



Heritage at Framingham Classic - Activity Calendar April, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; lcavanan@heritageassistedliving.com; 508-665-5307</p> <p>Calendar Information subject to change. See Daily Activity Sheets for the up-to-date schedule.</p> <p>Join our e-mail blast mailing list. Send your email address to Lynne if you'd like to be notified of special events via email.</p> <p>We're on the web. Visit www.heritageassistedliving.com to view the calendar on-line.</p> <p>In addition:</p> <ul style="list-style-type: none"> - Heritage Hair Salon w/Darlene – Every Tuesday - Manicures with Mary – E/O Friday - Geriatric M.D., V. Perrelli – per appointment only - Excella Wellness Clinic – E/O Wed., 9-10:30 am by appointment (see reception desk) - Podiatrist - Every other Month - Dentist, Dr. Atkins – per appointment only - Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling) 					1	2
					<p>RED SOX OPENING DAY!</p> <p>1:30 Bridge Group 2:00 Afternoon DVD 2:30 Opening Day Entertainment with Musician & Author, Mel Springer 4:00 Red Sox vs. Texas (away game) 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Coffee Klatch social/newspaper & crosswords 10:45 Exercise 2:00 Afternoon DVD 2:00 Wii w/Tyler 3:15 Wii w/Tyler 3:30 Card Games</p> <div style="text-align: center;"></div> <p>6:30 Bingo PLUS with Dee</p>
3	4	5	6	7	8	9
<p>9:00 Coffee Klatch/ Newspapers & crosswords 10:45 Exercise 1:30 Afternoon DVD 2:15 Dee's Word Game 3:30 Bingo w/Dee 6:30 I Love Lucy</p>	<p>8:30 Walking Group 10:00 Dietary Program with Nutritionist, Carolyn Barry 10:45 Exercise Class 2:00 NewsCurrents 3:00 Wii w/Morgan 3:30 Left Center Right 6:30 Seinfeld</p>	<p>8:30 Walking Group 9:45 Wheel of Fortune w/John 10:45 Exercise 1:45 Shopping CVS 2:00 Afternoon DVD 2:30 SudburyFarms 2:30 Snack & Sing-A-Long 3:45 Spelling Bee 6:30 Bingo</p>	<p>Wellness Clinic 8:30 Mass trip 9:00 Audio Exercise 10:00 Special Intergenerational Music Program – Hemenway School & Dan the Music Man 1:45 Hemenway Student Reading Program 6:30 Bingo</p>	<p><u>Lifeline Surveys for Scheduled Participants</u> 9:30 Bible Study w/Rev. Chris 9:45 Communion 10:45 Exercise! 1:00 Out to the AMC Movie Theater! 2:00 Ice Cream Trip 3:30 Sing-A-Long</p>	<div style="text-align: center;"></div> <p>9:00 Manicures 10:00 NewsCurrents 10:45 Exercise 1:30 Bridge Group 2:05 Red Sox at Home vs. NYY 3:30 Shabbat & Keshet 13 Students 6:30 Evening Movie</p>	<p>9:00 Coffee Klatch social/newspaper & crosswords.</p> <div style="text-align: center;"></div> <p>10:00 Garden Club with Noreen – Pansies Today! 10:45 Exercise 2:00 Student Piano Recital</p>
10	11	12	13	14	15	16
<p>9:00 Coffee Klatch, Sunday Paper and Crossword puzzles 10:45 Exercise</p> <div style="text-align: center;"></div> <p>2:00 Passover Seder with Jewish Family Services 6:30 I Love Lucy</p>	<p>8:00 Indoor Walking 10:15 Headline News Discussion w/Lynne 10:45 Exercise Class 2:00 Outdoor Walking Group 2:30 VioLynne music 3:30 Wii Bowling 3:45 Left, Center Right Dice Game 6:30 Seinfeld</p>	<p>9:45 Wheel of Fortune w/John 10:45 Exercise 11:30 Baseball Lunch Bunch Hosted by Ellen 1:45 CVS Shopping 2:30 Shopping Sudbury Farms 3:30 Sing-A-Long 6:30 Evening Movie</p>	<p>8:30 Mass trip 9:45 Library Trip 10:15 Resident's Council Meeting 10:45 Exercise 3:00 Spring Craft Decorations 3:15 Outdoor Walking Group 3:30 Wii Bowling 6:30 Bingo</p>	<p>9:00 Early Risers Exercise Class 9:45 Rosary</p> <div style="text-align: center;"></div> <p>10:00 Bake Shop with Noreen - Kugel 10:45 Exercise 11:00 Out-For-Lunch Bunch visits Zaftigs Delicatessen in Natick 5:15 Puppy Time in the Lobby, Woof!</p>	<div style="text-align: center;"></div> <p>10:00 Joke Time 12:00 April Birthday Luncheon 1:30 Bridge Group</p> <div style="text-align: center;"></div> <p>2:30 String Swing Entertainment 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Weekend Coffee Klatch – conversation, coffee, newspaper, etc. 10:45 Exercise</p> <div style="text-align: center;"></div> <p>1:30 Antiques Road Show 'til 4:30 6:30 Bingo PLUS</p>
17	18	19	20	21	22	23
<p>Palm Sunday</p> <div style="text-align: center;"></div> <p>9:00 Sunday paper, coffee klatch 9:00 Crosswords 10:45 Exercise Class 2:00 Word Game 3:00 Afternoon Social with Dee 6:30 I Love Lucy</p>	<p>Passover Begins at Sundown 8:30 Walking Group 10:15 Coffee Klatch Social in Country Kitchen 10:45 Get Fit! Exercise class 2:00 Aftenoon DVD & Fresh Popcorn 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>Passover 9:00 Baking Group 10:45 Exercise</p> <div style="text-align: center;"></div> <p>12:00 Men's Luncheon with John 1:45 CVS shopping 2:30 Sudbury Farms 3:30 Spelling Bee 6:30 Bingo</p>	<p>Wellness Clinic</p> <div style="text-align: center;"></div> <p>8:30 Mass trip 9:30 Early Exercise 10:15 Baking Group 11:00 Pretty Things Gift Boutique – gifts for all occasions 11:15 Out-For-Lunch Bunch visits Lavendars/Chinese 6:30 Bingo</p>	<p>9:30 Baking Group</p> <div style="text-align: center;"></div> <p>9:45 Communion 10:45 Outdoor Walking Exercise Class 2:00 Wii Bowling 2:15 Daytime Bingo 3:15 Afternoon Snack & Sing 6:30 Evening Movie</p>	<p>Today is Earth Day</p> <div style="text-align: center;"></div> <p>9:00 Manicures with Mary 10:00 Earth Day Celebration 1:30 Bridge Group 1:45 Ask the Internet w/Lynne 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p>8:00 Indoor Walking</p> <div style="text-align: center;"></div> <p>10:45 Stay Fit Exercise Class 2:00 Afternoon DVD 3:30 Left, Center, Right Dice Game 6:30 Evening DVD</p>
24	25	26	27	28	29	30
<p>Easter Sunday</p> <div style="text-align: center;"></div> <p>9:00 Sunday paper, coffee, crosswords 10:45 Exercise 2:00 Afternoon DVD 6:30 I Love Lucy</p> <div style="text-align: center;"></div>	<p>10:15 Headline News 10:45 Exercise 2:00 Afternoon Movie 2:30 Afternoon Sing-A-Long & Snack 3:00 Left, Center, Right Dice Game</p> <div style="text-align: center;"></div> <p>3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:00 Coffee Klatch 10:45 Exercise</p> <div style="text-align: center;"></div> <p>1:45 CVS 2:00 Afternoon Movie on big screen 2:30 Sudbury Farms 3:30 Word Power Vocabulary Exercise 6:30 Bingo</p>	<p>8:30 Mass trip 8:30 Walking Group 9:30 Exercise 9:45 Library Trip 10:15 ArtMatters – Animals & Art</p> <div style="text-align: center;"></div> <p>1:45 Dollar Store Shopping Trip 3:15 Karaoke 6:30 Bingo</p>	<p>Arbor Day!</p> <div style="text-align: center;"></div> <p>FOXWOODS Day! 8:45 Bus Leaves for Foxwoods Casino 9:45 Rosary 9:45 Winterberry Bush Planting 10:45 Exercise 2:00 Afternoon DVD 3:30 Wheel of Fortune with John</p>	<p>10:00 Understanding Arthritis Program with Chad/Excella</p> <div style="text-align: center;"></div> <p>11:00 Royal Wedding 1:30 Bridge Group 2:30 NewsCurrents 4:00 Shabbat</p>	<p>8:00 Indoor Walking 10:45 Stay Fit Exercise Class 2:00 Afternoon DVD</p> <div style="text-align: center;"></div> <p>3:30 Left, Center, Right Dice Game 6:30 Bingo PLUS with Dee, sweet treats for winners!</p>

