



# Heritage at Framingham Classic - Activity Calendar December, 2011



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|--|---|--|---|
| <p><b>Questions or suggestions for activities? Suggestion box in lobby or contact:</b><br/> <b>Lynne Canavan, Activity Director</b><br/> <a href="mailto:icanavan@heritageassistedliving.com">icanavan@heritageassistedliving.com</a>; 508-665-5312<br/>           Calendar Information subject to change.<br/> <b>See Daily Activity Sheets for the up-to-date schedule.</b><br/> <b>We're on the web. Visit <a href="http://www.heritageassistedliving.com">www.heritageassistedliving.com</a></b></p> <ul style="list-style-type: none"> <li>- Heritage Hair Salon – Every Tuesday</li> <li>- Manicures with Mary – E/O Friday</li> <li>- Geriatric M.D., V. Perrelli – per appointment only</li> <li>- Excella Wellness Clinic – E/O Wed., 9-10:30 am by appointment with reception</li> <li>- Podiatrist - every other month</li> <li>- Dentist, Dr. Atkins – per appointment only</li> <li>- Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling)</li> </ul> |  |  |  | 1   | 2  | 3   |
| <p>4</p> <p>9:00 Coffee Social<br/>Sunday Paper</p>  <p>10:00 Bake Shop<br/>10:45 Exercise<br/>2:00 Gingerbread House Project w/Noreen &amp; Joi<br/>3:30 Weekend Wine &amp; Cheese Social!<br/>6:30 I Love Lucy<br/>8:20 Patriot's vs. Colts</p>   | <p>5</p> <p>9:15 Coffee Social<br/>10:00 Cookie Bake Shop<br/>10:45 Exercise</p>  <p>1:15 <b>Festival of Trees at Mass. Horticultural Society/Wellesley</b><br/>2:00 Holiday Movie<br/>3:30 Wii Bowling<br/>6:30 Seinfeld</p>   | <p>6</p> <p><b>Hair Salon is Open</b><br/>10:45 Exercise</p>  <p>12:00 <b>BirthDay Luncheon</b><br/>1:45 CVS Shopping<br/>2:30 Shopping Sudbury Farms<br/>2:30 Afternoon Hot Chocolate Social<br/>3:00 Sing-A-Long<br/>4:00 Pub Night<br/>6:30 Movie time</p>  | <p>7</p> <p>8:00 Walking Group</p>  <p>9:15 MFA/Degas Bus Trip<br/>10:45 Exercise<br/>3:00 <b>New Resident Welcome Party</b><br/>3:30 <b>Entertainer &amp; Jazzy Pianist, Ethan Stone</b><br/>4:45 Knitting Group</p>   | <p>8</p> <p>9:45 Word/Picture Puzzle Challenge<br/>10:45 Exercise<br/>2:00 Pokeno<br/>2:30 Wii Bowling<br/>3:00 NewsCurrents<br/>4:45 Art Workshop</p>  <p>5:15 Puppy Time Social in Lobby</p>   | <p>9</p>  <p>10:00 <b>Balance Clinic with Chad from Excella</b><br/>10:50 Exercise<br/>1:30 Scrabble<br/>2:30 Daytime Bingo<br/>3:30 <b>Entertainment with violinist, guitarist, pianist, vocalist...Al Gould</b><br/>4:00 Shabbat with Al Gould on violin<br/>6:30 Evening Movie</p>    | <p>10</p> <p>8:00 Indoor Walking Group/Peloquin Rm<br/>9:00 Coffee Social &amp; Crosswords<br/>10:00 Trivia w/Gabie<br/>10:45 Exercise<br/>2:00 Afternoon Holiday Movie</p>  <p>3:00 <b>Holiday Fun with Brownie Troop #85237!</b></p>                 |
| <p>11</p> <p>9:00 Sunday paper, coffee klatch<br/>9:00 Crosswords<br/>10:45 Exercise<br/>1:00 Patriot's away vs. Redskins<br/>1:30 <b>Entertainment "Yiddishkeit"</b><br/>2:30 1<sup>st</sup> Lutheran Church Holiday Community Service Program for residents<br/>6:30 The Best of Johnny Carson!</p>   | <p>12</p> <p>10:00 Holiday Bake Shop<br/>10:45 Movement is Medicine – Come to Exercise class!</p>  <p>1:00 <b>WWII Museum Bus Trip to Natick</b><br/>2:30 Ladder Golf<br/>3:30 Corn Hole<br/>4:00 Wii Bowling with Nicolas<br/>5:15 Art Workshop with Kristin</p>       | <p>13</p> <p><b>Hair Salon is Open</b><br/>8:00 Walking Group<br/>10:00 <b>Travel to Brasil w/Sarah &amp; Ana</b><br/>10:45 Exercise<br/>1:45 CVS shopping<br/>2:30 Sudbury Farms<br/>2:30 Afternoon Hot Chocolate Social<br/>3:00 Sing-A-Long</p>  <p>4:00 Pub Night<br/>4:00 Wii with Adam<br/>6:30 Bingo w/Dee</p> | <p>14</p> <p>8:00 <b>Wellness Clinic until 11 am</b><br/>8:30 Mass trip<br/>9:30 Library Trip</p>  <p>10:00 Candy Making in the Country Kitchen<br/>3:00 Holiday Time Sing-A-Long</p>  <p>5pm to 7pm <b>Heritage Holiday Party!</b></p> | <p>15</p> <p>9:45 Rosary<br/>10:00 Communion<br/>10:15 Resident's Council Meeting<br/>10:50 Exercise<br/>1:30 Holiday Social with the Girl Scouts</p>  <p>3:00 NewsCurrents<br/>3:30 Wii Bowling<br/>6:30 Bingo with Dee<br/>6:30 <b>Holiday Lights Bus Tour</b></p> | <p>16</p> <p>9:00 Manicures</p>  <p>10:00 <b>Chair Yoga</b><br/>10:45 Word/Picture Puzzle Challenge<br/>1:30 Scrabble<br/>2:30 Music Bingo with Gabie<br/>4:00 Shabbat<br/>6:30 Holiday Movie</p>   | <p>17</p> <p>8:00 Indoor Walking<br/>10:00 <b>Bake Shop</b><br/>10:45 Exercise<br/>1:30 Wii Bowling with Renata<br/>2:30 Afternoon Snack &amp; Social</p>  <p>3:00 Art History Program with Gabie<br/>6:30 Seinfeld</p>                                |
| <p>18</p> <p>9:00 Sunday paper, coffee, crosswords<br/>10:00 Hanukkah Trivia Program<br/>10:45 Exercise</p>  <p>2:00 <b>Hanukkah Party with Keshel 13 Students</b><br/>3:30 Weekend Wine &amp; Cheese Social!<br/>4:15 Patriots game<br/>6:30 Evening Movie</p>  | <p>19</p> <p>9:30 Coffee Social<br/>10:00 Bake Shop<br/>10:45 Exercise<br/>2:00 Pokeno</p>  <p>3:00 Holiday Time Music Appreciation<br/>4:00 Wii Bowling w/Nicolas<br/>5:15 Art Workshop with Kristin<br/>6:30 Seinfeld</p>   | <p>20</p> <p>1<sup>st</sup> Day - Hanukkah<br/><b>Hair Salon is Open</b><br/>10:45 Exercise<br/>12:00 <b>Men's Luncheon with John</b><br/>1:45 CVS Shopping<br/>2:30 Snack &amp; Social<br/>2:30 Sudbury Farms<br/>3:00 Name that Tune with VioLynne<br/>4:00 <b>Lighting of Menorah</b><br/>4:00 Wii with Adam<br/>4:00 Pub Night<br/>6:30 Bingo with Dee</p>   | <p>21</p> <p>2<sup>nd</sup> Day -Hanukkah<br/>8:00 Indoor Walking Group<br/>8:30 Mass trip<br/>9:30 Bake Shop<br/>10:15 Trivial Pursuit<br/>10:45 Exercise<br/>2:30 <b>Jazz Pianist, Bob Pilsbury holiday performance</b><br/>4:00 <b>Lighting of Menorah</b><br/>4:45 Knitting Group<br/>6:30 Holiday Lights Bus Tour</p>   | <p>22</p> <p>3<sup>rd</sup> Day of Hanukkah<br/>8:00 Walking Group<br/>10:00 <b>New Resident Coffee Social</b><br/>10:30 Exercise<br/>11:15 <b>Out for Lunch Bunch visits Chez Siam Thai Cuisine</b><br/>2:00 Wii Bowling<br/>3:00 NewsCurrents on the Big Screen<br/>4:00 <b>Lighting of Menorah</b><br/>6:30 Bingo with Dee</p>                         | <p>23</p> <p>4<sup>th</sup> Day - Hanukkah<br/>8:00 Walking Group<br/>10:15 Noteworthy News Highlights Discussion Group<br/>10:45 Exercise<br/>1:30 Scrabble</p>  <p>2:30 Bingo w/Dee<br/>4:00 <b>Lighting of Menorah / Shabbat</b><br/>5:15 Trivial Pursuit<br/>6:30 Evening Movie</p> | <p>24</p> <p>5<sup>th</sup> Day – Hanukkah and Christmas Eve<br/>10:00 Morning Social w/Gabie<br/>10:45 Exercise<br/>1:00 Patriots Game<br/>2:00 <b>Christmas Carolers perform from First Church of Christ</b><br/>2:30 Social &amp; Refreshments with singers<br/>4:00 <b>Lighting of Menorah</b></p>                                      |
| <p>25</p> <p>6<sup>th</sup> Day/ Hanukkah <b>Merry Christmas!</b></p>  <p>9:00 Sunday Social<br/>10:45 Exercise</p>  <p>2:30 <b>Holiday Entertainment</b><br/>4:00 <b>Lighting of Menorah</b><br/>6:30 Holiday DVD</p>   | <p>26</p> <p>7<sup>th</sup> Day - Hanukkah<br/>9:30 Coffee Social<br/>10:00 Bake Shop<br/>10:45 Exercise<br/>1:45 Ladder Golf<br/>3:00 Snack &amp; Social<br/>4:00 <b>Lighting of Menorah</b></p>  <p>4:00 Wii Bowling w/Nicolas<br/>5:15 Art Workshop with Kristin</p> | <p>27</p> <p>8<sup>th</sup> Day - Hanukkah<br/><b>Hair Salon is Open</b><br/>9:40 Exercise Class</p>  <p>10:30 <b>Resident Food Service Meeting with Rick</b><br/>1:30 Wii Bowling<br/>2:30 Hot Chocolate Social w/Dee &amp; RCA<br/>3:00 Sing A Long<br/>4:00 Wii with Adam<br/>6:30 Bingo with Dee</p>              | <p>28</p> <p>10:00 Horticultural Happenings</p>  <p>10:45 Exercise<br/>2:30 Famous Folks Biography Program<br/>3:30 Music Appreciation</p>  <p>4:45 Knitting Group<br/>6:30 Evening DVD</p>  | <p>29</p> <p>9:30 Bible Study with Rev. Chris<br/>9:45 Rosary<br/>10:00 Communion</p>  <p>2:30 Arts &amp; Crafts Workshop<br/>3:30 Charades<br/>4:00 Joke Time, Ha, Ha, Ha!<br/>6:30 Bingo with Dee</p>  | <p>30</p>  <p>9:00 Manicures<br/>10:00 <b>Chair Yoga with Stacia</b><br/>10:45 Word Picture Puzzle Challenge<br/>1:30 Scrabble<br/>2:00 Wii Bowling<br/>3:00 Sing-A-Long<br/>4:00 Shabbat<br/>6:30 Evening DVD</p>  | <p>31</p> <p><b>Today is New Year's Eve!</b></p>  <p>10:00 <b>New Resident Coffee Social in Kitchen</b><br/>10:45 Exercise<br/>1:30 Wii Bowling with Renata<br/>2:30 New Year's Eve Social<br/>6:30 Special DVD - Andre Rieu to Celebrate New Year</p> |