



Heritage at Framingham Classic - Activity Calendar August, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Save the Dates: 9/14 – The Singing State Trooper & his wife, Mary, perform at 7pm 9/15 – The New Sound Barbershop Assembly perform at 7pm 10/1 – Craft Fair 10/30 – Halloween Trick or Treat 12/14 – Heritage Holiday Party	1 8:00 Indoor Walking 10:45 Exercise 2:00 Afternoon Matinee  2:15 Name That Tune Musical Bingo with Lynne 3:30 Ladder Golf 6:30 Seinfeld	2 9:00 Headline News 10:45 Exercise  1:45 CVS Shopping 2:15 Smoothies with Classic Care Aides 2:30 Shopping Sudbury Farms 3:30 Wii Bowling 6:30 Movie Time	3  8:30 Mass trip 9:30 Exercise Class is good medicine 10:15 Bake Shop 10:30 Sudbury River Lunch Cruise 2:30 Music Appreciation 5:15 Knitting Group 6:30 Bingo	4 9:30 Multi-Media Bible Study with Rev. Chris 9:45 Rosary 10:45 Exercise 11:00 Star Fun Kids Theater – 2 performances 3:00 Sing-A-Long 3:30 Wii Bowling 6:30 Evening Movie	5 9:00 Coffee Social 10:45 Exercise 1:30 Bridge Group 1:45 Trivia & Joke Time with Dee 2:30 Bingo w/Dee 4:00 Shabbat 7:10 Red Sox vs. New York Yankees at Fenway Park	6 8:00 Indoor Walking 10:45 Exercise 2:00 Movie Time!  4:10 Red Sox vs. New York Yankees 4:30 Card Games with Dee until 6pm 6:30 Bingo PLUS
7 9:00 Coffee Social Sunday Paper  10:45 Exercise 2:00 Charades and Trivia with Dee 3:00 Bingo with Dee 6:30 I Love Lucy 8:05 Red Sox vs. New York Yankees	8 8:00 Indoor Walking 9:00 Coffee Social 10:45 Strengthening Exercise Class  2:00 Red Hat Tea Party Social 6:30 Seinfeld 8:10 Red Sox away vs. Minnesota	9 9:00 Headline News 10:45 Exercise 1:45 CVS Shopping 2:15 Smoothies with Classic Care Aides 2:30 Shopping Sudbury Farms 3:30 VioLynne Music 3:30 Wii Bowling 6:30 Evening Movie 8:10 Red Sox away vs. Minnesota	10 8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Library Trip 10:15 Exercise 11:00 Resident's Council Meeting 2:00 Mystery Ride 6:15 Library Concert featuring The 3 Swingin' Tenors 6:30 Bingo 8:10 Red Sox away vs. Minnesota	11 9:30 Exercise 9:45 Communion 10:00 Chair Yoga Class with Stacia 11:30 Out for Lunch Bunch visits Lavendar's for Chinese Food! 2:15 Wii Bowling with Dee 3:30 Croquet 5:15 Puppy Pet Time in Lobby 6:30 Bingo w/Dee	12  9:00 Manicures 10:00 NewsCurrents 10:45 Exercise 1:30 Bridge Group 3:15 Trivia Program 4:00 Shabbat 6:30 Evening Movie	13 8:00 Indoor Walking Group/Peloquin Rm 9:00 Coffee Social & Crosswords 10:45 Exercise Class – it's good medicine! 2:00 Afternoon Movie on big screen 3:30 Card Games in the Club Room
14 9:00 Sunday paper, coffee klatch 9:00 Crosswords  10:45 Exercise 2:15 Movie Time 2:30 Cold Drinks on the Front Porch 4:10 Red Sox vs. Seattle in Game Rm 6:30 I Love Lucy	15 8:30 Walking Group 10:15 Coffee Klatch Social w/Lynne 10:45 Movement is Medicine – Come to Exercise class! 1:30 Bus Trip with residents from Mary Ann Morse  2:00 Afternoon Movie w/Fresh Popped Popcorn 6:30 Seinfeld	16 8:00 Walking Group 9:00 Headline News 10:45 Exercise  12:00 August Birthday Luncheon 1:45 CVS shopping 2:15 Smoothies with Classic Care Aides 2:30 Sudbury Farms 3:30 Wii Bowling 6:30 Seinfeld 7:10 Red Sox vs. Tampa Bay	17 8:30 Mass trip 9:45 Picture, Picture Game on big screen 10:45 Exercise 12:35 Baseball Lunch Bunch 1:35 Red Sox vs. Tampa Bay at Fenway Park 3:15 Drop the Needle Music Listening 3:30 Wii Bowling 5:15 Knitting Group 6:30 Bingo w/Dee	18 9:15 Coffee Social 9:30 Multi-Media Bible Study with Rev. Chris 9:45 Rosary 2:45 Sherbert Coolers on porch 3:30 Wii Bowling  5:15 Puppy Time in the Lobby, Woof! 6:15 Klezmer Concert at Framingham library	19 9:15 Early Morning Exercise Class 10:00 Guest Speaker, Chad from Excella presents: The Benefits of Exercise 1:30 Bridge Group 2:00 Trivia Time with Dee 3:00 Bingo w/Lynne 3:00 Wii Bowling with Dee 4:00 Shabbat 6:30 Evening Movie	20 8:00 Indoor Walking 9:00 Coffee Social 10:45 Exercise 2:00 Movie Time!  4:30 Card Games with Dee until 6pm 6:30 Bingo PLUS 6:30 Seinfeld 7:10 Red Sox vs. Kansas City, away, in Game Room
21  9:00 Sunday paper, coffee, crosswords 10:45 Exercise 2:00 Dee's Word Game 2:10 Red Sox vs. Kansas City in the Game Room 3:00 Bingo 6:00 Evening News 6:30 I Love Lucy	22 9:15 Coffee Social  10:00 You Say Tomato and I Say Toe-Ma-toe! Fresh from our Garden! 10:45 Exercise  2:00 Bus Trip 3:30 Wii Bowling 6:30 Seinfeld	23 9:45 Wheel of Fortune with John 10:45 Exercise 12:00 Men's Luncheon with John 1:45 CVS 2:00 Afternoon DVD  2:15 Smoothies with Classic Care Aides 2:30 Sudbury Farms 3:30 Wii Bowling 6:00 Evening News 6:30 Movie Time	24 8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Exercise 9:30 Library Trip  10:15 ArtMatters "The Renaissance" 11:30 Out for Lunch Bunch visits "Mels" in Wayland 2:00 Ladder Golf 3:30 Wii Bowling 5:15 Knitting Group 6:30 Bingo	25 8:00 Walking Group 9:30 Bible Study with Rev. Chris 9:45 Communion 10:00 Chair Yoga with Stacia! 11:30 Summer BBQ  1:45 Dollar Store Shopping Trip 3:30 Music Appreciation 6:30 Evening Movie 6:30 Bingo w/Dee	26 8:00 Walking Group 9:00 Manicures 10:45 Exercise 1:30 Bridge Group  2:15 NewsCurrents 3:00 Bingo w/Lynne 4:00 Shabbat 6:30 Seinfeld 7:10 Red Sox vs. Oakland at Fenway	27 8:00 Walking Group 10:00 Horticultural Happenings/ Noreen 10:45 Exercise 1:10 Red Sox vs. Oakland at Fenway on the big screen  2:30 Afternoon Social with Noreen 3:00 Card Games 6:30 Evening DVD
28 9:00 Sunday Morning Social 10:45 Exercise 1:35 Red Sox vs. Oakland in the Game Room  2:00 Mystery Travelogue with Noreen 3:15 Wine & Cheese Social 6:30 I Love Lucy	29 9:15 Coffee Social 10:00 Bake Shop 10:45 Exercise  3:00 New Resident Welcome & August Birthday Party  3:30 Jazzy Pianist, Ethan Stone performance	30 9:45 Word Game 10:45 Exercise 1:45 CVS 2:00 Afternoon Movie on big screen 2:15 Smoothies with Classic Care Aides 2:30 Sudbury Farms  3:30 Wii Bowling 6:30 Movie 6:30 Seinfeld 7:10 Red Sox vs. New York Yankees	31 8:00 Walking Group 8:30 Mass trip 9:45 Bake Shop 10:00 Picture, Picture with John 10:45 Exercise 2:00 Mystery Ride 3:00 Snack & Social 5:15 Knitting Group  6:30 Bingo 6:30 Seinfeld 7:10 Red Sox vs. New York Yankees	Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; icanavan@heritageassistedliving.com; 508-665-5307 Calendar Information subject to change. See Daily Activity Sheets for the up-to-date schedule. 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. We're on the web. Visit www.heritageassistedliving.com to view the calendar on-line. <ul style="list-style-type: none"> - Heritage Hair Salon – 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 with reception - Podiatrist - every other month - Dentist, Dr. Atkins – per appointment only - Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling) 		

