



Heritage at Framingham Classic - Activity Calendar March, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; lcanavan@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>8:30 Walking Group 10:30 Food Service Meeting with Exec. Chef, Rick R. 10:45 Exercise</p>  <p>1:45 Shopping CVS 2:00 Afternoon DVD 2:30 SudburyFarms 3:45 First Ladies in White House Quiz 3:00 Wii Bowling 6:30 Bingo</p>	<p>8:30 Mass trip 9:45 Library Trip 10:00 Classical Music Appreciation with Lynne 10:45 Exercise Class 1:00 Wii Bowling Tournament in Marlboro 2:00 John's Word Game 3:15 Karaoke Time 6:30 Bingo</p>	<p>9:45 Rosary 10:00 Headline News Discussion 10:45 Exercise! 11:15 Lunch Bunch Outing -Cheesecake Factory! 2:00 Afternoon Matinee w/Fresh Popped Popcorn 3:00 Wii Bowling with Tyler 3:30 Spelling Bee</p>	<p>9:00 Manicures with Mary 10:00 Chair Yoga Returns today! 1:30 Bridge Group 2:00 Afternoon DVD 2:30 Bingo w/Lynne 3:30 Al Gould performs 4:00 Shabbat with Al, Daniel & Ari 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>  <p>6:30 Bingo PLUS with Dee</p>
<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 10:15 Coffee Klatch group with Lynne 10:45 Exercise Class</p>  <p>2:15 NewsCurrents 3:00 Wii Bowling 3:30 Ladder Golf 6:30 Seinfeld</p>	<p>8:30 Walking Group 10:45 Exercise 1:45 Shopping CVS 2:00 Afternoon DVD 2:30 SudburyFarms 3:30 Wii Bowling</p>  <p>5:30 Senior Prom in Peloquin Room, DJ & Live Entertainment</p>	<p>Today is Ash Wednesday Wellness Clinic</p> <p>8:30 Mass trip 9:30 Exercise 10:15 Resident's Council Meeting 2:30 Left, Center Right Dice Game 3:45 Wii Bowling 6:30 Bingo</p>	<p>9:30 Bible Study w/Rev. Chris 9:45 Communion 9:45 Exercise! 1:45 Bingo with Dee 2:30 Ice Cream Social 3:00 Sing-A-Long 3:45 Word Power 5:15 Puppy Time in the Lobby, Woof!</p>	<p>10:00 NewsCurrents 10:45 Exercise</p>  <p>12:00 March Birthday Luncheon 1:30 Bridge Group 2:30 Musical bingo with Sarah Reiss 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Coffee Klatch social/newspaper & crosswords.</p>  <p>10:00 Daffodil Table Arrangements 10:45 Exercise 1:45 Afternoon Matinee</p>
<p>Daylight Savings Time Begins Spring Ahead! 9:00 Coffee Klatch, Sunday Paper and Crossword puzzles 10:45 Exercise</p>  <p>2:00 Purim Party with Keshar 13 Students/Jewish Family Services</p>	<p>Daffodil Week</p>  <p>8:30 Walking Group 10:15 Headline News Discussion w/Lynne 10:45 Exercise Class 2:00 What's in a Name? Find out what your name means. 2:30 VioLynne music 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:45 Wheel of Fortune w/John 10:45 Exercise 1:30 Afternoon DVD 1:45 CVS Shopping 2:30 Shopping Sudbury Farms</p>  <p>2:45 Sing-A-Long 3:45 Wii Bowling 6:30 Evening Movie</p>	<p>8:30 Mass trip</p>  <p>10:15 Tower Hill Botanical Garden and Luncheon Trip 10:45 Exercise 2:00 Afternoon Matinee and Popcorn 3:30 Wii Bowling 6:30 Bingo</p>	<p>Happy St. Patrick's Day</p>  <p>9:45 Rosary 10:00 Irish Soda Bread Bake Shop 10:45 Exercise 2:15 St. Pat's Party, snack & social 2:30 Afternoon Entertainment with Lisa Manning and her Puppets and an Irish Sing-a-Long!</p>	<p>9:00 Manicures with Mary 10:00 Chair Yoga with Stasia 11:00 Trivia w/Dee 1:30 Bridge Group 2:00 Afternoon DVD 3:00 Wii Bowling 4:00 Shabbat 6:30 Evening Movie</p> 	<p>9:00 Weekend Coffee Klatch – conversation, coffee, newspaper, etc. 10:45 Exercise 2:00 Afternoon Movie on the Big Screen</p>  <p>6:30 Bingo PLUS with Dee</p>
<p>Spring Begins Today! 9:00 Sunday paper, coffee klatch 9:00 Crosswords 10:45 Exercise Class</p>  <p>2:00 Entertainment with The New Horizon's Band 3:00 Afternoon Social with Dee 6:30 I Love Lucy</p>	<p>Cookie Week!</p>  <p>8:30 Walking Group 10:15 Presidential Quiz w/Lynne! 10:45 Get Fit! 2:30 Entertainment with pianist, Richard Hughes & Silent Movies 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:00 Baking Group 10:45 Exercise 1:45 CVS</p>  <p>2:00 Afternoon Movie on big screen 2:30 Sudbury Farms 3:30 Spelling Bee 3:30 Wii Bowling 6:30 Bingo</p>	<p>Wellness Clinic</p>  <p>8:30 Mass trip 8:30 Walking Group 9:30 Baking Group 10:00 Wheel of Fortune 10:45 Exercise 2:00 Veteran's Benefits Program 3:30 Wii Bowling 6:30 Bingo & Veteran's Benefits Program</p>	<p>9:30 Baking Group 9:45 Communion 10:45 Exercise</p>  <p>11:30 Lunch Bunch goes Greek –The Aegaen Restaurant 2:00 Afternoon DVD 2:30 Afternoon Bingo w/Dee</p>	<p>9:00 Baking Group 10:00 Balance Clinic with Chad 1:30 Bridge Group 1:45 Ask the Internet w/Lynne 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p> 	<p>10:00 Ornithology Movie, "First Flight" with Noreen 10:45 Stay Fit Exercise Class 2:00 Afternoon DVD 3:30 Left, Center, Right Dice Game 6:30 Evening Documentary</p> 
<p>9:00 Sunday paper, coffee, crosswords 10:45 Exercise 2:00 Singing in the Rain Anniversary</p>  <p>3:15 Afternoon Wine & Cheese Social with Noreen and Classic RCAs 6:30 I Love Lucy</p>	<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>  <p>3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:00 Coffee Klatch 10:45 Exercise</p>  <p>1:45 CVS 2:00 Afternoon Movie on big screen 2:30 Sudbury Farms 3:30 Word Power Vocabulary Exercise 3:30 Wii Bowling 6:30 Bingo</p>	<p>8:30 Mass trip 8:30 Walking Group 9:45 Library Trip 10:45 Exercise</p>  <p>2:00 Painting Program 3:15 Karaoke Sing-A-Long 3:30 Wii Bowling 6:30 Bingo</p>	<p>9:45 Rosary 9:45 Horticultural Morning with Noreen 10:15 Trivia Time w/Dee 10:45 Exercise</p>  <p>1:45 Dollar Store Shopping Trip 2:00 Afternoon DVD 3:00 Remember When – 50 years ago today.</p>	<p>In addition: - 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 sign-up/scheduling)</p>	

