



Heritage at Framingham Classic - Activity Calendar October, 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or suggestions for activities? Suggestion box in lobby or contact: Lynne Canavan, Activity Director; icanavan@heritageassistedliving.com; 508-665-5312 Calendar Information subject to change. See Daily Activity Sheets for the up-to-date schedule. Join our e-mail blast mailing list. Send your email address to Lynne to be notified of special events via email. We're on the web. Visit www.heritageassistedliving.com to view the calendar on-line.</p> <ul style="list-style-type: none"> - Heritage Hair Salon – 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 with reception - Podiatrist - every other month - Dentist, Dr. Atkins – per appointment only - Transport to Doctors, by appointment – Tuesdays and Thursdays (see reception for scheduling) 						<p style="text-align: right;">1</p> <p>Heritage Bazaar 10am to 2pm White Elephant table, crafts, raffle baskets & food. 2:00 Movie Time! 2:30 Wii with Ron 6:30 Bingo PLUS</p>
<p style="text-align: right;">2</p> <p>9:00 Coffee Social Sunday Paper</p>  <p>10:45 Exercise 2:00 Charades and Trivia with Dee 3:00 Bingo with Dee 4:15 Patriots Game on the Big Screen! 6:30 I Love Lucy</p>	<p style="text-align: right;">3</p> <p>10:00 Nutrition Program with Carolyn Barry 10:45 Exercise 11:30 Lunchtime Bake Shop – Cupcakes today. 2:30 Gardening 4:45 Fall foliage painting – thru dinner hours 5:45 Evening social & refreshments featuring Big Band Music</p>	<p style="text-align: right;">4</p> <p>10:00 Word Game 10:45 Exercise 11:35 I Love Lucy</p>  <p>12:00 September & October Birthday Luncheon 1:45 CVS Shopping 2:30 Shopping Sudbury Farms 4:00 Wine & Cheese 4:45 Small group games</p>	<p style="text-align: right;">5</p> <p>8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Library Trip 10:45 Exercise 2:00 Barnes & Noble shopping 3:00 Music Bingo 4:45 Knitting Group in Kitchen 5:45 Pub Night – beer, peanuts, popcorn & Sinatra, Armstrong & more 6:30 Bingo</p>	<p style="text-align: right;">6</p> <p>9:30 Headline News 10:45 Exercise</p>  <p>11:15 Out for Lunch Bunch – Brazilian Food! 3:30 Wii Bowling 4:45 Scrapbooking with Kristin 5:45 Evening Social and refreshments 6:30 Bingo w/Dee</p>	<p style="text-align: right;">7</p> <p>Yom Kippur begins at Sundown</p>  <p>9:00 Manicures 10:00 Chair Yoga Class with Stacia 1:45 Afternoon DVD 2:30 Music Bingo 3:30 Sing A Long 4:00 Shabbat 5:45 Evening Social</p>	<p style="text-align: right;">8</p> <p>Yom Kippur 8:00 Walking Group Group/Peloquin Rm 9:00 Crosswords 10:15 Coffee Social with Gabie 10:45 Exercise 11:30 Small Group Games through lunch hours 2:00 Movie time 2:30 Wii Bowling 3:30 Sing-A-Long</p>
<p style="text-align: right;">9</p> <p>9:00 Sunday paper, coffee klatch 9:00 Crosswords 10:15 Morning Social with Kristin In Country Kitchen 10:45 Exercise 2:15 Music Bingo 2:30 Wii with Ron 3:15 Wine & Cheese Social 4:15 Patriot's Game</p>	<p style="text-align: right;">10</p> <p>Today is Columbus Day 10:15 News Talk 10:45 Exercise 11:30 Bake Shop 2:30 Music Appreciation 3:00 Famous Folks Trivia 3:30 Wi Bowling 4:45 Painting thru the dinner hours 5:45 Evening Social and Dessert</p>	<p style="text-align: right;">11</p> <p>8:00 Walking Group 10:15 Bake Shop 11:30 Wii Bowling 1:45 CVS shopping 2:30 Sudbury Farms 3:00 Small Group Card Games 3:30 Sing-A-Long 4:00 Pub Night Social Hour in Club Room 5:00 Evening, small group games thru the dinner hours</p>  <p>2:30 Entertainment Bob & Linda 30s/40s vocal & guitar 3:30 NewsCurrents 4:45 Knitting Group 5:00 Dinnertime Small Group Games 6:30 Bingo</p>	<p style="text-align: right;">12</p> <p>8:30 Mass trip 10:15 Resident's Council Meeting 10:45 Exercise</p>  <p>2:30 Entertainment Bob & Linda 30s/40s vocal & guitar 3:30 NewsCurrents 4:45 Knitting Group 5:00 Dinnertime Small Group Games 6:30 Bingo</p>	<p style="text-align: right;">13</p> <p>9:00 Coffee Social 9:45 Rosary 10:00 Communion 10:15 Bake Shop 12:30 Wii Bowling 1:45 Mystery Bus Ride (to Marcia's hometown!) 4:45 Scrapbooking 5:15 Puppy Pet & Play Time in Lobby, Woof, Woof!</p>	<p style="text-align: right;">14</p> <p>10:15 Bake Shop 10:45 Exercise 2:00 Trivia & Joke Time with Dee</p>  <p>2:30 Bingo with Dee 4:00 Shabbat 4:30 Late afternoon small group games 5:45 Evening Social & Music Listening</p>	<p style="text-align: right;">15</p> <p>8:00 Walking Group 9:00 Coffee Social 10:45 Exercise 2:00 Movie Time! 2:30 Wii Bowling 2:30 Refreshments & Social 3:30 Sing-A-Long 4:30 Card Games 6:30 Bingo PLUS 6:30 Seinfeld</p>
<p style="text-align: right;">16</p> <p>9:00 Sunday paper, coffee, crosswords 10:45 Exercise</p>  <p>2:00 Entertainment with the Longwood Symphony Chamber Players – classical music! 4:30 Small Group programs</p>	<p style="text-align: right;">17</p> <p>9:15 Coffee Social 10:15 Bake Shop 10:45 Exercise 11:30 Wii Bowling 1:45 Pokeno with Gabi F. today! 3:00 Afternoon Snack & Social 3:30 Music Appreciation 4:45 Painting Program through the Dinner Hours</p>	<p style="text-align: right;">18</p> <p>10:00 Special Presentation by Excella Homecare: "Heart Health" 10:55 Exercise 11:30 Wii Bowling 1:45 CVS Shopping 2:30 Cold Weather = Warm Drinks –served 2:30 Sudbury Farms 3:00 Small Group Card Games 4:00 Pub Night – Beer, peanuts & fun music/social</p>	<p style="text-align: right;">19</p> <p>8:00 Wellness Clinic until 11 am 8:30 Mass trip 9:30 Library Trip 10:15 Bake Shop 11:00 Until 3pm Pretty Things Gift Boutique! 2:00 Fall Foliage Bus Trip – 1 hr. 3:30 Kevin Farley the Irish Music Guy Entertains!! 4:45 Knitting Group 6:30 Bingo</p>	<p style="text-align: right;">20</p> <p>Flu Clinic today from 11am to Noon</p>  <p>8:00 Walking Group 9:30 Rev. Chris Bible Study 10:45 Exercise 2:00 Fall Foliage Bus Trip thru MetroWest 3:30 Music Appreciation 4:45 Scrapbooking 6:30 Bingo w/Dee</p>	<p style="text-align: right;">21</p> <p>8:00 Walking Group 9:00 Manicures 10:00 Chair Yoga with Stacia! 11:30 Lunchtime Baking & Decorating Groups</p>  <p>2:00 NewsCurrents 2:45 Bingo 4:00 Shabbat 6:30 Mary Tyler Moore reruns!</p>	<p style="text-align: right;">22</p> <p>8:00 Walking Group 10:00 Horticultural Happenings/ Noreen 10:45 Exercise 2:15 Afternoon Social with Noreen Drinks & Refreshments 2:30 Wii with Ron 4:30 Game Time thru the Dinner Hour with Gabie 6:30 Evening DVD</p>
<p style="text-align: right;">23</p> <p>9:00 Coffee Social 10:45 Exercise 2:00 Kesher 13 Students "Getting Acquainted Social 3:15 Wine & Cheese Hour 6:30 Evening Movie</p>	<p style="text-align: right;">24</p> <p>10:15 Bake Shop 10:45 Exercise 1:45 Pokeno 2:00 Mystery Ride 3:00 Snack/Social 3:30 Name That Tune w/vioLynne 4:45 Painting Program through the Dinner Hours</p>	<p style="text-align: right;">25</p> <p>9:45 Exercise 10:30 Food Service Meeting with Rick Robidoux, Executive Chef 12:00 Men's Luncheon with John 1:45 CVS 2:00 Afternoon DVD 2:30 Warm Weather Drinks/Social 2:30 Sudbury Farms 3:00 Small Group Card Games 4:00 Pub Night – Beer, peanuts & fun music/social</p>	<p style="text-align: right;">26</p> <p>8:00 Walking Group 8:30 Mass trip</p>  <p>10:15 ArtMatters Leonardo Da vinci – 1 hr. art history presentation</p>  <p>1:45 Dollar Store Shopping Trip 2:00 Music appreciation 4:45 Knitting Group 6:30 Bingo</p>	<p style="text-align: right;">27</p> <p>8:00 Walking Group 9:45 Rosary 10:00 Communion 10:15 Bake Shop 11:30 Wii Bowling 2:00 Mystery Ride 3:30 Music Appreciation</p>  <p>4:45 Scrapbooking 6:30 Evening Movie 6:30 Bingo w/Dee</p>	<p style="text-align: right;">28</p> <p>8:00 Walking Group 9:15 Golden Girls</p>  <p>10:15 Bake Shop 10:45 Exercise 11:30 Lunchtime Card Games 1:45 Joke Time/Ha, Ha, Ha! With Dee 2:30 Bingo w/Dee 4:00 Shabbat 6:30 Dick Van Dyke!</p>	<p style="text-align: right;">29</p> <p>8:00 Walking Group 10:15 Famous Folks Trivia 10:45 Exercise 11:30 Lunchtime Card Games 2:15 Ladder Golf</p>  <p>2:30 Wii w/Ron 4:00 Card Games through the dinner hours w/Gabie 6:30 Bingo w/Dee 6:30 Evening DVD</p>
<p style="text-align: right;">30</p> <p>9:00 Sunday Morning Social 10:15 Bake Shop 2:00 Mystery Travelogue 3:15 Wine & Cheese Social 4:15 Patriot's vs. Steelers - Wine & Cheese Social</p>	<p style="text-align: right;">31</p> <p>Happy Halloween</p>  <p>10:00 Hemenway Kids Parade in Costume! 12:00 Halloween Luncheon Party 3:00 Music Time 4:45 Painting Program</p>					