



Heritage at Framingham Classic - Activity Calendar January, 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>HAPPY NEW YEAR</p> <p>9:00 Coffee Social Sunday Paper 10:00 2011, A Year in Review 10:45 Exercise 2:30 Afternoon Social & toast to the New Year 3:00 Music Bingo</p>	<p>2</p> <p>9:30 Coffee Social 10:00 Bake Shop 10:45 Strengthening Exercise Class 2:00 Bingo 3:15 Ladder Golf 3:30 Wii Bowling</p> <p></p> <p>5:15 Art Workshop 6:30 Evening Movie</p>	<p>3</p> <p>Hair Salon is Open 9:15 Hogan's Heroes 10:00 Group Crossword challenge 10:45 Stretching Exercise Class 1:45 CVS Shopping 2:30 Sudbury Farms 2:30 Hot Chocolate Social w/care aides 3:00 Sing-a-Long 4:00 Pub Night 6:30 Bingo w/Dee</p>	<p>4</p> <p>8:00 Walking Group 9:15 Seinfeld 9:45 Wheel of Fortune w/John 10:45 Exercise 1:45 Dollar Store Shopping Trip 2:30 Horticultural Happenings w/Noreen 3:00 Wii Bowling 3:30 NewsCurrents 4:45 Knitting Group 6:30 Evening Movie</p>	<p>5</p> <p>9:15 I Love Lucy 10:00 Bake Shop</p> <p></p> <p>10:30 Chair Dancing/Zumba Class with Thelma 2:00 Weather Watcher 3:15 Putt, Putt Golf 3:30 Wii Bowling 6:30 Bingo w/Dee</p>	<p>6</p> <p>8:00 Walking Group 9:15 Coffee Social 10:00 Word Game Brain Challenge 10:45 Exercise</p> <p></p> <p>2:30 Jazz Entertainment with Neil Perry & Rosie 3:30 Wii Bowling 4:00 Shabbat 5:15 Dinnertime Card Games</p>	<p>7</p> <p>8:00 Indoor Walking 9:30 Coffee social with Gabie 10:00 Who Am I? Trivia Challenge 10:45 Exercise 2:15 Art Biography with Gabie 3:30 Bingo</p> <p></p> <p>6:30 Evening Movie</p>
<p>8</p> <p>9:00 Coffee Social Sunday Paper</p> <p></p> <p>10:00 This & That Trivia Time 10:45 Exercise 2:00 Student Piano Recital 3:30 Bingo 6:30 Evening Movie</p>	<p>9</p> <p>9:30 Coffee Social 10:00 Bake Shop 10:45 Exercise</p> <p></p> <p>2:30 Afternoon Snack & Social 3:00 Ladies-only Discussion Group 3:30 Wii Bowling 5:15 Art Workshop w/Kristin in Kitchen 6:30 Evening Movie</p>	<p>10</p> <p>Hair Salon is Open 9:15 I Love Lucy 10:00 Group Crossword challenge 10:45 Stretching Exercise Class 12:00 Birthdays Luncheon</p> <p></p> <p>1:45 CVS Shopping 2:30 Sudbury Farms 2:30 Hot Chocolate Social w/care aides 3:00 Drop the Needle Music Time 4:00 Pub Night 6:30 Bingo w/Dee</p>	<p>11</p> <p>Walk Across American Kick-Off!</p> <p></p> <p>8:00 WELLNESS Clinic by appointment until 11:00 am 8:30 Mass Trip 10:15 Resident's Council Meeting & Kick-Off Information 2:30 Picture, Picture 3:30 Biographies – Famous Bostonians 4:45 Knitting Group</p>	<p>12</p> <p>9:30 Rev. Chris Bible Study hour 9:45 Rosary 10:00 Communion 10:45 Strengthening Exercise Class 2:00 Pokeno 2:30 Wii Bowling 3:00 NewsCurrents</p> <p></p> <p>5:15 Puppy Time Social in Lobby 6:30 Bingo with Dee</p>	<p>13</p> <p>9:00 Manicures 9:15 Coffee Social</p> <p></p> <p>10:00 Chair Yoga Class with Stacia 1:45 Movietime with fresh popcorn 2:30 Music Bingo 3:30 Shabbat with Keshar 13 students 5:15 Eileen's activity time in Country Kitchen 6:30 Evening Movie</p>	<p>14</p> <p>8:00 Indoor Walking Group/Peloquin Rm 9:15 Coffee Social & Crosswords 10:00 Bake Shop</p> <p></p> <p>10:45 Exercise 2:30 Afternoon snack & social 3:00 Craft Workshop 3:30 Wii Bowling 6:30 Evening Movie</p>
<p>15</p> <p>9:00 Sunday paper, coffee klatch 9:00 Crosswords</p> <p></p> <p>10:45 Exercise 1:45 Walk Across America! All about Boston 2:30 Winter Birding Program 3:15 Wine & Cheese Social 6:30 Movie time</p>	<p>16</p> <p>Today is Martin Luther King, Jr. Day 9:30 New Resident Coffee Social 10:15 Newspaper Highlights Discuss. 10:45 Movement is Medicine – Exercise! 2:00 Biography Hour – Martin Luther King 3:00 Pokeno w/Gabi 3:30 Wii Bowling 5:15 Art Workshop w/Kristin in Kitchen</p>	<p>17</p> <p>Hair Salon is Open 8:00 Walking Group 9:15 Johnny Carson 10:00 Group Crossword challenge 10:45 Stretching class 1:45 CVS shopping 2:30 Sudbury Farms 2:30 Hot Chocolate Social w/care aides 3:00 Penny Ante 4:00 Pub Night Boston Beer & Wine 6:30 Bingo w/Dee</p>	<p>18</p> <p>8:00 Walking Group 8:30 Mass Trip 9:15 Seinfeld 9:45 Wheel of Fortune w/John 10:45 Exercise Class with Noreen 2:30 Indoor Gardening w/Noreen 3:00 Wii Bowling 3:30 Boston Biographies – Boston Musicians 4:45 Knitting Group</p>	<p>19</p> <p>9:15 Coffee Klatch 9:45 Rosary 10:00 Communion 10:00 Bake Shop 10:50 Exercise 11:15 Out-For-Lunch-Ken's Steak House</p> <p></p> <p>3:00 NewsCurrents 3:30 Wii Bowling 6:30 Bingo with Dee</p>	<p>20</p> <p></p> <p>10:00 Chair Yoga 10:45 Word/Picture Puzzle Challenge 1:45 Cards in the Club Room 2:30 Music Bingo 4:00 Shabbat 5:15 Eileen's activity 6:30 Movie time</p>	<p>21</p> <p>8:00 Indoor Walking 9:30 Coffee social 10:00 Who Am I? Trivia Challenge 10:45 Exercise</p> <p></p> <p>2:30 Entertainment with Doug the Monkey Guy 6:30 Evening Movie</p>
<p>22</p> <p>9:00 Coffee Social Sunday Paper 10:00 This & That Trivia Time 10:45 Exercise</p> <p></p> <p>2:00 Student Piano Recital</p> <p></p> <p>3:30 Bingo 6:30 Evening Movie</p>	<p>23</p> <p>9:30 Coffee Social 10:15 Newspaper Highlights Discuss. 10:45 Exercise</p> <p></p> <p>2:00 New Resident Welcome Party 2:30 Entertainment with Jazzy Pianist, Ethan Stone 3:30 Wii Bowling 5:15 Art Workshop 6:30 Evening Movie</p>	<p>24</p> <p>Hair Salon is Open 9:15 The 3 Stooges 10:00 Group Crossword challenge 10:45 Stretching Exercise Class 12:00 Men's Luncheon with John 1:45 CVS Shopping 2:30 Hot Chocolate Social w/card aides 2:30 Sudbury Farms 3:00 Name that Tune with VioLynne 4:00 Pub Night 6:30 Bingo with Dee</p>	<p>25</p> <p>8:00 WELLNESS Clinic by appointment until 11:00 am 8:30 Mass trip 9:30 Exercise Class</p> <p></p> <p>10:15 ArtMatters Portraits program 2:30 A Taste of Boston – yum, yum 3:30 Boston Bio's – writers and poets 4:45 Knitting Group</p>	<p>26</p> <p>8:00 Walking Group 9:15 I Love Lucy 10:00 Bake Shop 10:30 Chair Dancing/Zumba Class with Thelma</p> <p></p> <p>2:00 Music Appreciation 3:15 NewsCurrents 3:30 Wii Bowling 6:30 Bingo w/Dee</p>	<p>27</p> <p>9:00 Manicures</p> <p></p> <p>9:15 Coffee Social 10:00 Chair Yoga Class with Stacia 1:45 Movietime with fresh popcorn 2:30 Music Bingo 4:00 Shabbat 5:15 Eileen's activity time in Country Kitchen 6:30 Evening Movie</p>	<p>28</p> <p>8:00 Walking Group 9:15 I Love Lucy</p> <p></p> <p>10:00 End-of-month coffee klatch & monthly wrap-up & look ahead discuss. 10:45 Exercise 2:00 Bingo 3:00 Wheel of Fortune 6:30 Evening DVD</p>
<p>29</p> <p>9:00 Sunday paper, coffee klatch 9:00 Crosswords 10:45 Exercise 1:45 Afternoon Matinee w/popcorn</p> <p></p> <p>2:30 Travelogue 3:15 Wine & Cheese Social</p>	<p>30</p> <p>9:30 Coffee Social 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>31</p> <p>Hair Salon is Open 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>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director icanavan@heritageassistedliving.com 508-665-5312</p> <p>Calendar information subject to change. See Daily Activity Sheets for the up-to-date schedule. Visit: www.heritageassistedliving.com</p> <ul style="list-style-type: none"> - Heritage Hair Salon – Every Tuesday - Geriatric M.D., V. Perrelli – per appointment only - Excella Wellness Clinic – E/O Wed., 8am to 11am by appointment with reception - Dentist, Dr. Atkins – per appointment only - Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception desk for scheduling, 3 days notice needed) - Manicures with Mary – E/O Friday - Podiatrist - every other month 			