



# Heritage at Framingham Classic - Activity Calendar May, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; <a href="mailto:icanavan@heritageassistedliving.com">icanavan@heritageassistedliving.com</a>; 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 <a href="http://www.heritageassistedliving.com">www.heritageassistedliving.com</a> to view the calendar on-line.</p> <p><b>In addition:</b></p> <ul style="list-style-type: none"> <li>- Heritage Hair Salon w/Darlene – 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 (see reception desk)</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	4	5	6	7
<p>9:00 Coffee Klatch/ Newspapers &amp; 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>10:45 Exercise Class 2:00 NewsCurrents</p>  <p>3:00 Wii Bowling 3:15 Ladder Golf 3:30 Left Center Right Dice Game 6:30 Seinfeld</p>	<p>8:30 Walking Group</p>  <p>10:30 Food Service Meeting with Rick 1:45 Shopping CVS 2:00 Afternoon DVD 2:30 Sudbury Farms 3:45 Spelling Bee 6:30 Bingo</p>	<p><b>Wellness Clinic</b></p>  <p>9:00 Coffee Klatch Social Hour 10:00 Baking Group 3:30 Live Entertainment with Kevin Farley the Irish Music Guy 6:30 Bingo</p>	<p>9:45 Communion 10:00 Bake Shop 10:45 Exercise!</p>  <p>12:30 <b>Baseball Lunch Bunch</b> 1:35 Red Sox vs. Los Angeles 2:45 Patio Social</p>	 <p>9:00 Manicures 10:45 Exercise 12:00 May Birthday Luncheon 1:30 Bridge Group 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Coffee, paper &amp; crosswords.</p>  <p>10:00 <b>Horticultural Happenings – bringing the Inside – Out!</b> with Noreen 10:45 Exercise 5:00 Kentucky Derby</p>
8	9	10	11	12	13	14
 <p>9:00 Coffee Social Sunday Paper 10:45 Exercise 2:30 <b>Special Entertainment Music from the 40s with Mel &amp; Alice Springer</b></p>	 <p>10:45 Exercise Class 1:00 Mary Ann Morse Elvis Presley Impersonator Bus Trip/Entertainment 2:00 Afternoon Matinee with Fresh Popped Popcorn 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:00 Headline News Discussion w/Lynne 10:45 Exercise</p>  <p>1:45 CVS Shopping 2:30 Shopping Sudbury Farms 3:30 Sing-A-Long 6:30 Evening Movie</p>	<p>10:15 Resident's Council Meeting</p>  <p>10:45 Exercise 2:00 Afternoon Matinee 2:30 Outdoor Walking Group 3:30 Left, Center Right Dice Game 6:30 Bingo</p>	<p>9:30 Bible Study with Rev. Chris 9:45 Rosary 10:45 Exercise</p>  <p>3:30 <b>Jazzy Pianist, Ethan Stone Entertains Today!</b> 5:15 Puppy Time in the Lobby, Woof!</p>	 <p>10:30 <b>The Jewels of Framingham 90+ Celebration @ Callahan Senior Center</b> 10:45 Exercise 1:30 Bridge Group 2:00 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p>9:00 Weekend Coffee Klatch – conversation, coffee, newspaper, etc. 10:45 Exercise</p>  <p>2:00 <b>Student Piano Recital</b> 6:30 <b>Bingo PLUS</b></p>
15	16	17	18	19	20	21
<p>9:00 Sunday paper, coffee klatch 9:00 Crosswords</p>  <p>10:45 Exercise Class 2:00 Word Game 3:15 Afternoon Bingo with Dee 6:30 I Love Lucy</p>	<p>8:30 Walking Group 10:15 Coffee Klatch Social w/Lynne 10:45 Get Fit! Exercise class 2:00 Aftenoon DVD &amp; Fresh Popcorn 3:00 Wii Bowling 3:30 Name that Tune with ViOLynne 6:30 Seinfeld</p>	<p>8:00 Walking Group 9:00 Headline News Discussion Group 10:45 Exercise 1:45 CVS shopping 2:30 Sudbury Farms 3:30 Spelling Bee</p>  <p>6:15 <b>Paula Giles Student Piano Recital</b></p>	<p><b>Wellness Clinic</b></p> <p>9:00 <b>Museum Trip to Boston</b></p>  <p>10:45 Exercise 2:00 Afternoon Movie and fresh popcorn 6:30 Bingo</p>	<p>9:30 Baking Group 9:45 Communion 10:45 Exercise 11:15 <b>Out-For-Lunch Bunch visits Café Bistro at Nordstrom's</b> 2:00 Wii Bowling 2:15 Daytime Bingo 3:15 Afternoon Snack &amp; Sing 6:30 Evening Movie</p>	 <p>9:00 Manicures with Mary 10:00 Ask the Internet w/Lynne 1:30 Bridge Group 2:30 NewsCurrents 4:00 Shabbat 6:30 Evening Movie</p>	<p>8:00 Indoor Walking</p>  <p>10:00 <b>Birds &amp; Blooms on Patio with Noreen</b> 10:45 Stay Fit Exercise Class 2:00 Music Appreciation 3:30 Left, Center, Right Dice Game 6:30 Evening DVD</p>
22	23	24	25	26	27	28
<p>9:00 Sunday paper, coffee, crosswords</p>  <p>10:00 <b>Mitzvah Day! Teddy Bear program with JCC &amp; children</b> 10:45 Exercise 2:00 Afternoon DVD 6:30 I Love Lucy</p>	<p>10:15 Coffee Social with Lynne 10:45 Exercise</p>  <p>1:45 <b>Dollar Store Shopping Trip</b> 2:30 Afternoon Sing-A-Long &amp; Snack 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:45 Wheel of Fortune with John 10:45 Exercise 1:45 CVS 2:00 Afternoon Movie on big screen 2:30 Sudbury Farms 3:30 Word Power Vocabulary Exercise 6:30 Bingo</p>	<p>8:30 Walking Group 9:00 Early Exercise</p>  <p>10:30 <b>Bus Trip to Symphony Orchestra at Rivers Music School</b> 12:00 <b>Red Sox Lunch Bunch</b> 3:30 Karaoke 6:30 Bingo</p>	<p>8:30 Walking Group 10:00 Bake Shop 9:45 Rosary 10:45 Exercise</p>  <p>2:00 <b>New Resident Welcome Party &amp; Birthday Party</b> 2:30 <b>Musical Entertainment with The Sherborn Music Makers Chorus</b> 3:45 Ladder Golf 6:30 Evening Movie in Game Room</p>	<p>10:00 Trivia w/Dee 10:45 Exercise 1:30 Bridge Group 2:30 NewsCurrents</p>  <p>3:30 Shabbat with Keshet 13 Students 6:00 Evening News 6:30 Evening Movie</p>	<p>8:00 Indoor Walking 10:45 Stay Fit Exercise Class 2:00 Afternoon DVD</p>  <p>3:30 Left, Center, Right Dice Game</p>  <p>6:30 <b>Bingo PLUS with Dee, sweet treats for winners!</b></p>
29	30	31				
<p>9:00 Sunday paper, coffee, crosswords 10:45 Exercise 2:00 Afternoon DVD 6:30 I Love Lucy</p>	<p><b>Memorial Day</b> 10:15 Coffee Social 10:45 Exercise 2:30 Afternoon Sing-A-Long &amp; Snack 3:00 Wii Bowling 6:30 Seinfeld</p>	<p>9:45 Word Game with John 10:45 Exercise 1:45 CVS 2:00 Afternoon Movie on big screen 2:30 Sudbury Farms 6:30 Bingo</p>				

