



# Heritage at Framingham Classic - Activity Calendar February, 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Questions or suggestions for activities?</b>  <b>Suggestion box in lobby or contact:</b>  <b>Lynne Canavan, Activity Director, 508-665-5312</b>  <a href="mailto:icanavan@heritageassistedliving.com">icanavan@heritageassistedliving.com</a></p> <p><b>Calendar information subject to change. See Daily Activity Sheets for the up-to-date schedule. Visit:</b>  <a href="http://www.heritageassistedliving.com">www.heritageassistedliving.com</a></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>- Podiatrist - every other month</li> <li>- Excella Wellness Clinic – E/O Wed., 8am to 11am by appointment with reception</li> <li>- Dentist, Dr. Atkins – per appointment only</li> <li>- Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling, 3 day notice needed)</li> </ul>			<p style="text-align: right;"><b>1</b></p> <p>8:00 Walking Group            9:15 Ladies Coffee Social with Noreen            9:30 Men's Coffee Social with John            10:15 Time Magazine Person of the Year Program            10:45 Exercise            2:30 Horticultural Happenings w/Noreen            3:00 Wii Bowling            3:30 NewsCurrents            6:30 Evening Movie            6:30 Bingo</p>	<p style="text-align: right;"><b>2</b></p> <p>9:30 "The View"            9:30 AC Moore Craft &amp; Knitting Store Trip            10:15 Ground Hog Day Trivia            10:45 Exercise            2:00 Weather Watcher            3:15 Walking Group            3:45 Name That Tune w/VioLynne            3:30 Wii Bowling            6:30 Evening Movie</p>	<p style="text-align: right;"><b>3</b></p> <p>8:00 Walking Group    <b>10:00 Monet Painting Program with Tracy W.</b>            12:30 AMC Movie Theater Trip            2:30 Bingo            3:30 Wii Bowling            4:00 Shabbat            5:15 Card Games</p>	<p style="text-align: right;"><b>4</b></p> <p>8:00 Indoor Walking            10:00 News Talk            10:45 Exercise            12:15 Wheel of Fortune with Gabi F.              2:30 Superbowl Trivia/Commercials            3:30 Ladder Golf            5:15 Wii w/Dee            6:30 Bingo w/Dee</p>
<p style="text-align: right;"><b>5</b></p> <p>9:00 Coffee Social            Sunday Paper            10:00 This &amp; That Trivia Time            10:45 Exercise    <b>2:00 Tu B' Shvat with Kesher 13 Students &amp; Rabbi Judy</b>            3:30 Bingo w/Dee            6:30 The Superbowl</p>	<p style="text-align: right;"><b>6</b></p> <p>9:30 "The View"            10:10 Picture Puzzle Brain Challenge            10:45 Exercise            2:00 Floral Designs            2:15 1920s, 30s, and 40s Music Trivia  <b>3:15 Baking &amp; Visit with the Hemenway School Girl Scouts</b>            3:30 Wii Bowling            5:15 Art Workshop            6:30 Evening Movie</p>	<p style="text-align: right;"><b>7</b></p> <p><b>Hair Salon is Open</b>            10:15 Time Magazine's Person of the Year w/Gabie            10:45 Stretching Exercise Class  <b>12:00 Birthday Luncheon</b>              1:45 CVS Shopping            2:30 Sudbury Farms            2:30 Hot Chocolate Social w/care aides            3:00 Wheel of Fortune Game            4:00 Pub Night</p>	<p style="text-align: right;"><b>8</b></p> <p><b>Walk Across American Kick-Off!</b>            8:00 WELLNESS Clinic until 11:00 am            10:15 Resident's Council Meeting  <b>10:45 Rivers Music School Chorus trip</b>  <b>2:30 Walk Across America official</b> kickoff party.            3:30 Biographies – Famous Bostonians            5:15 Knitting Group            6:30 Bingo</p>	<p style="text-align: right;"><b>9</b></p> <p>9:30 "The View" discussion group            9:45 Rosary            10:00 Communion            10:45 Exercise Class  <b>12:00 Men's Luncheon with John</b>            2:00 Pokeno            3:30 NewsCurrents              5:15 Puppy Time Social in Lobby            5:20 Poker Game            6:30 Evening Movie</p>	<p style="text-align: right;"><b>10</b></p> <p>9:00 Manicures            9:15 Coffee Social    <b>10:00 Chair Yoga Class with Stacia</b>            1:45 Movietime with fresh popcorn              2:30 Music Bingo            4:00 Shabbat            5:15 Board Games            6:30 Evening Movie</p>	<p style="text-align: right;"><b>11</b></p> <p>8:00 Indoor Walking            9:15 Coffee Social  <b>9:45 Bake Shop – Valentine's Sweet Treats &amp; Candies</b>              10:45 Exercise            2:30 Afternoon snack &amp; social  <b>3:00 Songs in the Key of "Love" with Gabie</b>            6:30 Evening Movie</p>
<p style="text-align: right;"><b>12</b></p> <p><b>Radiance of Red Month! Our Life in Color.</b>            8:00 Indoor Walking            10:45 Exercise            2:00 Foods to Songs – Phrases, Idioms to Red Carpet or "Big Red"            2:45 Wine &amp; Cheese Social    <b>3:15 Live Entertainment with "The A Cappella Singers" Chorus</b></p>	<p style="text-align: right;"><b>13</b></p> <p>9:30 "The View"            10:15 News Time            10:45 Movement is Medicine – Exercise!  <b>1:45 CVS Shopping</b>            2:00 Bostonian Biography Hour            3:00 Music Appreciation – Lots of Love Songs!  <b>3:30 Baking with the Daisy</b> (pre-brownies) Group            5:15 Art Workshop w/Kristin in Kitchen</p>	<p style="text-align: right;"><b>14</b></p> <p><b>Happy Valentine's Day</b>    <b>Hair Salon is Open</b>            9:15 Valentine's Day History &amp; Trivia            10:15 Valentine Bake Shop            10:45 Stretching class  <b>2:00 New Resident &amp; Birthday Parties with Philip Smith...</b>            Magician/Comedian, and Storyteller            4:00 Pub Night            Boston Beer &amp; iWne</p>	<p style="text-align: right;"><b>15</b></p> <p>8:00 Walking Group            8:30 Mass Trip            9:45 Wheel of Fortune w/John            10:45 Exercise  <b>11:15 Out-for-Lunch: Aegean Greek Restaurant</b>            2:30 Indoor Gardening w/Noreen Help Plan Our Garden            3:00 Wii Bowling            3:30 Boston Biographies – Boston Musicians            5:15 Knitting Group</p>	<p style="text-align: right;"><b>16</b></p> <p>9:30 "The View"  <b>9:30 Bus Trip to Stein Mart Department Store</b>            10:15 Group Crosswords            10:50 Exercise  <b>1:45 SUDBURY FARMS Shopping</b>    <b>3:30 Sam Adams Biography &amp; Tasting</b>            5:15 Poker Game            6:30 Bingo with Dee</p>	<p style="text-align: right;"><b>17</b></p> <p>8:00 Indoor Walking            9:15 Coffee Klatch            10:15 Ladies Home Journal Anniversary            10:45 Exercise    <b>2:00 Social &amp; Snack</b>  <b>2:30 Entertainment with The Golden Tones Chorus</b>            4:00 Shabbat            5:15 Word Games            6:30 Movie time</p>	<p style="text-align: right;"><b>18</b></p> <p><b>National Chocolate Mint Day!</b>            8:00 Indoor Walking            9:30 Coffee social            10:15 Bake Shop            10:45 Exercise    <b>2:30 Chocolate Tasting Program</b>            3:30 Music Bingo            5:15 Card Games in Club Room            6:30 Evening Movie</p>
<p style="text-align: right;"><b>19</b></p> <p>9:00 Coffee Social            Sunday Paper            10:00 This &amp; That Trivia Time            10:45 Exercise  <b>2:00 Famous Poets &amp; Writers of Boston w/Kristin</b>              3:30 Bingo            6:30 Evening Movie</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 "The View"            10:15 Newspaper Highlights Discuss.            10:45 Exercise            1:30 20s, 30s, 40s Musical Trivia  <b>2:30 Betsy H. presents: William Morris, British Designer of the 1800s.</b>            3:30 Wii Bowling            3:30 Ladder Gold            5:15 Art Workshop            6:30 Evening Movie</p>	<p style="text-align: right;"><b>21</b></p> <p><b>Hair Salon is Open</b>            9:15 The 3 Stooges            10:00 Group Crossword challenge            10:45 Stretching Exercise Class            1:45 CVS Shopping            2:30 Hot Chocolate Social w/care aides            2:30 Sudbury Farms            3:00 Name that Tune with VioLynne            4:00 Pub Night            6:30 Bingo with Dee</p>	<p style="text-align: right;"><b>22</b></p> <p><b>Washington's Birthday Ash Wednesday</b>            8:00 WELLNESS Clinic by appointment until 11:00 am            8:30 Mass trip            10:00 Wheel of Fortune            10:45 Exercise  <b>1:45 Dollar Store Shopping Trip</b>            2:30 A Taste of Boston – yum, yum            3:30 Boston Bio's – writers and poets            5:15 Knitting Group</p>	<p style="text-align: right;"><b>23</b></p> <p>8:00 Walking Group            9:30 "The View"            9:45 Rosary            10:00 Communion            10:15 Spelling Bee            10:45 Exercise            1:00 Wii Bowling with Volunteer, Niklas  <b>2:30 National Leadership Council Program with Niklas</b>  <b>3:30 Entertainment by Kevin Farley The Irish Music Guy</b>            5:15 Poker Game</p>	<p style="text-align: right;"><b>24</b></p> <p>9:00 Manicures            9:15 Coffee Social  <b>10:00 Chair Yoga Class with Stacia</b>    <b>2:30 Special Presentation by Chad from Excella "Dehydration"</b>            4:00 Shabbat            5:15 Club Room Card Games            6:30 Evening Movie</p>	<p style="text-align: right;"><b>25</b></p> <p><b>National Clam Chowder Day!</b>            8:00 Walking Group            9:15 Coffee Klatch    <b>10:00 A History of Clam Chowder</b>            10:45 Exercise            2:00 Bingo            3:00 Music Appreciation            3:45 Boston Trivia            6:30 Movie Time</p>
<p style="text-align: right;"><b>26</b></p> <p>9:00 Sunday paper, coffee klatch            9:00 Crosswords            10:00 A History of the Daytona 500 Car Race!            10:45 Exercise            1:00 54<sup>th</sup> Annual Daytona 500!            3:15 Wine &amp; Cheese Social            6:30 Evening Movie</p>	<p style="text-align: right;"><b>27</b></p> <p>9:30 "The View"            10:15 Newspaper Highlights Discuss.            10:45 Exercise!            2:00 A Hour of Pampering! Hand Therapy            3:00 Pokeno w/Gabi            3:30 Wii Bowling            5:15 Art Workshop            6:30 Evening Movie</p>	<p style="text-align: right;"><b>28</b></p> <p><b>Hair Salon is Open</b>            9:15 Dick Van Dyke            10:00 Group Crossword challenge            10:45 Exercise            1:45 CVS Shopping            2:30 Hot Chocolate Social w/care aides            2:30 Sudbury Farms            3:00 Sing-A-Long            4:00 Pub Night            6:30 Bingo with Dee</p>	<p style="text-align: right;"><b>29</b></p> <p><b>Leap Day!</b>            8:30 Mass trip            9:45 The Month in Review &amp; Discuss What's to Come!            Leap/Walk with us into the next State!            10:45 Exercise  <b>11:15 Lunch trip to Il Forno Italian Food</b>            2:00 Documentary            3:30 Famous Musicians Program            5:15 Knitting Group</p>	<p><b>UPCOMING DATES &amp; EVENTS TO NOTE:</b></p> <p>March 9<sup>th</sup> – Multi-Talented Musician, Al Gould Performs at 3:30pm            March 11<sup>th</sup> – Daylight Saving Time Begins – Move Your Clocks!            March 14<sup>th</sup> – Out for Lunch Bunch eats Indian Food!            March 16<sup>th</sup> – Jazzy Pianist, Ethan Stone Performs at 2:30pm            March 22<sup>nd</sup> – SAVE THE DATE – 2<sup>nd</sup> Annual SENIOR PROM! 5 to 7            March 26<sup>th</sup> – Dr. John the Podiatrist is here            April 1<sup>st</sup> – Kesher 13 Students Celebrate Passover at Heritage 2pm            April 5<sup>th</sup> – Play Ball! Baseball Lunch Bunch resumes with the Red Sox vs. Detroit at 1:05 preceded by lunch.            April 18<sup>th</sup> – Evening Entertainment by the Sudbury Valley Community Band at 7pm            April 23<sup>rd</sup> – Carolyn Barry, Nutritionist visits us            April 25<sup>th</sup> – ArtMatters presents Matisse!</p>		