 Italian-Theme Luncheon! 1:00 Live Entertainment with Marti Sawyer 2:30 Exercise 3:00 Wii Bowling 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>Friendship Day</p> <p>10:00: Ambassador's Meeting 10:45 Chair Exercise 1:30 Bingo Bash</p>  <p>5:45 Entertainment for families and residents – The Singing State Trooper, Sgt. Dan Clark!</p>	<p>Music Day</p>  <p>10:00 Music Bio. 10:45 Exercise 1:30 Karaoke 2:30 Live Entertainment with "Polka Paul" 4:00 Shabbat 6:30 Evening Movie Musical</p> <p>Yom Kippur begins at Sundown</p>	<p>Today is Yom Kippur</p> <p>9:00 Crosswords 10:45 Exercise</p>  <p>2:00 Documentary 3:00 Cold Drinks served on the porch 3:30 Cards in the Club Room 6:30 Evening Movie</p>
<p>9:00 Sunday paper & coffee in Kitchen 9:15 Crosswords 10:45 Exercise 2:00 Afternoon Matinee</p>  <p>6:30 "I Love Lucy" – Game Room</p>	<p>9:00 Crosswords 10:15 News Program 10:45 Exercise</p>  <p>2:30 Live Entertainment with Pianist, Vocalist "Cliff Henrickson" 6:30 "Seinfeld" Season 1 continued</p>	<p>9:00 Crosswords 9:45 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>8:30 Mass at St. George's 9:00 Wellness Clinic 10:00 Weather Watcher -Autumn! 10:45 Chair Exercise</p>  <p>2:30 Excella presentation: "Heart Health" 3:30 Wii Bowling 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>1st Day of Autumn</p> <p>9:45 Communion 9:30: Bible Study with Rev. Chris 10:30 Bake Shop with Noreen and Ruth 10:45 Chair Exercise 1:45 Out for Ice Cream in Marlboro</p>  <p>3:30 Wii Bowling 6:30 Evening News</p>	<p>9:00 Manicures 9:00 Crosswords 10:00 Bingo 10:45 Exercise 2:30 NewsCurrents</p>  <p>3:30 Live Entertainment with musician Al Gould 4:00 Shabbat with Al Gould</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 Cards in the Club Room 6:30 Evening Movie</p>
<p>9:00 Sunday paper & coffee in Kitchen 10:45 Exercise</p>  <p>2:00 Travelogue with Noreen 3:30 Wine & Cheese Social with Noreen 6:30 "I Love Lucy" – Game Room</p>	<p>9:00 Dr. John the Podiatrist is Here!</p>  <p>10:45 Exercise 1:30 Movie Time 3:00 Cold drinks served on porch 6:30 "Seinfeld" Season 1 continued</p>	<p>9:00 Crosswords 9:35 Early Exercise</p>  <p>10:30 Food Service meeting with Executive Chef, Rick 2:00 CVS 2:30 Sudbury Farms 3:30 Wii Bowling 6:30 Bingo with Dee</p>	<p>Bulb Planting</p>  <p>10:00 Bulb Planting 10:45 Chair Exercise 11:30 Out-For-Lunch Bunch – Thai Food at Sichuan Gourmet! 3:15 Wii Bowling 5:15 Knitting Group 6:30 Bingo with Dee</p>	<p>9:00 Crosswords 9:45 Rosary 10:00: Bake Shop 10:45 Exercise</p>  <p>1:30 Mt. Auburn Birding Bus Trip 1:45 Afternoon DVD 3:30 Wii Bowling 6:30 Evening DVD</p>	<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director lcanavan@heritageassistedliving.com 508-665-5307</p> <p>PLEASE NOTE: Calendar Information is subject to change. Please see Daily Activity Sheets for daily activities and schedule changes.</p>	

